

Vegetable Curry



Prep 20 minutes
Cook 25 minutes
Serves 6

2 tbsp neutral oil, eg
sunflower or grapeseed
1 tbsp Thai red curry paste
1 tsp curry powder
1 tbsp ground cumin
50g root ginger, peeled
and finely minced
2 x 400g can chick peas,
rinsed and drained
1kg **Essential Cuisine**
Vegetable Stock
165ml can of coconut cream
1 tbsp fish sauce
1 tsp brown sugar

1 tsp salt and ground black
pepper
300g pumpkin, cut to
2cm chunks
300g potatoes, cut into
2cm chunks
200g green beans, halved
2 tomatoes, diced
120g baby spinach leaves
Garnish: ½ cup chopped
roasted cashew nuts and
2 tbsp coriander leaves,
chopped

www.essentialcuisine.co.nz

Vegetable Curry

This is a great one-dish meal, using whatever vegetables you have at hand, and it reheats and freezes well.

To prepare curry: In a large heavy pot or wok, heat oil on a medium heat and fry curry paste, curry powder, cumin and ginger, stirring over heat for a minute or so until it smells aromatic. Add chick peas and stir over heat for another minute or so to infuse the spice flavours.

Add **Essential Cuisine Vegetable Stock**, coconut cream, fish sauce, sugar, salt and pepper. Bring to a simmer. (This is the base of the curry to which you can add any vegetables of your choice.)

Add pumpkin and potatoes and return to a simmer. Cook for 12 minutes or until the

vegetables are almost tender, then add the beans and tomatoes. Continue cooking for 5 minutes until beans are cooked through. Mix in spinach and adjust the seasonings to taste. **Garnish** with cashews and coriander.

Accompany with rice or naan bread.

