

## EASY VEG KORMA

### INGREDIENTS

- 1 onion
- 2 carrots
- 2 Tbsp coconut oil
- 2 garlic cloves
- 5 cm grated ginger
- 1/2 tsp chilli powder
- 2 tsp Korma powder
- 1 tsp cumin
- 1 tsp turmeric
- 1/2 tsp cinnamon
- 1 large tomato, peeled and diced
- 1 cup red lentils
- 1 large sweet potato
- 1 small head cauliflower
- 1 can coconut milk
- juice of 1/2 lemon
- handful of frozen peas
- salt & pepper to taste

### PREPARATION

1. Prepare all the ingredients. Chop onion and carrots.
2. Heat coconut oil in a large pot, add onion and garlic and sauté for a minute. Add diced carrots, ginger, cumin, chili powder, Korma powder, turmeric and cinnamon and combine stirring constantly.
3. Add diced tomato and a splash of water or veg broth. Then add lentils and sweet potato and more water or broth - ideally all the lentils are covered by liquid so they will cook evenly. Bring to boil and add cauliflower cut in bite size chunks, keep adding more water or broth if needed. Let it simmer for 10min or until the veg is nice and soft and then pour coconut milk in and warm through all together.
4. Remove from the heat, add lemon juice, salt and pepper to taste. Enjoy with basmati rice.