

Coconut korma (vegan)

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Coconut korma (vegan)

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Looking for vegan recipes? This coconut korma recipe is packed full of seasonal veg and plenty of spices.

Ingredients (serves 2)

- 60ml oil
- 125g onion, sliced
- 2 cloves garlic, chopped
- 2½cm piece ginger, peeled and grated
- 3 cardamom pods, split
- 1 tbs curry paste
- 1 tbs tomato puree
- 400g can chopped tomatoes
- 75g red lentils
- 350g tofu, cubed
- 500g seasonal vegetables, chopped into bite-size pieces
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp ground turmeric
- Salt and pepper, to taste
- 600ml vegetable stock

Coconut korma (vegan)

- 150ml coconut milk
- 2 tbs chopped fresh coriander
- Rice, to serve

Method

Heat a tablespoon of the oil in a large deep frying pan. Fry onion, garlic, ginger and cardamom pods for 5 minutes. Add curry paste, tomato puree, tomatoes and lentils. Cook for further 10 minutes.

Heat the remaining oil in a separate pan and stir-fry tofu for 5 minutes. Add the vegetables and spices, season and cook for 10 minutes.

Stir in the tomato and lentil mixture. Add stock, cover and simmer for 20 minutes or until lentils are almost cooked, stirring occasionally. Stir in the coconut milk and coriander, reserving a little for garnish.

Cook uncovered for a further 10 minutes. Garnish with coriander and serve with rice

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