

Vegetable Curry

Serves 5-6

¼ cup olive, hemp or vegetable oil
1 Tbsp black mustard seed
1 Tbsp cumin seed
1 ½ cups finely chopped onion
2 Tbsp finely chopped garlic
2 cups chopped canned or fresh tomatoes (with a small amount of liquid is okay)
1 tsp turmeric
½ tsp hot red pepper flakes or cayenne pepper
1 Tbsp salt
1 can coconut milk
2 cups chopped carrot
2 cups chopped potato (1 cm squares)
1 ½ cups cubed firm tofu (1 cm squares) or cooked chickpeas
1 tsp lemon juice or to taste
Coriander leaves



Local Ingredients:

Carrots
Coriander
Garlic
Hemp Oil
Hot Red Pepper
Onions
Potatoes
Tofu
Tomatoes



In a large pot, heat oil on medium for 1 minute. Add mustard and cumin seed and allow them to sizzle for about 1 minute, or until a few of the seeds start to pop. Add the onions and sauté until golden, about 8 minutes. Add the garlic and sauté for 2 minutes more. Add tomatoes, turmeric, red pepper flakes and salt. Saute for 5 to 8 minutes or until the oil glistens on top. Stir in the coconut milk. Bring to a boil and add the carrots. Reduce to medium heat and simmer for about 10 minutes. Add the potatoes and simmer until the vegetables are close to fork tender. Add the tofu and lemon juice and simmer for 5 – 10 more minutes. Adjust the seasonings to taste adding more red pepper, salt, cumin seed or lemon juice. Keep warm until ready to serve. Sprinkle with chopped fresh coriander leaves, if desired.
Delicious!

To create an even more “local” meal, omit the tofu and/or chickpeas. Cauliflower, in small bite size pieces makes a nice addition.

Adapted from Vij's Indian Cuisine