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Vegetable curry

Serves 6

Ingredients:

2 TBSP canola oil
1 large yellow onion, finely diced
4 medium garlic cloves, minced
1 TBSP fresh ginger, peeled and finely grated
1 TBSP ground coriander
1½ tsp ground cumin
¾ tsp. ground turmeric
½ tsp cayenne
1 TBSP tomato paste
2 cups low-salt chicken broth or vegetable broth
1 cup light coconut milk
1 (3-inch) cinnamon stick

fine sea salt and freshly ground black pepper
1 small cauliflower, broken into 1½ -inch florets (about 4 cups)
1 lb. sweet potatoes, peeled and cut into 1-inch cubes (about 3 cups)
2 medium tomatoes, cored, seeded, and coarsely chopped (about 1½ cups)
2 large carrots, peeled and cut into ½-inch-thick rounds (about 1 cup)
1 (15½ oz.) can chickpeas, drained and rinsed
4 oz. baby spinach (about 4 lightly packed cups)
2 TBSP fresh lime juice
1 tsp lime zest, finely grated
2 TBSP fresh cilantro, chopped

Preparation:

1. In a 5 to 6-quart Dutch oven or other heavy pot, heat the oil over medium/high heat. Add the onion and cook, stirring occasionally, until beginning to brown, 3 to 4 minutes. Reduce the heat to medium (or medium low) and cook until the onion is richly browned, 5 to 7 minutes more. Add the garlic and ginger; cook, stirring for 1 minute to blend the flavors. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds to toast the spices. Add the tomato paste and stir until well blended, about 1 minute. Add the broth, coconut milk, cinnamon stick, 1 teaspoon salt, and ¼ teaspoon pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes.
2. Add the cauliflower, sweet potatoes, tomatoes, and carrots. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes. Discard the cinnamon stick.
3. Stir in the chickpeas, spinach, lime juice, and zest; cook until the spinach has wilted, about 3 minutes more. Season to taste with salt. Serve garnished with the cilantro.



Food Fairy Note: This curry only needs a basic brown rice or white basmati rice to be a complete meal.

Adapted from: *South Indian-Style Vegetable Curry*, [finecooking.com](https://www.finecooking.com/recipe/south-indian-style-vegetable-curry),
<https://www.finecooking.com/recipe/south-indian-style-vegetable-curry>