

Vegetable Korma (nut free)

Ingredients:

1 small basket of hard vegetables like pumpkin, sweet potato, potato, turnip, swede, carrots parsnips etc.

1 onion, finely chopped

250ml vegetable stock

1 cup coconut milk

½ cup toasted sunflower seeds

1 cinnamon stick

¼ teaspoon ground turmeric

¼ teaspoon salt

1 small basket of soft vegetables like broccoli, cauliflower, beans, snow peas, mushrooms, zucchini, leafy greens etc.



Ginger and garlic paste

5cm piece ginger, peeled and roughly chopped

4 garlic cloves, chopped

¼ teaspoon salt



Garam Masala

8 cardamom pods, bruised

5 whole cloves

1 tablespoon coriander seeds

2 teaspoons cumin seeds



What to do:

1. Prepare ginger and garlic paste in pestle and mortar, pour in 3 tablespoons of water. Set aside until ready to use.
2. To prepare the garam Masala heat a frying pan over medium heat and toast the cardamom pods and cloves for 30 seconds.
3. Shake the pan and add coriander seeds, toast for 15 seconds and add the cumin seeds and toast until fragrant and not burned. Cool spices on a plate and then grind to a powder.
4. Peel and dice hard vegetables and chop onion.
5. Heat a large pot with a drizzle of oil and brown vegetables then add onion and reduce heat.
6. Stir in ginger and garlic paste and cook for 1 min, add Garam Masala and stir well.
7. Grind sunflower seeds to a paste and add to korma.
8. Add stock, coconut milk, cinnamon, turmeric and salt and cook gently.
9. Prepare remaining vegetables.
10. Stir in soft vegetables when hard vegetables are just becoming tender. Taste Korma season and serve when vegetables are cooked and sauce is thick.