

## Easy Vegan Mushroom and Chickpea Curry with Coconut and Spices

Coconut Mushroom, Spinach & Chickpea Curry with Lemon



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

For the Curry:

250g mushrooms (white, shiitake, or oyster), sliced  
200g cooked chickpeas (canned, rinsed and drained)  
150g fresh baby spinach  
1 onion, finely chopped  
2 garlic cloves, minced  
1 tsp grated fresh ginger  
1 tbsp olive oil or coconut oil  
1 tbsp curry powder  
½ tsp ground turmeric  
... tsp chili flakes (optional)  
400ml (1 can) full-fat coconut milk  
Juice of ½ lemon (plus more to taste)  
Salt and pepper, to taste  
Fresh cilantro or parsley, for garnish

### DIRECTIONS

- 1. Sautø the Aromatics:** Heat oil in a large skillet or pot over medium heat. Add chopped onion and cook for 3-4 minutes until soft. Stir in garlic and ginger, cooking for 1 minute more until fragrant.
- 2. Add the Mushrooms:** Add sliced mushrooms to the pan. Cook for 5-7 minutes until they release their moisture and begin to brown.
- 3. Spice it Up:** Stir in curry powder, turmeric, and chili flakes. Toss well to coat the mushrooms in the spices. Cook for 1 minute to bloom the flavor.
- 4. Add Chickpeas & Coconut Milk:** Pour in coconut milk and add chickpeas. Stir to combine, then let simmer gently for 5-7 minutes until thickened slightly. Add salt and pepper to taste.
- 5. Add Spinach & Lemon:** Add the spinach and stir until wilted (1-2 minutes). Finish with fresh lemon juice and adjust seasoning as needed.
- 6. Serve:** Spoon the curry over basmati rice or with naan bread. Garnish with chopped fresh cilantro or parsley and an extra lemon wedge, if desired.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-vegan-mushroom-and-chickpea-curry-with-coconut-and-spices/>