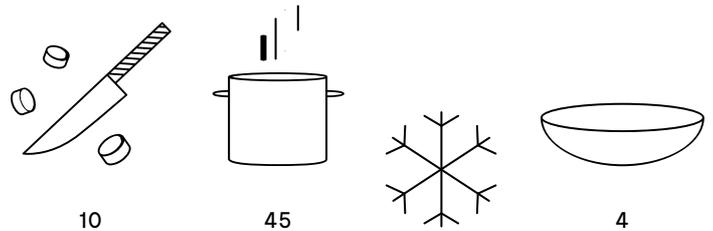




Creamy Coconut Vegetarian Korma

This easy to make Creamy Coconut Vegetarian Korma makes a great go-to Meatless Monday meal. It's naturally paleo and gluten-free and can easily be made vegan. Serve it with a side of rice, quinoa or cauliflower rice for a quick and delicious dinner.



Ingredients

For the veggies:

2 medium potatoes, peeled and diced into small, bite-sized pieces

½ cauliflower, chopped into bite size florets

2 carrots, peeled and chopped

1 red pepper, chopped

1 yellow pepper, chopped

For the vegetarian korma sauce:

2 Tbsp The Groovy Food Company Organic Virgin Coconut Oil Infused with Turmeric

1 large onion, chopped

1 2" piece of ginger, peeled and chopped

4 garlic cloves, crushed with a knife

Directions

1. Fill a medium-sized pot with water and bring to a boil. Add the potatoes and boil for 5 minutes, then add the rest of the vegetables to the pot. Boil for a further 5 minutes then drain the pot and set it aside.

2. While the vegetables are cooking, start preparing the vegetarian korma sauce. Heat the infused oil in a medium-sized pot over medium-high heat. Add the onion and cook, stirring occasionally, until it is soft, about 5 minutes. Add the ginger and garlic and cook for 2 minutes more.

3. Remove the pot from the heat and add the tomato paste and all of the spices. Stir well then return the pot to the heat. When the spices are fragrant and the tomato paste has caramelized, after about 1 minute, add the creamed coconut, cashews, lemon juice and 300ml water. Bring to the boil, then simmer gently for 5 minutes to soften the cashews.

4. Working in batches, blend the curry until it is smooth then add it back to the pot. Stir through the yogurt and brown sugar and add more sea salt, if needed. Stir the vegetables into the curry and serve immediately topped with any or all of the above

1 5.5oz can of tomato paste

suggestions.

1 Tsp curry powder

1 Tsp garam masala

½ Tsp cumin

½ Tsp ground coriander

½ Tsp ground turmeric

½ Tsp ground cardamom

½ Tsp sea salt

½ Tsp ground cloves

½ Tsp fennel

½ Tsp fenugreek

½ Tsp chili flakes

400ml The Groovy Food Company Organic Creamed
Coconut

100g cashews

2 Tbsp lemon juice

115g yoghurt (omit or use vegan yogurt as alternative)

1 Tbsp The Groovy Food Company Organic Coconut
Sugar

Top with any or all: cashews, coriander, lemon, and
raisins