Coconut Curry

GLuten Free, Vegan

INGREDIENTS

- 2 cloves of garlic finely chopped
- ¼ teaspoon finely chopped ginger or ginger paste
- 1 tablespoon oil
- 1 potato
- 1 large carrot
- 1 head of broccoli
- 1 medium yellow onion
- 1 tbsp or to taste, curry powder
- 1 tbsp or to taste, turmeric
- 1 can coconut milk
- Salt and black pepper to taste

INSTRUCTIONS

1. Boil the carrots and potatoes in salted water until tender
2. Heat a large saucepan to medium heat, and put in the oil. Cook the onion until softened slightly, then add the garlic and ginger, adding salt and pepper as you go.
3. Add the broccoli and cook briefly, then add in the cooked carrots and potatoes along with the can of coconut milk.
4. Incorporate the curry powder and turmeric, along with extra salt and pepper until desired flavor is reached.