

Kumara, cauliflower & cashew korma curry



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Preparation 20 mins | Cooking 50 mins | Serves 6

- 2 tbs extra virgin olive oil
- 1 brown onion, finely chopped
- 750g kumara (orange sweet potato), peeled and cut into 2-3cm pieces
- ½ small cauliflower cut into bite-sized florets
- ½ cup korma curry paste
- 3cm piece fresh ginger, peeled and cut into matchsticks
- 400ml can reduced fat coconut cream
- 400g can diced tomatoes
- 400g can chickpeas, drained and rinsed
- 1 cup water
- ½ cup roasted cashews, roughly chopped, plus extra to serve
- 75g baby spinach leaves
- Steamed basmati rice, coriander and pappadums, to serve

STEP 1 Heat oil in a large heavy-based saucepan over medium-high heat. Add onion and cook, stirring often, for 4-5 minutes until tender.

STEP 2 Add kumara and cauliflower to the pan and cook, stirring occasionally, for 5 minutes. Add curry paste and ginger and cook, stirring, for 2 minutes until aromatic.

STEP 3 Reserve 2 tbs coconut cream. Stir remaining coconut cream, tomatoes, chickpeas and water into kumara mixture. Cover and bring to a gentle simmer over medium heat. Reduce heat and simmer, stirring occasionally, for 35-40 minutes until vegetables are tender. Stir in cashews and spinach. Season with salt and pepper to taste. Drizzle with reserved coconut cream.

STEP 4 Serve curry with rice, coriander, extra cashews and pappadums on the side.