COCONUT CURRY

Makes two adult servings.

Ingredients

- 2 cups pre-made brown basmati rice
- 2 Tbsp coconut or olive oil
- 1 small onion (diced)
- 4 cloves minced garlic
- 1 Tbsp fresh grated ginger*
- 1/2 cup broccoli florets
- 1/4 cup diced yellow pepper
- 1/2 cup diced carrots
- 1/4 cup diced tomato
- 1/3 cup snow peas (loosely cut)
- Handful chopped fresh cilantro
- 1-2 Tbsp curry powder
- 400 ml can coconut milk
- Sea salt and black pepper (to taste)

Instructions

1. Chop all veggies.
2. In a large frying pan on medium heat, add 1 tbsp coconut or olive oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.
3. Add curry powder and coconut milk. Bring to a simmer then reduce heat slightly and continue cooking for about 10 minutes.
4. Add cooked brown rice.
5. Add the snow peas and tomatoes to curry in the last 5 minutes so they don't overcook.
6. Serve, sprinkling with a touch more sea salt and pepper