

VEGETABLE KORMA (makes 6 portions)

1 cup **cashews** (soaked overnight)
500 g fresh **tomatoes**

coconut cream from 1 tin coconut milk **or** $\frac{3}{4}$ cup **dessicated coconut** which has had enough near-boiling water poured on it to cover, left to steep for an hour, then liquidised into a cream

basmati rice ($\frac{3}{4}$ -1 cup for 2 portions, soaked for at least an hour)

$\frac{1}{2}$ tsp **cumin seeds**
 $\frac{1}{2}$ inch **cinnamon stick**
seeds from 1 **cardamom pod**
2 **bay leaves**

$\frac{1}{2}$ tsp **garam masala**
1 tsp **coriander**
 $\frac{1}{2}$ tsp **paprika**
 $\frac{1}{2}$ tsp **ground cardamom**
3 **cloves** ground
 $\frac{1}{2}$ tsp **black pepper**
 $\frac{1}{4}$ tsp **cayenne pepper**
 $\frac{1}{2}$ tsp **dry mango powder**
1 tsp **lemon juice**

1 **onion**
4 **garlic cloves**
thumb **ginger**
1 **chilli**

1 large **sweet potato**
1 large **carrot**
150 g **green beans**
500 g **cauliflower**
160 g **curly kale**
red pepper

500 g **mushrooms**
frozen **peas**
1 dsp **tamari**

Liquidise **tomatoes** and **cashews** into a thick cream.

Make the **coconut cream** if using dessicated coconut. If necessary, add a small amount of the cashew cream.

Stir-fry the **large spices**, then add the other **spices**.

Add the **onions, ginger, garlic** and **chilli**, cooking until soft, adding a tiny bit of water if necessary.

Add the **cashew cream**.

Add the **vegetables** in the order above, then the **coconut cream**. Cover and cook on a low heat for 15 mins, stirring occasionally to prevent sticking.

Fry the **mushrooms, peas** and **tamari** separately, until the mushrooms soften.

When the vegetables are cooked turn off the heat and add the mushrooms and peas.

Cook the **rice** and serve.