



Vegetarian Curry

INGREDIENTS

Curry Paste (makes approx 240g)

- 14g turmeric root
- 20g ginger
- 20g galangal
- 1/3 bunch Thai basil
- 1/3 bunch coriander
- 1 lemongrass stick
- 2 garlic cloves
- 5g palm sugar
- 1 green Shallot
- 180ml oil

Curry

- 1 tbsp cumin ground
- 1 tbsp coriander ground
- 1 tsp fenugreek seeds (optional)
- 250ml coconut milk
- 250ml water
- 500g Japanese pumpkin, diced
- 200g sweet potato, diced
- 1/4 bunch snake beans (or green beans), chopped
- 1/2 cup green peas
- 1/2 lemon
- 2 tbsp coriander, chopped
- 60g curry paste
- 30ml oil



Serves: 2



Cooking Time: 25 min



Prep Time: 20 min

METHOD

1. Combine all the curry paste ingredients in a food processor or blender and process until they form a fine paste.
2. Cook out the curry paste in the oil for 3 to 5 minutes or until lightly browned and fragrant. Add the dry spices, diced pumpkin, diced sweet potato, snake beans and cook for another 1 minute while stirring until all flavours combine.
3. Add the coconut milk, water and bring to the boil. season to taste and reduce to a simmer and cook, stirring from time to time for another 5 minutes.
4. Once Vegetables have softened, however they are still holding shape, turn the stove off and add green peas and chopped coriander.
5. Serve with fresh cooked rice and a wedge of lemon. Enjoy

Special Notes: Curry Paste can be frozen in the freezer for up to 3-4 months.



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