



Armidale Yoga

Potato & Vegetable Curry

Ingredients

2 tablespoons vegetable oil
1 medium brown onion finely chopped
2 cloves of garlic, crushed
1 tablespoon of freshly grated ginger
2 red chillies, seeded, chopped finely
2 teaspoons of ground cumin
2 teaspoons of ground coriander
1 teaspoon garam masala
1 teaspoon ground turmeric
1 kg potatoes, chopped coarsely
600g pumpkin, chopped coarsely
2 cups (500ml) vegetable stock
1 cup (250ml) coconut milk
200g green beans
100g baby spinach leaves

Heat oil in large saucepan; cook onion, garlic, ginger & chilli, stirring until onion softens.

Add spices; cook, stirring, about 2 minutes or until fragrant.

Add potato and pumpkin; stir to coat vegetables in spice mixture.

Stir in stock and coconut milk; bring to boil.

Reduce heat; simmer, covered about 20 minutes or until potato is almost tender.

Stir in beans; simmer, covered, about 5 minutes or until potato is just tender.

Remove from heat; stir in spinach.

Enjoy -- Serves 4 - 6

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