

Veggie Curry

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
garlic	4 cloves	minced
onion	1	cut into eighths lengthwise
ginger	2 TBLSP	minced
coconut oil	3 TBLSP	
coconut milk	1 can	
cherry tomatoes	1 pint	halved
lime zest	of 1 lime	
lime juice	of 1 lime	
soy sauce	2 TBLSP	
red curry paste	2 TBLSP	
yellow bell pepper	1	diced
sugar snap peas	2 handfuls	strung
carrots	2	peeled & julienned
mint	1/3 cup	chopped

- In a large sauce pan, sauté the garlic, onion, & ginger in the coconut oil over medium heat.
- Add the ingredients from coconut milk to curry paste, and simmer for 20 minutes.
- Toss in the peppers, peas, & carrots, and simmer for 5 minutes.
- Serve over rice, raw zucchini noodles, raw spinach, or vermicelli.
- Top with freshly chopped mint.