Veggie Thai Curry

Serves: 6
Takes: 35 minutes

COCONUT CURRY SAUCE:

- 2-13.5 oz. cans coconut milk (full-fat)
- 2 cups chicken or veggie broth
- 3 Tbsp. curry powder, (split)
- Sea salt + fresh pepper
- pinch cayenne (optional)
- 1 Tbsp. sesame oil
- 2 Tbsp. tamari (organic)
- 5 cloves garlic, peeled
- ~1-inch fresh ginger, peeled
- handful fresh cilantro leaves

INGREDIENTS:

- 1 Tbsp. Coconut oil
- 1 yellow onion, cut in half and then in strips
- 1 head cauliflower, chopped
- 5 carrots, sliced at diagonal (I never bother peeling my carrots, just give them a good scrub!)
- 2 Zucchinis, sliced
- 1 red bell pepper
- 1 can garbanzo beans
- 1 10-oz. bag frozen peas

optional toppings: jalapeño, lime, cilantro, mint, sesame seeds, chili flakes or sauce.
Serve with: rice or noodles or rice noodles! I put the rice on first and then get to the curry prepping.

DIRECTIONS

1. Combine all of the Curry Sauce ingredients (using half the curry powder), in a high-speed blender or food processor. Blend until smooth. Set aside. Making this first will allow the flavors to meld together.

2. Heat a coconut oil in a pot with a snug-fitting lid over medium-high heat, adding the onions and letting them caramelize for several minutes. Next add cauliflower and curry powder, stirring to coat. Then add 1/2 cup water, which will help the veggies steam. Replace lid and cook for several minutes while you chop the carrots and zucchini.

3. Reduce to medium heat. Add carrots, zucchini, stirring to mix the veggies. Replace lid and cook for another ~5 minutes, while you chop the bell pepper and rinse the garbanzo beans.

4. Finally add the red bell pepper, stirring a final time to cook everything evenly. Let cook for several more minutes.

5. Check to make sure cauliflower is cooked through before adding the Coconut Curry Sauce, garbanzo beans, and green peas. Taste to check seasoning. Add more curry powder, salt and pepper, if needed. Let flavors meld for an additional 5 minutes, and up to 20 minutes on low heat.

6. Pour over rice or noodles, add toppings, and serve!