Coconut ginger vegetable curry
RECIPE

Coconut ginger vegetable curry

COOK TIME	20 min
PREP TIME	20 min
MAKES	4 servings

Coconut Ginger Vegetable Curry with SEEDS OF CHANGE™ Organic Jasmine Rice it's tasty and nutritious!

INGREDIENTS

- 1 cup SEEDS OF CHANGE™ Organic Jasmine Rice
- 2 Tablespoon organic extra virgin olive oil
- ¼ teaspoon salt
- 2 cloves of organic garlic, minced
- 2 tablespoons fresh organic ginger, minced
- 2 teaspoons curry powder
- 3 cups organic cauliflower, cut into bite-size chunks
- 1 medium organic potato, cubed
- 2 medium organic carrots, chopped
- 1 can lite organic coconut milk
- 2 cups organic vegetable stock
- 1 cups organic frozen peas
- ¼ ounce fresh organix cilantro or mint
- ½ teaspoon red chili flakes (optional)
- 4 organic lime wedges (optional)

DIRECTIONS

1. Combine Jasmine rice and 2 cups water in a medium lidded pan. Brig to a boil over high heat, cover and reduce heat to simmer and cook 10 minutes. Remove from heat and set aside with lid on until ready to serve.
2. Heat oil in a large pot over medium-high heat. Add diced onion and an pinch of salt and cook until beginning to soften, about 3-4 minutes. Add minced garlic, ginger, and curry powder, cooking and stirring until fragrant, 1 minute.
3. Add chopped cauliflower, carrots, potato, coconut milk, vegetable stock, and chilies flake (optional) to the pot and stir. Bring to a simmer and cook until vegetables are

tender, about 10-12 minutes. Stir in peas, continue cooking 2 minutes more, season with salt and pepper as desired.

4. Serve coconut curry over Seeds of Change™ Organic Jasmine Rice, garnish with freshly chopped herbs and service with fresh lime wedges (optional).
5. For thicker consistency, add about 1/4 of the vegetable curry to a blender after cooking and puree. Stir puree back into the finished curry and serve.

NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	470
Total Fat	13g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	N/A
Cholesterol % DV	N/A
Sodium	530mg
Sodium % DV	23%
Total Carbohydrate	78g
Dietary Fiber	6g
Sugars	7g
Total Carbohydrates % DV	28%
Dietary Fiber % DV	21%
Protein	12g

You might also love...



Kimchi rice bowl

Cook time

5 min

Prep time

5 min



Korean beef bibimbap bowl

Cook time

15 min

Prep time

10 min

Rainbow fried rice

Cook time

25 min

Prep time

10 min

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