

Vegetarian Korma

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 1 tablespoon coconut oil
- ☐ 1 medium brown onion, chopped finely
- ☐ 3 cloves of garlic, minced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground cardamom
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground turmeric
- ☐ 1 teaspoon garam marsala
- ☐ ½ teaspoon ground all spice
- ☐ ½ teaspoon salt
- ☐ 200g green beans, trimmed and cut into three pieces
- ☐ 1 red capsicum, sliced thinly
- ☐ ½ cauliflower or 1 head broccoli, cut into florets
- ☐ ¼ cup tomato paste
- ☐ 1 cup chicken style stock, follow instructions to tin to prepare from stock powder
- ☐ 400g can coconut milk
- ☐ ½ cup coriander leaves, coarsely chopped
- ☐ ½ cup Greek yoghurt
- ☐ (***at home - you may also wish to add ½ cup roasted unsalted cashews*)

Equipment:

- ☐ Measuring spoons, cups and scales
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Measuring jug
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Serving bowls

Method:

1. Prepare ingredients as stated in the ingredients list above.
2. Heat coconut oil in a large saucepan over medium heat. Add onion and garlic, stirring for 3 minutes until golden. Add spices and salt, cook stirring for one minute or until fragrant. Add vegetables; stir to coat in the spices.
3. Add tomato paste, dissolved stock, coconut milk; bring to the boil and simmer. Reduce heat to low. Cook for 20 -25 minutes or until vegetables are cooked to your liking.
4. Remove from heat and stir in half the coriander.
5. Top korma with yoghurt and serve with Indian yellow rice.

Enjoy! 😊