

MALAYSIAN COCONUT CURRY

A vegan curry that tastes great, this recipe really is a winner! For the protein use frozen vegan quorn pieces or tofu, if you cannot go meat free add some chicken to the dish. Serve with jasmine, brown or basmati rice.



INGREDIENTS

400ml coconut milk
5g garlic puree
20g ginger puree
1 cinnamon stick or 1 tsp cinnamon
20 rapeseed oil
15g lemongrass, finely chopped
1 tsp turmeric
½ lime
5g nutritional yeast, or a dollop of marmite!
1 tsp ground coriander
2g coriander, chopped
1 whole star anise
150g onions, diced
10g red chillies, finely diced
Salt & pepper
Either add extra vegetables, use Quorn fillet pieces or tofu

STEP 1.

Heat a large frying pan with a little oil, add the lemongrass, star anise, cinnamon cook for one minute before adding the onions & chillies – cook until golden in colour

STEP 2.

If you are using vegetables, Quorn or fillet pieces add them now (or chicken if you have some!)

STEP 3.

Mix the turmeric, garlic & chilli into a paste, add to the pan cooking & stirring for 5 minutes ensuring it doesn't stick!

STEP 4.

Now add the coconut milk, a little water & lime zest

STEP 5.

Add salt & pepper, nutritional yeast (or the dollop of marmite if you don't have the yeast!) – cook for 10 minutes on a simmer, this will enhance the flavour of the sauce

STEP 6.

Finish with chopped coriander & serve with rice or noodles