

AYURVEDA VEG STEW

INGREDIENTS

- 2 Tbsp coconut oil
- 5 cm grated fresh ginger
- 1 tsp cumin seeds
- 2 tsp Korma powder
- 2 tsp Garam Masala powder
- 1 large tomato, peeled and diced
- 1 can organic coconut milk
- 1 cup cooked chickpeas
- bunch of fresh cilantro
- juice of 1/2 lemon
- 1 Tbsp maple syrup
- 5 kale leaves, stems removed
- 1 large sweet potato
- salt & pepper to taste

PREPARATION

1. Prepare all the ingredients. Cook the chickpeas for 1 hour in boiling water with 1 tsp of salt, or use canned chickpeas
2. Heat coconut oil in a large pot, add grated ginger, cilantro stalks finely chopped and cumin seeds and sauté for 2 min stirring constantly. Add Korma and Garam Masala powder and heat through all together, then add diced tomato and combine again, let it cook for 3min.
3. Pour coconut milk into the pot, bring to boil, then add kale leaves cut in bite size chunks, sweet potato, salt and pepper and let it simmer for 15 min or until the potato is soft.
4. Stir in chickpeas, cilantro leaves, lemon juice and maple syrup. Add more salt if needed, combine well, then remove from the heat and let it sit covered for another 10-15min before serving. Enjoy with basmati rice.