



SWEET POTATO & VEGGIE CURRY

INGREDIENTS

- 1 onion
- 2 potatoes
- 1 large sweet potato
- 1 large carrot
- 1 cup button mushrooms
- 1 zucchini
- 1 butternut squash
- 2 fresh tomatoes
- 1 leek
- Handful of chopped parsley
- 3 Tbsp olive oil
- 1 cup coconut milk
- 1 cup water
- 3-4 garlic cloves
- ½ cup grated cashews
- ½ tsp cumin
- ½ tsp ground cardamom
- Salt & pepper to taste

INSTRUCTIONS

1. Peel the potatoes, sweet potato and butternut squash. Cut them into large cubes and set aside.
2. Chop the onion and all vegetables.
3. Heat olive oil in a large pot over medium-high heat, and cook chopped onions until golden brown. Add the chopped tomato and stir frequently, cooking for five minutes. Add potatoes, sweet potato, all vegetables and water. Salt and pepper to taste, then cook over low heat for 15 minutes.
4. Add coconut milk to the pot and let it simmer for 15 minutes. Don't cover the pot with a lid!
5. Taste, then sprinkle with grated cashews. Garnish with chopped parsley and serve warm.