



---

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

---