

VEGGIE COCONUT CURRY

This recipe has a little bit of everything I love about curry... garlic, turmeric, ginger, coconut, herbs, and lots lots lots of veggies AKA exactly what the body needs. Cooking a dish like this was out of my normal, but I'm so glad I ventured out because now it's considered a favorite! Use any veggies you have hanging around your kitchen-- just like you would a stir fry.

RECIPE

- 1 T olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 T fresh grated ginger
- 1/2 cup broccoli, chopped
- 1/2 cup diced carrots
- 1/2 cup snow peas
- 1/2 cup diced zucchini
- 1/4 cup lentils
- 1 Roma tomato, diced
- 1 T curry powder
- 1/4 tsp red pepper flakes
- 1, 14-ounce can full fat coconut milk
- 1 cup low sodium vegetable stock
- Salt and black pepper to taste
- 1-2 T cilantro, chopped
- 1 lemon, cut into wedges
- 2 cups brown rice or quinoa, cooked

Heat a large pot to medium heat and add the olive oil. Toss in the onion, garlic, ginger, carrot, broccoli, zucchini, lentils and a pinch each of salt and pepper. Stir frequently for about 5 minutes. Add curry powder, red pepper flakes, vegetable stock, and coconut milk and stir. Bring to a simmer. Reduce heat slightly and continue cooking for 12-15 minutes until lentils are cooked through. Add the snow peas and tomatoes in the last 5 minutes so they don't overcook. Taste and adjust seasonings as needed. Serve over 1/2 cup rice and garnish with cilantro and fresh lemon. Makes 4 servings.

Adapted recipe from The Minimalist Baker.

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