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**MOUTH
WATERING
vegan™**



Mushroom & Spinach Curry

A delightful and easy to prepare curry you will love. It will fill the house with the most pleasant and heart-full aromas. Enjoy with basmati rice or roti or chapatis, and poppadoms. I like to make a raita with this for that extra dynamic. The savoury flavours and spices make for a celebration of the senses, and I love to play some sitar music and light a candle as we share in this little fiery

and warm feast.

INGREDIENTS

1 large white onion, finely chopped

1 inch of fresh ginger, finely chopped

3 cloves garlic, finely chopped

1 fresh red chilli pepper, chopped

1 Tbsp refined coconut oil

1 tsp ground garam masala

1 tsp ground coriander

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Share 1 tsp curry powder

tsp asafoetida

tsp crushed cardamom seeds

alt to taste

tsp maple syrup

8 mushrooms, chopped

2 cups fresh baby spinach leaves, roughly chopped

1 cup cashew cream (made up of $\frac{1}{4}$ cup raw cashews, blended with $\frac{3}{4}$ cup water and processed)

$\frac{1}{4}$ cup fresh coriander/cilantro, finely chopped for garnishing, and a little to add to the curry

a little hot water

a handful of golden sultanas

METHOD

Heat up the coconut oil and sauté your onions, garlic, ginger and chilli for a few minutes until the onion is transparent.

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Then add your spices and stir well, lower the heat, and continue stirring for a couple of minutes.

Now add the mushrooms and stir well. When they are cooked, add the remaining ingredients, except for the cashew milk, finishing off with the baby spinach that cooks within a few minutes. Now stir in the cashew milk. Taste for seasoning.

Serve with rice or roti or chapatis, and poppadoms. Enjoy !



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All in One EPIC Christmas Stew

Golden Courgette/Zucchini & Cheese Fritters (GF)

