

creamy vegetable curry

1/2 cup (125 mL) raw cashews, soaked (see page 11)

1 tablespoon (15 mL) coconut oil

1 small onion, diced

3 cloves garlic, minced

1 1/2 teaspoons (7 mL) grated peeled fresh ginger

1 green chile or jalapeño, seeded, if desired, and diced (optional)

2 medium yellow potatoes or 1 medium sweet potato, peeled and diced (about 2 cups/500 mL)

2 medium carrots, diced (about 1 1/2 cups/375 mL)

1 red bell pepper, chopped

1 large tomato, seeded and chopped

2 tablespoons (30 mL) mild yellow curry powder, or to taste

1/2 to 3/4 teaspoon (2 to 3 mL) fine-grained sea salt, plus more as needed

1 cup (250 mL) frozen or fresh peas

Basmati rice, for serving (optional)

Fresh cilantro leaves, for serving

Toasted cashews, for serving

Tip: For a grain-free option, omit the basmati rice.

When I dream of comfort food, I dream of this mild vegetable curry. The rich cream sauce made from soaked raw cashews is balanced with a heavy hand of vegetables. This recipe is versatile and can be made with a variety of different vegetables—broccoli, cauliflower, and sweet potatoes would all be good ones to try. To make it even heartier, serve this over a bed of long-grain rice, such as basmati, or to boost the protein, try adding tofu. This is a lightly spiced and generally mild dish, so if you are a fan of spicy food, use a hot curry powder to heat things up. Be sure to soak the cashews overnight, or for at least three to four hours, so they're ready when you need them.

Serves 4

PREP TIME: 25 minutes • COOK TIME: 25 minutes

gluten-free, soy-free, sugar-free, grain-free option

1. In a blender, combine the cashews with 3/4 cup (175 mL) water and blend until smooth and creamy. Set aside.
2. In a large skillet, heat the oil over medium heat. Add the onion, garlic, and ginger and sauté for about 5 minutes, until the onion is translucent. Stir in the green chile (if using), potatoes, carrots, bell pepper, tomato, curry powder, and salt. Sauté for 5 minutes more.
3. Stir in the cashew cream and peas. Reduce the heat to medium-low and cover the skillet with a lid. Simmer, covered, over medium heat for about 20 minutes, or until the potatoes are fork-tender. Stir every 5 minutes throughout the cooking process. If the mixture starts to dry out, reduce the heat and add a splash of water or oil and stir to combine.
4. Serve the curry over a bed of basmati rice, if desired, and sprinkle with cilantro leaves and toasted cashews.