THE HEALTH BOOST

happy healthy living

Squash & cauliflower korma masala

recipes

HEALTH BOOST

More and more foodies show an interest in vegetarian options, so as big advocates of including lots of vegetables in our daily diets we like to ensure that we always add lots of recipes to our offering. A veggie curry is so versatile. Served on its own, this squash and cauliflower curry is heartwarmingly delicious. For a more filling meal, add chicken or serve with brown rice or whole grains.

INGREDIENTS

Serves 4-6

For the spice paste
3 garlic cloves
1 knob of root ginger peeled
1 teaspoon ground cardamom
2 tablespoon Korma Masala mixed spices
(I use Steenbergs)
1 tablespoon of avocado oil

For the curry
1 tablespoon coconut oil or olive oil
1 onion, chopped
1 large butternut squash, peeled and cut into chunks
1 cauliflower, cleaned and cut into florets
400ml coconut milk
200ml passata
2 green chillies
2 curry leaves

METHOD

prep time: 10-15mins

cooking time: 1hour approx

- Blend all the spice paste ingredients in a food processor or blender.
- Add the coconut oil/olive oil to a large casserole dish and sauté the onions for about 5-10 minutes until lightly browned
- Add the spice paste and stir to coat the onions
- Add the butternut squash, coconut milk and passata
- Add the curry leaves and green chillies whole
- Stir and cook over a gentle heat for 20 minutes.
- Add the cauliflower and cook for 20 minutes.
- When it's finished cooking, discard the curry leaves and fresh chillies.

THE HEALTH BOOST TIP!

The classic combination of ginger, garlic and chillies is always a winner. For those worrying that you are always missing an ingredient, there are some amazing new brands out there offering fresh ready to use pouches full of the real fresh ingredients. I have recently tried, tested and loved Tastesmiths .

Ginger and garlic are your all year round friends and help provide anti-inflammatory protection.