BRUSSELS SPROUTS (or broad bean) **CURRY** (makes 6+ portions)

cashew cream (see recipe below)

¾ cup of **chickpeas** (soaked overnight and pressure cooked for 20 mins, saving the **aguafaba**)

¼ cup **cashew nuts** (halved)

2 tsp **coriander**
1 tsp **tumeric**
½ tsp **cayenne pepper**
1 tsp **cumin** seeds
1 tsp **ground cumin**
1 tsp **mustard seeds**
1 tsp **fennel** seeds
15 **curry leaves**
½ tsp **asafetida**

1 large **onion**
4 **garlic cloves**
1 **green chilli**
60 g **fresh coriander**
1 **red pepper**

350 g **brussels sprouts** (peeled & halved)
500 g **potatoes**
1 large **carrot** and/ or **beetroot**

350 g **mushrooms**
180 g **curly kale**

500 gm **passata**
1 tbsp of **tomato puree**
1 tbsp **tamari**

½ cup of **peas**

Prepare the **cashew cream**.
Steam the **vegetables**, to save time in the pressure cooker along with the chickpeas.
Sauté the **cashews** until browning, then remove and save.
Sauté the **spices** for 5-10 mins on lowest heat.
Then add the **onion**, **garlic**, **chilli**, **coriander** and **red pepper**. Cook until soft.
Add the **chickpeas** and mix in well.
Followed by the steamed **vegetables**.
Then the **mushrooms**.
Then the **kale**.
Add the **cashew cream**.
Mix together the **passata**, **puree** and **tamari**, then add it to the rest.
Add the **peas**.
Make sure there is enough liquid, if not add some aguafaba, then cover and simmer on lowest heat for 15 mins, checking regularly it is not sticking.

Sprinkle on the roasted **cashew nuts** and serve with **basmati rice**.

cashew cream

¾ cup **cashews** (soaked overnight then drained)
¼ **coconut milk powder**
1.5 tbsp **olive oil**
1.5 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1.5 dsp **lemon juice**
1 tsp **mustard**
water

Blend until smooth and desired consistency.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#brussels-sprouts-curry