

Recipe Card



Warming Winter Curry

Serves 4-6

- 1 tsp coconut oil
- 1 medium onion, roughly chopped
- 5 cloves garlic, minced
- 2 thumb sized portions of fresh ginger root, minced
- 1 tsp turmeric
- 1Tbs garam masala
- 2 cups fresh or frozen butternut squash, chopped into bite size pieces
- 2 cups vegetable stock
- 1.5 cups chickpeas, precooked
- 1 can (14oz) coconut milk
- 6 oz pre-washed fresh spinach (about 4 cups loosely packed)

Heat a teaspoon of coconut oil in a wok and sweat the roughly chopped onion until softened. Mix in finely chopped garlic and ginger then, add turmeric and garam masala.

While the onion is sweating, chop the butternut squash into bite sized pieces. Add the chopped butternut to the wok and fry off a little until all covered by spices and onion. Pour in enough vegetable stock to just cover the squash. Put on a lid and let it simmer for about 15 minutes until the butternut is nearly done.

Add coconut milk and chickpeas and simmer uncovered until the sauce thickens enough to cling to the back of your wooden spoon. Stir in chopped spinach until it wilts.

Source: Adapted from recipe by Lisa Duncan

Golden Spice Rice

Makes 2.5 to 3 cups

- 2 tsp butter, ghee or olive oil
- 1 cup basmati brown rice
- 1/4 tsp turmeric
- 1 3/4 - 2 cups water
- 2 green cardamom pods
- 1/2 tsp sea salt

Heat 2 teaspoons of butter in a 2-quart pan over low to medium heat. Rinse and drain rice well. Place rice in a pot and sauté until well coated. Add turmeric and stir again. Add water, cardamom and salt. Bring to a boil. Turn heat to low, keeping a light simmer. Cover the pan and let the rice simmer for 45-50 minutes or until all the water is absorbed. Don't stir the rice while it is cooking. Check rice for doneness by tipping the pan, if any water remains, continue cooking until all water is absorbed.

Source: www.cookusinterruptus.com

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