



## UNIT 9 - Recipe 23

## Vegan Pan - Curry Rice Vegetables

### for 2 Persons

#### Quantity / Ingredients

800 ml coconut milk  
300 g chopped canned tomatoes  
250 g cauliflower florets  
250 g broccoli florets  
200 g carrots, cut into pieces or baby carrots  
3 cloves garlic  
10 g fresh ginger, diced  
20 g unsalted cashew nuts  
20 g cashew nut butter (or peanutbutter)  
1 medium-ripe banana (approx. 200 g\*)  
10 coriander leaves  
1 large yellow onion  
1 chili pepper  
Spices:  
30 g curry powder  
10 g coriander powder  
10 g curcuma =turmeric, ground  
2 green cardamom pods  
1 pinch of cinnamon  
1 pinch cumin, ground  
vegetable oil  
salt

#### Basmati rice, cooked with curry and lemon, to serve.

200 g basmati rice  
500 ml vegetable stock  
20 g curry  
40 g lemon zest (peel) - organic lemon  
5 g salt

### Preparation:

- In a small blender, combine the spices, garlic, ginger and 1 tablespoon of coconut milk.
- Cut the vegetables into small, evenly sized pieces.
- In a large saucepan or casserole, sauté the chopped onion with 2 tablespoons of oil. Once it starts to brown, add the spice and coconut mixture.
- Cook for about 2 minutes (it should thicken slightly but not burn), then add the chopped tomatoes and cook for a further 2 minutes.
- Add the vegetables, chili, coconut milk and 1/2 glass of water.
- Simmer over a medium heat for about 15 minutes, then add the sliced banana and cook for a further 15 minutes until the vegetables are soft but still have some shape and texture. Add a little more water if necessary. Stir in the cashew butter 5 minutes before the end of the cooking time. Season to taste with salt. Add the coriander leaves.
- Take the cashew nuts, put in a oily sugered pan and caramelise them crunchy. Put them on top and serve hot with lemon rice.





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Learning the Vegan Cuisine

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