

Mango and cashew curry (vegan)

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Mango and cashew curry (vegan)

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Mango and cashew curry (vegan)



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Looking for vegan recipes? We love this mango cashew curry with green beans, capsicum and potatoes.

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients (serves 4)

- 3 cups chat potatoes, peel left on
- and cut into bite-size chunks
- 2 large handfuls of [green beans](#), ends removed
- 1 red capsicum, core removed
- and cut into strips
- For the sauce
- 2 generous tbsp [curry](#) powder
- 1 tsp ground cumin
- 1 tbsp rice bran oil
- 1 large brown onion, peeled and roughly chopped
- 2 cloves of garlic, peeled and chopped
- 1 tbsp fresh ginger, peeled and chopped

Mango and cashew curry (vegan)

- ¼ cup raw cashews
- 1-2 birds eye or Thai chillies, seeds removed and roughly chopped
- 1 x 400ml can coconut milk
- 1 large mango, peeled and seed removed (should yield about 1 cup of mango)
- 1 tsp salt and freshly ground pepper to taste

For the garnish, optional

- 1 cup mango flesh, finely sliced
- 1 small bunch coriander, washed and roughly chopped
- Handful raw cashews

Method

Steam or boil the chat potatoes. When they are almost cooked, add the beans and cook until tender.

While the potatoes and beans are cooking, dry roast the curry powder and cumin in a small pan for a couple of minutes on a low heat. Stir frequently so that they don't burn. Set aside.

Heat the oil in a medium pan and sauté the onion until it softens. Add the garlic and ginger and cook on a gentle heat for a minute or so. Add the rest of the sauce ingredients, including the curry powder and cumin. Bring everything to the boil. Turn the heat off, blend the sauce ingredients until fairly smooth and return them to the pan.

Add the cooked chat potatoes and beans to the sauce and simmer gently for a few minutes. Add the capsicum, some freshly ground pepper and check the seasoning.

Top each serve with garnish of your choice (or all three). Serve with steamed basmati rice.

Recipe from [The Kind Cook](#)'s Mel B.

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