



Vegetable Curry

Makes: 2 litres

Serves: 4x 2 cups

Ingredients:

1 medium onions, peeled & diced	(150g)
2 cloves garlic, peeled & minced	(10g)
1 Tbsp grated fresh ginger	(20g)
1 Tbsp lemon zest OR 3x Kaffir lime leaves	(5g)
2 Tbsp curry powder	(13g)
2 Tbsp tomato paste	(40g)
2 tsp salt	(11g)
4 cups diced hard vegetables (<i>root veggies, pumpkin, etc.</i>)	(600g)
4 cups softer vegetables (<i>e.g. cauliflower, broccoli, peas, mushrooms, capsicum, peas, eggplant, finely chopped greens</i>)	(500g)
3 cups cooked legumes OR 2 tins beans/lentils	(800g)
3 cups water	(750mL)
1 cup coconut cream	(250g)

Method:

1. Sauté onion in a dry pan, adding a little water when it goes golden and sticks a bit. Add garlic, ginger, lemon zest, curry powder and tomato paste and sauté for 30 seconds.
2. Add hard vegetables, salt and 2 cups water. Bring to boil, then simmer for 20 minutes.
3. Add softer vegetables and remaining water. Simmer for 10 minutes or until tender.
4. Stir through legumes and coconut cream. Simmer for 5 more minutes. Serve over rice or with flat bread.

Tip: Use 1/3 cup coconut cream + 2/3 cup water for low fat version