

Vegan Coconut Curry

Meal time: Dinner

Meal course: Main

Meal type: Vegan

Country of origin: India

Difficulty: Medium

Servings: 4

Total time: 15 minutes

Ingredients:

2 sticks lemongrass
 1 lemon, juiced
 180g white rice
 1/2 TSP salt
 1 TBSP olive oil
 1 TBSP maple syrup
 450g can chickpeas, drained and rinsed
 1 spring onion, chopped
 1 can coconut milk
 1 sweet potato, chopped
 1 TBSP yellow curry paste
 2 TSP curry powder
 1/2 zucchini, chopped
 Handful fresh coriander

Nutrition Facts

	Amount per serving
Calories	431
Total Fat	9.5 g
Saturated Fat	1.3 g
Total Carbohydrate	72 g
Dietary Fibre	12 g
Total Sugars	9 g
Protein	15 g
Cholesterol	0 mg
Vitamin D	0 IU
Calcium	108 mg
Iron	2.93 mg
Potassium	484 mg
Sodium	658 mg

Instructions

1. Cook rice as per directions on the package.
2. Preheat olive oil in a pan and sauté all the veggies for about 5-7 minutes.
3. Add in 1 tablespoon yellow curry paste, 2 TSPs curry powder, and beaten lemongrass. Stir-fry for a few minutes, then add in chickpeas, coconut milk, maple syrup, lemon juice and salt. Turn down the heat and simmer for 5 minutes.
4. Remove lemongrass and serve vegan coconut curry with rice.
5. Garnish with fresh coriander.

Notes: to make it non-vegan option, just add cooked chicken to the recipe or any leftover cooked meat that you have. This recipe is loaded with vitamins.