

Festival of Colour Vegetable Curry



Serves 4

A festival of colourful vegetables transformed into a delicious curry to brighten up any celebration table! Perfect as a vegetarian/vegan option and free of the 14 main allergens.

Prep: 15 mins

Cook: 30 mins

Serves: 4

Nutrition per serving: 423kcal ; 32g fat ; 13.5g saturates ; 39.9g carb ; 13.7g sugars ; 2g fibre ; 9.1g protein ; 459mg sodium

Ingredients

- 1 ½ Tbsp coconut oil
- 1 medium shallot minced
- 2 Tbsp minced fresh ginger
- 2 Tbsp minced garlic
- 1 small red chili or serrano pepper
- 1 large red bell pepper
- 3 Tbsp yellow curry paste of your choice
- 3 ½ cups peeled and cubed pumpkin or butternut squash
- 2 cups diced aubergine
- 2 (14-ounce) cans light coconut milk
- 2 Tbsp maple syrup or coconut sugar
- 1 tsp ground turmeric
- 1 healthy pinch sea salt
- 1 Tbsp gluten free soy sauce or tamari
- 1 cup chopped broccoli
- 2 Tbsp lemon juice
- 2/3 cup roasted cashews - optional

Method

1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently.
2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin/butternut and aubergine and stir. Cook for 2 minutes more.
3. Add coconut milk, maple syrup or coconut sugar, turmeric, sea salt, and gluten free soy sauce or tamari and stir. Bring to a simmer over medium heat.
4. Once simmering, slightly reduce heat to low and cover. You want a simmer, not a boil, which should be around low to medium-low heat.
5. Cook for 10-15 minutes, stirring occasionally, to soften the pumpkin/butternut and infuse it with curry flavour.
6. At this time, also taste and adjust the flavour of the sauce/broth as needed. I added more maple syrup for sweetness, sea salt for saltiness, and a bit more curry paste for a more intense curry flavour. Don't be shy with seasonings – this curry should be very flavourful.
7. Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, and cashews if using and cover. Simmer for 3-4 minutes more over low to medium-low heat.
8. *Optional:* Scoop out half of the broth/sauce and half of the pumpkin (try to exclude the broccoli) and blend until creamy and smooth in a blender for a thicker, creamier curry. Return to pot and warm for a few minutes before serving.
9. Serve as is or over rice, quinoa, or cauliflower rice. This dish gets elevated with the addition of fresh lemon juice and coriander for serving.