FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Vegan Goan Curry



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**465 kcal**

Stuff that's in it:

- 400G (2) Onion (Chopped)
- 20G Red Chilli (Deseeded And Finely Chopped)
- 1 Tbsp Fresh Ginger (Sliced And Chopped)
- 1 Tsp Tumeric
- 1 Tsp Cumin
- 1 Tsp Smoked Paprika
- 3 Tsp Ground Coriander
- 1 Veg Stock Cube (Made Into 500Ml)
- 13G Tamarind
- 400G Cauliflower Florets
- 1 Small Bag Sugar Snap Peas
- 4 Plump Tomatoes (Sliced)
- 400G Courgette (Sliced)
- 100G Natural Coconut Yoghurt (Vegan)
- 15G Fresh Coriander Leaves (Chopped)
- 1 Tbsp Olive/Rapeseed Oil
- 3 Garlic Cloves (Chopped)

What you do:

Heat a deep-heavy based pan with some oil, add the onions, ginger, garlic and chilli, stir, then add the turmeric and paprika, cumin and ground coriander (3 tsp).

Fry gently for several minutes until soft. Add the cauliflower florets, coat all over then add the stock and tamarind, gently break down the tamarind using a spoon and stir through for around 5 minutes.. Add the sugar snap peas, tomatoes and courgettes, mix well and pop a lid on and cook for around 15 minutes on a low eat until all the veg has softened a little. Cook the rice according to the packet instructions and then add it with the remaining oil in a fry pan along with the lentils and the tsp coriander and gently heat through, adding the fresh coriander at the end.

Take the curry off the heat and stir in the yoghurt, serve with the rice.

Nutrition

- Carbs: 68g
- Fat: 10g
- Protein: 17g

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