

QUICK & EASY VEGETABLE MULLIGATAWNY

INGREDIENTS

2 Tablespoon Oil
1 medium Onion
3 ribs Celery
2 medium Carrot
3 medium Turnips
1 Tablespoon Curry Powder
¼ Cup Mirin or Brandy (optional)
1 teaspoon Salt
1 x 14oz can Coconut Milk
Cilantro / Yoghurt / Lime for garnish

DIRECTIONS

Slice Onion and Celery into half inch size pieces; dice the Carrot and Turnip into evenly sized half inch cubes or half-moons.

Heat the Oil over medium-high and add Onion, Celery and Carrot.

Saute until slightly browned, about 4 minutes. Add Turnips, Salt and Curry Powder and stir to combine until all the vegetables are coated.

Pour in Mirin/Brandy and allow to reduce for a minute, and then pour in Coconut Milk.

Pour water into the can and swish around until you have removed all of the remaining Coconut Milk- you will repeat this to add a total of one can (14oz) of water to the Mulligatawny.

Allow to simmer for 20 minutes so that the Mulligatawny is thickened and the vegetables tender.

Garnish with Yoghurt, Cilantro and a squeeze of Lime if desired, and serve over or with Lentils / Chickpeas / Rice.