

Cauliflower & Sweet Potato Curry

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large pot over medium heat. Add the onion, garlic, ginger and cook until the onions are just tender and water has evaporated, about 3 minutes.
2. Add the curry paste and stir to combine with the onion mixture. Cook about 1 minute. Stir in the broth and coconut milk and add in the lentils.
3. Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
4. Season with additional salt if needed and divide between bowls. Top with freshly chopped parsley. A dollop of plain yoghurt or sour cream is also a delicious addition when serving.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 2 cups of curry.

Serve it With

Serve with brown or jasmine rice, wild rice, quinoa, rice or kelp noodles.

Ingredients

- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 **tbsp** Ginger (fresh, grated or minced)
- 2 **tbsps** Thai Red Curry Paste
- 3 **cups** Organic Vegetable Broth
- 1 **1/2 cups** Organic Coconut Milk (full can)
- 1/2 **cup** Dry Red Lentils
- 1 **head** Cauliflower (around 1kg, chopped into florets)
- 1 Sweet Potato (medium-sized, peeled and cut into cubes)
- 1/4 **cup** Parsley (chopped, optional for garnish)

Nutrition

Amount per serving

Calories	354	Iron	4mg
Fat	17g	Vitamin D	0IU
Carbs	40g	Folate	93µg
Fiber	8g	Vitamin B12	0µg
Sugar	9g	Magnesium	35mg
Protein	12g	Zinc	1mg
Calcium	76mg	Selenium	1µg