

Posted on 16 October 2012

by ewfood

Spiced Coconut Veggies

Ingredients

100g zucchini - chopped
1/2 cup new potatoes - cooked and halved)
1/2 cup cauliflower - cooked and chopped small-medium
2 onions - sliced
2 tsp garam masala (a combination of cloves, cinnamon, cardamom and peppercorns)
1/4 tsp turmeric
1 1/2 tsp tomato purée
3/4 cup water
3 tbsp freshly grated coconut or coconut milk powder
1 tsp garlic paste
2 tbsp oil
Salt and freshly ground pepper to taste

Preparation

1. To start with, heat some oil in a pan and fry the zucchini with the onions till they get soft and tender.
2. Then add the turmeric, garam masala, garlic paste, tomato purée, water and coconut.
3. Stir well and bring to a boil or until the coconut has blended in well.
4. Then throw in the potatoes and cauliflower (pre-cooked and cut in salted water, and kept aside).
5. Mix everything together thoroughly.
6. Season with some salt and pepper.

Cooks Note