

AUTUMN VEGETABLE CURRY



Submitted by Jeffrey Held at NYU Langone Health, New York

SERVES 5

INGREDIENTS

- 3 tbsp. coconut oil
- 1 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1 tsp. turmeric powder
(1 tbsp. fresh grated)
- ¼ tsp. cayenne
- 1 small chunk of ginger, grated
- 6 cloves garlic, minced
- 1 fresh bay leaf
- 2 cups onion, medium dice
- Salt and pepper to taste
- 2 tbsp. tomato paste
- 2 cups delicata squash, diced
- 1 cup cauliflower, roasted
- 2 cups sweet potato, roasted
- 2 cups kale (sliced)
or baby spinach
- 1 cup chickpeas
- 3 cups broth (recipe not listed)
- 1 cup coconut milk
- Fresh cilantro leaves
- Basmati rice, cooked
(recipe not listed)
- Vegetable/Chicken stock
(recipe not listed)

PREPARATION

1. In a wide, heavy bottom pot, begin to melt coconut oil over low heat. As oil begins to heat, add cumin and coriander seeds and toast for 2-3 minutes. Add turmeric, cayenne, ginger, garlic and stir, careful not to burn. Continue to sweat for another 5 minutes.
2. Add onion and season with salt and pepper. Sweat on medium heat until softened and lightly colored, about 10 minutes. Add tomato paste and stir to coat. Continue to caramelize the tomato paste for another 3-5 minutes.
3. Add sweet potatoes and continue to stir gently, then add 3 cups broth, or enough to just cover vegetables. Bring to a boil and then reduce heat to a gentle simmer. Allow the sweet potatoes to cook for 5 minutes and then add squash and cauliflower. Continue to cook until vegetables are tender but still a bit firm, about 12-15 minutes.
4. Carefully, stir in chickpeas and kale. Add coconut milk. Cover and continue to cook for 8-10 minutes, check that cauliflower is tender. Taste and adjust salt & pepper.
5. Garnish with fresh cilantro. Serve with basmati rice.

