

VEGETABLES IN COCONUT CURRY



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 25 Min

Serves: 6

Directions:

Prep vegetables as described above. Steam until somewhat tender. Set aside.

Combine all spices minus the mustard seeds in a bowl and combine until mixed thoroughly.

Heat oil and mustard seeds in a large pot. When seeds begin to pop add bowl of spices and cook for 2-3 minutes on LOW heat. Don't allow the spices to burn. Smell the aroma!

Add coconut milk and simmer for 2 minutes.

Fold in vegetables and cook for another 1-2 minutes.

Yummy over steamed rice!

Ingredients:

1 head cauliflower, florets

2 carrots, cut in half rounds

2 zucchinis, cut in rounds

1 red bell pepper

1 C peas, fresh or frozen

1/4 C coconut oil

1 Tbs mustard seeds

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2 Tbs coriander seed
1 tsp turmeric
1 Tbs yellow sweet curry powder
1 tsp salt
1/2 tsp powdered cumin seed
1/2 tsp ground cardamom
1/4 tsp cinnamon
1 pinch cloves
2 C coconut milk

I have to thank my teacher Mary for introducing me to this recipe. It's one of my all-time favorite creamy vegetable dishes!