

Mixed Vegetables in Coconut Sauce Recipe

Ingredients: Serves 4-5

125g fresh green beans, cut into 2.5cm lengths
200g carrots, cut into 1cm chunks
225g potatoes, cut into 2.5cm cubes
5-6 baby aubergines, quartered lengthways or
1 small aubergine (200g) quartered lengthways and cut into 2.5cm pieces
5-6 shallots, halved
½ teaspoon ground turmeric
½ teaspoon chili powder
1 teaspoon salt
2 teaspoons cumin seeds
50g unsweetened desiccated coconut
175g whole milk plain yoghurt
1 unripe banana, peeled and cut into 1cm chunks
3-4 green chilies, quartered lengthways (seeded if wished)
6-8 fresh or dried curry leaves
boiled basmati rice, to serve

Method:

Put all the vegetables together into a large pan and add 350ml hot water. Add the turmeric, chili powder and salt. Bring to the boil, reduce the heat to low and cover the pan. Cook for 8-10 minutes or until the vegetables are tender, but still firm (except the aubergine, which will be soft). Meanwhile, preheat a small heavy pan over a medium heat. When hot, dry roast the cumin seeds for 30-40 seconds until they release their aroma. Remove from the heat and transfer the seeds to a plate and cool slightly. Grind the coconut and the roasted cumin seeds in a coffee grinder. Beat the yoghurt until smooth and beat in the coconut mixture. When the vegetables are ready, remove the pan from the heat and allow to cool for 2-3 minutes. Gradually stir in the yoghurt mixture and add the banana, green chilies and curry leaves. Return the pan to a very low heat and let the contents bubble gently for 4-5 minutes. Remove from the heat, and let the curry stand, covered, for 5-6 minutes. Serve with boiled basmati rice.

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