

Vegetable Curry

Ingredients

4 TBSP Sunflower Oil
1 1/2 tsp Curry Masala
3/4 tsp Coriander ground
1/8 tsp Cumin ground
1/4 tsp turmeric
1 tsp Salt
1 tsp chopped Garlic or 2 cloves
1 tsp chopped Ginger
1 Thai green chili pepper
1/2 medium Onion
1 Cup Broccoli Chopped
1/2 Cup Cauliflower Chopped
1 Zucchini Chopped
1 Cup Carrots Chopped
1 Cup Shelled Edamame
4 medium to large Roma Tomatoes ground/pureed in Food processor or Blender
1 Roma Tomato Chopped

Heat Sunflower Oil on Medium heat in a Large Sautee Pan

Add Garlic, Ginger, Chili Pepper, and Onion

Sautee for about 3 -4 minutes

Add Broccoli, Cauliflower, Zucchini, and Carrots

Sautee on Medium heat for about 5 minutes

Add Chopped Tomato and Edamame

Stir in Curry Masala, Coriander, Cumin, and Turmeric

Stir together well so all veggies are coated with spices and mixed together

Sautee for about 10 minutes

Add Ground/Pureed Tomatoes and Salt

Simmer on medium/low heat for about 15 - 20 minutes until tomato sauce is red in color and fully cooked!

Serve with Na'an Bread, Tortillas, or over rice. This can be eaten alone as well! This is one of my favorite Nepali meals, I love it with na'an bread and often have it for breakfast here and in the Himalayan mountains while hiking so I hope you enjoy it as much as I do!