



## One pot veggie curry

### Ingredients

- **1 tbsp coconut oil.** Coconut oil works perfectly with the other flavors here. If you have to substitute, any neutral oil, like avocado oil, would be fine.
- **Aromatics: 1 onion, 1 tablespoon ginger-garlic paste.** If you don't have ginger-garlic paste, crush 4 cloves of garlic with a 1-inch knob of ginger.
- **Veggies: 2 medium sweet potatoes, 2 medium red potatoes, 1 carrot, 1 green bell pepper and 2 cups green beans.**
- **Spices: 4 green cardamom pods,** which are the only whole spice added here and they add amazing flavor. **½ teaspoon turmeric, 1 teaspoon cayenne** (use as much or as little as you like depending on your heat tolerance) and **1 ½ tablespoon curry powder.**
- **1 ½ cups vegetable stock (or water).** A good stock will add depth and flavor, but you can just use water with good results.
- **Approximately 1 can of coconut milk.** The full fat kind from the can is really essential to create a lovely, creamy sauce. Don't use light coconut milk.
- **1 can chickpeas.** Chickpeas are an amazing legume to use here because their texture and flavor go really well with the mixed veggies. If you'd like to substitute, use a more neutral tasting bean, like white beans.

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- **2 tablespoon fresh lemon juice (or fresh lime juice).** This adds a nice tang and balances out the flavors.
- **2 tablespoon fresh coriander optional.** For a really delicious finishing touch and garnish.
- **Salt to taste**

## Instructions

1. Heat the oil. Add the onions followed by the cardamom pods and saute over medium heat until the onions start to sweat and turn translucent.
2. Add the turmeric, cayenne and ginger garlic paste and stir-fry for 30 seconds.
3. Add the sweet potatoes, potatoes, and carrots. Season with some salt and cover the pan. Turn the heat to low and let the vegetables cook about five minutes. If the veggies start to stick, add some water.
4. Now add the green beans and green peppers and  $\frac{1}{2}$  cup of water or vegetable stock. Cover again and cook five more minutes.
5. Check to see if the potatoes and sweet potatoes are cooked and fork-tender. If they are not, continue to cook, covered, for a few more minutes.
6. Stir in the chickpeas, curry powder and another cup of vegetable stock. Bring the mixture to a boil.
7. Add the coconut milk and scallions, if using, and just let the curry heat through.

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8. Stir in the lemon and cilantro and add more salt if needed.  
Serve hot.

- **Tips and substitutions**

- Add tofu or tempeh to this veg curry for an extra protein boost.
- You can use any of your favorite veggies to this curry so long as they cook fairly quickly.
- Frozen veggies can also be used
- Sub the curry powder with garam masala, if that's what you have. Or stir in a couple of tablespoons of Thai curry paste, red or yellow, for the flavour base (in that case, you probably will need less cayenne).
- Once you have added the coconut milk, make sure you reduce the heat to a simmer. Turn off the heat as soon as you've added the final ingredients. There is a small chance that the coconut milk will curdle if you boil it too long, but if it does, don't be alarmed--the curry will still taste fabulous.

## **Flatbread**

**350g Self Raising Flour**

**1 tea spoon baking powder**

**350g Natural Yoghurt**

**Pinch of salt**

**Instruction**



1. Mix all the ingredients together in a bowl.
2. Knead the dough for a couple of minutes and then set aside in a bowl for 10 mins
3. Dust worktop with flour and roll out small pieces of dough approx. golf ball size to around 3mm thick
4. Heat a frying pan and then cook them on each side for a minute or two. Enjoy!

## Curry powder

### Ingredients

- ½ cup [coriander seeds](#)
- 2 tablespoon [cumin seeds](#)
- 2 tablespoon [mustard seeds](#)
- 2 teaspoon [fenugreek seeds](#)
- 24 [curry leaves](#) (about two sprigs)
- 4 [dry red chili peppers](#) (use less or more. I like to control the heat in my recipes so I used less than other recipes might)
- 2 tablespoon [black peppercorns](#)
- ¼ cup [chana dal](#) (Bengal gram dal)
- 1 teaspoon [asafetida](#) (hing)
- 2 tablespoon [turmeric](#)
- 2 teaspoon [ground ginger](#) (optional)

### Instructions

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1. Heat a wide skillet over medium-high heat. Lower heat to medium-low and add all of the ingredients, except the asafetida and turmeric (and ginger, if using).
2. Dry-roast the ingredients until the coriander seeds and lentils take on a reddish hue and are really fragrant, about five minutes. The curry leaves should be crispy and dry with no moisture, and should crumble easily when you touch them. If using dry curry leaves, do not add them with the other spices. Instead stir them in when you add the turmeric in the next step.
3. Turn off the heat and stir the asafetida and the turmeric (and ginger, if using) into the other spices in the skillet. Mix well and remove all of the spices to a plate or bowl. Set them aside to cool.
4. Once the spices have cooled down, place them in a blender or spice grinder. Blend into a powder that's coarse but does not have any whole or large pieces of spices.
5. Store in an air-tight jar in a cool, dark place.