

A JOCK'S GUIDE

Episode 10: Vegan Coconut Curry

Source: Tattiawna Jones

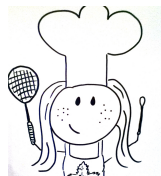
Ingredients:

1 can tomatoes
1 can coconut milk (light!)
1 tbsp. grated raw ginger
1 red onion (I don't like onions but it really adds to the taste)
Vegetables – peppers, snowpeas, eggplant, zucchini
Any leafy vegetable – kale, spinach

2 cloves garlic, roughly chopped
1-2 tbsp. of curry powder
salt and pepper to taste

Directions:

1. Wash all vegetables and place aside in separate bowl.
2. Add garlic, ginger and chopped onions to a pot, with either ghee, or olive oil. Cook over medium heat until onions become translucent.
3. While this mixture is cooking, chop all vegetables into bite-sized pieces. The kale can be ripped or chopped but remember, it will shrink down a bit so keep the pieces a bit bigger.
4. Add the curry powder (more or less depending on your taste!), tomatoes, coconut milk and all vegetables to pot and stir.
5. Simmer over medium heat for approximately 10 minutes or until veggies are cooked!
6. Serve over rice!



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