



## Vegetarian Curry

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### Ingredients:

6 tbsp of butter or coconut oil

1 large onion chopped

3 cm of ginger root finely chopped

3 large garlic cloves finely chopped

2 tsp ground cumin

2 tsp ground coriander

1 tsp ground cardamom

1 tsp mustard seed

½ tsp of ground cloves

1 tsp ground cinnamon

¼ tsp cayenne pepper

1 tsp ground turmeric

1 tsp salt

3 cups of coconut milk

Lemon juice to taste

Carrots, mushrooms, potato/sweet potato, cauliflower, broccoli chopped into bite size pieces.

### Method:

Saute the onion, garlic and ginger in the butter/coconut oil until the onion is translucent and then lower the heat.

Add all of the spices and cook while stirring for a few minutes.

Add the coconut milk and vegetables and simmer until cooked through. Serve over rice, couscous or quinoa. Garnish with fresh coriander.