



The Wholeness Chef

Southern Indian Vegetable Curry

This recipe holds a really special place in my heart. I learned it while I was traveling in Southern India and Kerala. I had the opportunity of taking two trips – one with my husband and one with my sister and my mother. Both were very special. We learned variations of this recipe that I want to share with you today. What's great about it is that you can use so many different vegetables, so it's great to use at the end of the week when you're just trying to clean out your fridge. So let's take a trip back to India. Come with me.

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1 medium Zucchini
1 large Sweet Potato
2 large Carrots
1/2 medium Onion
1 small Eggplant or 4-5 Indian Eggplant
*Optional Veggies: Green Beans, Peas, Green Chilis, Potato, Okra, Tomato
1/2 Tsp Ground Turmeric
1 Tsp Black Mustard Seeds
1/2 Tsp Fennel Seeds
1/2 Tsp Cumin Seeds
1 1/2 inch thin piece Cinnamon Bark
1 Tbsp Coconut Oil
1 Tsp Salt
1 can full fat Coconut Milk (13.5 ounce can)
1 inch piece Ginger
Curry Leaves handful (5-8)
Cilantro Leaves for garnish

Directions:

1. Cut all vegetables into bite-sized pieces. Choose at least 3 different vegetables.
2. Peel and mince ginger.

3. Heat a large pot over medium heat, add coconut oil, black mustard seeds, fennel seeds and cumin seeds and sauté until black mustard seeds start to pop and cumin seeds turn deep brown.
4. Add in 5-8 curry leaves and chilis (if using) and let sauté for 10 to 15 seconds.
5. Add vegetables and minced ginger, turmeric, one piece of cinnamon bark and mix. Add in a quarter to a half cup of water to prevent vegetables from burning. Cover and reduce heat to simmer for about 15 minutes until vegetables are tender.
6. Add in coconut milk and stir to incorporate. Return the lid and cover. Can continue to simmer for 5 to 10 more minutes until vegetables are soft.
7. Add salt to taste.
8. Serve over steamed rice and garnish with cilantro.