

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Chickpea curry with coconut rice

**Suggestions:** a very tasty vegetarian dish that you can cook all year round. It is rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium and zinc and vitamins of the B group, vitamin C, E, A and K.

### Instructions

extra virgin  
olive oil



spring



onions



chillies



coconut cream



Fry in some extra virgin olive oil some finely chopped spring onions, garlic, fresh chillies, coconut cream flakes and chickpeas.

**cider**



**sea salt**



**curry powder**



**turmeric**



**coconut milk**



Let it all cook a bit and then add some cider and sea salt. Add some curry and turmeric powder and coconut milk; let it all cook until the chickpeas are soft.

**spinach**



When it is almost ready put on top a good layer of fresh spinach and let it wilt by covering it with a lid for some time at low heat.



basmati rice



cardamom



coconut milk

Separately cook some basmati rice with some cardamom and coconut milk. When they are both cooked serve them together.



If you like this recipe, I would like to read your comments!  
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