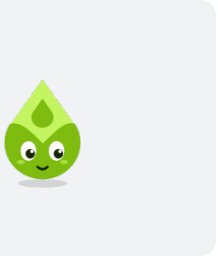
Dinner, Indian

Golden Coconut Vegetable Curry

A warmly spiced vegetable curry with tender sweet potatoes, carrots, green beans and bell pepper, gently simmered in fragrant coconut milk.

40 min	140	23 g	7 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 1 small onion(s) (chopped)
- [ ] 4 clove garlic (roughly chopped)
- [ ] 1 med jalapeño pepper (seeded and chopped)
- [ ] 2 tbsp water
- [ ] 1 tbsp canola oil
- [ ] 2 tbsp sweet curry powder
- [ ] 1 med sweet potatoes (peeled and cut into 1' chunks)
- [ ] 2 med carrots (peeled and cut into 1-inch chunks)
- [ ] 1 med red bell pepper (seeded and cut into 1-inch chunks)
- [ ] 6 oz fresh green beans (trimmed and snapped in half, (about 2 handfuls))
- [ ] 4 stalks green onion (scallion) (thinly sliced, (white and green parts))
- [ ] 1/2 cup unsweetened coconut milk beverage
- [ ] 1 cup low sodium vegetable broth
- [ ] 1 tbsp cornstarch
- [ ] 2 tbsp chopped fresh cilantro
- [ ] 1 tsp paprika
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Nutrition Facts

Per serving

Calories	**140**
Total fat	5 g
Saturated fat	1 g
Sodium	380 mg
Total carbs	23 g
Fiber	6 g
Total sugars	7 g
Protein	3 g

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Method

- [ ] **1** Blend the onion, garlic, jalapeño pepper and 2 tbsp water in a blender or food processor until a smooth paste forms.
- [ ] **2** Heat the canola oil in a wok or large sauté pan over high heat, add the onion paste and sweet curry powder, and cook for 3-4 minutes, stirring constantly.
- [ ] **3** Stir in the sweet potatoes and carrots and sauté for 4-5 minutes, keeping the mixture moving.
- [ ] **4** Add the red bell pepper, green beans and green onion, and sauté for 2 minutes.
- [ ] **5** Whisk the unsweetened coconut milk beverage, low sodium vegetable broth and cornstarch together in a separate cup or bowl, then pour the mixture over the vegetables.
- [ ] **6** Bring to a boil, lower to a simmer, cover, and simmer for 10 minutes.
- [ ] **7** Stir in the chopped fresh cilantro, paprika and black pepper, adding the salt if using.