

GUASTELLO'S VILLAGE MARKET

30 Minute Coconut Curry

Serves 4

Ingredients

For the Curry:

1 Tbsp coconut or olive oil
1 small onion, diced
4 cloves garlic, minced
1 Tbsp fresh grated ginger (or 1 tsp ground)
1/2 cup broccoli florets (or green bell pepper), diced
1/2 cup diced carrots
1/4 cup diced tomato
1/3 cup snow peas (loosely cut)
1 Tbsp curry powder
pinch cayenne or 1 dried red chili, diced (optional for heat)
2 cans light coconut milk (sub full fat for richer texture)
1 cup veggie stock
Sea salt and black pepper

For the Coconut Quinoa:

1 can (14 oz) light coconut milk
1 cup quinoa, rinsed in a fine mesh strainer*
1 Tbsp agave nectar (optional)

For Serving:

Fresh lemon juice, cilantro, mint and/or basil, red pepper flake

If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add 1 can light coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.

In the meantime, heat a large saucepan or pot to medium heat and add 1 Tbsp coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.

Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.

Add the snow peas and tomatoes in the last 5 minutes so they don't overcook.

Taste and adjust seasonings as needed. I added another pinch or two of salt.

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Serve over coconut quinoa (see other options below in Notes) and garnish with fresh lemon juice and herbs.

Cook's Note: An alternative to coconut quinoa would be plain quinoa, millet, coconut rice, white or brown rice.

Credit: minamialistbaker.com