

Recipes

Potato Cauliflower Curry

Ingredients

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|--------|---------------------|-------|-----------------|
| 1 ¼ lb | yellow potatoes | 3 c | frozen peas |
| 2 c | cauliflower | 1/3 c | cashew pieces |
| 1/3 c | yellow diced onion | 1 tsp | ground cinnamor |
| 2 Tbsp | curry powder | 2 tsp | brown mustard |
| ¾ c | olive oil | 1 | diced tomato |
| 2 c | canned coconut milk | | |
| ½ Tbsp | fresh ginger minced | | |



Procedure:

Steam potatoes until soft, dice and let cool. Heat a skillet, add oil, then onion, cashews, ginger, curry, cinnamon and mustard seed. Saute until soft and browned. Add tomato and coconut milk, then cauliflower and potatoes. Simmer until cauliflower is softened and just firm to the teeth, then add peas and remove from heat. Serve with rice.

Serves: 3

