

A close-up photograph of a red ceramic pot filled with a vibrant dish. The dish consists of golden-brown rice, bright green spinach leaves, and numerous golden-brown chickpeas. A wooden spoon is visible, stirring the ingredients. The pot is set on a grey, textured surface.

GOLDEN
COCONUT RICE WITH
CRISPY CHICKPEAS

for

Marigold

A month to bloom



Hosted by Casey Lipka

*Recipe and Photos by
Sarah Kenner
of The Hungry Musician*

HOW TO PREPARE

1. A few days before our class, take the lists in this packet and do a quick kitchen inventory. This will help to prevent you from overbuying ingredients! Please also read the substitutions list and take note of any swaps you'd like to make.
2. Take 15-20 minutes before class to get all your tools and ingredients out. This will save you tons of time during class and help us all to stay synced up. We'll prep, chop, and cook everything else together!
3. During class, please have the recipe printed out or up on separate a device.
4. Have a pen or tablet handy if you wish to take notes on the last page of packet.
5. When setting up your Zoom, any device you are used to Zooming on is OK! I do recommend calling in from a larger device like a laptop or tablet, if possible.

RECOMMENDED TOOLS

- Dutch Oven *or* Heavy Bottomed Pot with a Lid
- Cutting Board
- Chef's Knife (*or whatever knife you use for chopping vegetables*)
- Can Opener
- Measuring Cups
- Measuring Spoons
- Wooden Spoon (*or something to stir with*)
- Slotted Spoon
- Dinner Plate Lined With a Paper Towel or Clean Rag
- Mixing Bowl

SHOPPING LIST

*This is a list of all the ingredients you will need for class.
Please refer to the recipes for exact amounts to use in each.*

PRODUCE

- Yellow Onion (1 Medium)
- Fresh Garlic (4 cloves)
- Kale, Swiss Chard, or Spinach
(1 bunch, or 4-5 cups. I like to use
Lacinato/Dinosaur Kale, but you can use any
variety.)

SPICES

- Ground Turmeric (1 tsp.)
- Ground Ginger (1/2 tsp powdered, or 1
Tbs. freshly grated)
- Ground Cayenne Pepper (1/8 tsp)

PANTRY

- Kosher Salt (~1.5 tsp.)
- Freshly Ground Pepper
- Coconut Oil (2 Tbs.)*
- White Jasmine Rice (2 cups)
- Canned Chickpeas (1 can)
- Full Fat Coconut Milk (1 can)
- Water (1 can's worth, about 2 cups)
- Sesame Seeds (optional, to serve)

SUBSTITUTIONS

Coconut Oil: Any high heat oil (i.e. canola, vegetable, avocado, peanut)

Chickpeas: Other beans, tofu, egg, chicken, fish – any protein is fair game!

Diced Onion: Diced shallot, green onion, carrot, or celery, or 1 tsp. onion powder

Fresh Garlic: 1 tsp. garlic powder

Water: Any broth or stock. Broth or stock will create a more intense flavor.

Jasmine Rice: Any long-grain white rice

Greens: Any leafy greens or vegetables, fresh or frozen, that steam quickly (i.e. zucchini, peas, broccoli, cauliflower.)

Sesame Seeds: Chopped cashews or peanuts, sunflower, hemp, or pumpkin seeds, or omit.

**You can use either refined or unrefined coconut oil.*

Unrefined coconut oil tastes coconutty (I recommend that for this recipe!). Refined has no coconut flavor.

GOLDEN COCONUT RICE WITH CRISPY CHICKPEAS



TIME: 35 MINUTES

SERVES: 4-6

YOU'LL NEED

- 2 Tbs. coconut oil
- 1 can chickpeas, rinsed and patted dry
- ~1.5 tsp. Kosher salt
- Freshly ground black pepper to taste
- 4 cloves garlic, chopped
- 1 yellow onion, diced
- 1 tsp ground turmeric
- ½ tsp ground ginger
- 1/8 tsp cayenne pepper
- 2 cups dry jasmine rice, rinsed
- 1 13-oz. can coconut milk
- 1 can's worth water or vegetable broth
- 1 large bunch (4-5 cups) Kale or Swiss Chard
- Sesame seeds to serve (optional)

INSTRUCTIONS

1. Heat 1 Tbs. of the coconut oil over medium-high heat in a dutch oven or heavy bottomed pot. When the oil is glistening, add the chickpeas and season with pepper (*no need for salt unless your chickpeas were canned without it*). Fry the chickpeas, turning occasionally, until golden and crispy. Remove the chickpeas from the pot and set them aside on a towel-lined plate.
2. Lower the heat to medium-low. To the pot, add the remaining 1 Tbs. coconut oil, diced onion, and chopped garlic. Stir frequently until the onion is softened, about 5 minutes.
3. Add the turmeric, ginger, cayenne, and 3/4 tsp. salt to the pot. Stir for a minute until fragrant.
4. Add the rice and coconut milk. Then, fill the coconut milk can with water or broth and add to the pot. Stir, raise the heat to high, and bring the mixture to a boil.
5. Once boiling, quickly lower the heat to a simmer. Cover and cook for 10 minutes. In the meantime, wash, de-stem, and tear your greens into large bite-sized pieces.
6. Sprinkle the greens onto the surface of the rice and season with a pinch of salt. Cover and cook for 5 more minutes.
7. Turn the heat off and let the pot rest covered for 5 additional minutes. To serve, remove the lid, sprinkle the chickpeas on top, and garnish with sesame seeds.

The Hungry Musician

PLAY WITH YOUR FOOD



Hi! My name is Sarah Kenner, and I'm a professional violinist, culinary instructor, and food blogger in the New York City area. At *The Hungry Musician*, I make it easier for musicians (and non-musicians, too!) to enjoy fun, flavorful, and nourishing home-cooked meals.

Cooking consistently on an inconsistent, busy schedule can be a challenge, but it doesn't have to be. You work hard, and deserve to be fueled by delicious food that excites you. I know for a fact that musicians can have it all in the kitchen, and I can't wait for you to show you how. Stay in touch and download my free guide below to keep your kitchen momentum going!

STAY IN TOUCH

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