

Ingredients

- 1 can peas
- 2 cans coconut milk
- 1 can tomato paste
- 7 green peppers (diced)
- 5 onions (diced)
- 2 large potatoes (~1lb) (diced)
- 1 lb shrimp
- 1 bag frozen chopped spinach
- 3 tsp curry
- 1/2 tsp cayenne
- 2 pinches black pepper
- 1 medium bay leaf
- 1 1/2 tsp garam masala
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1 ~~1/2~~ + 1/2 tsp garlic powder
- ~ 2 tbsp coconut oil
- dice potatoes, peppers, and onions first, set shrimp to thaw
- large pot, heat 2 tbsp coconut oil.
- Once warm, add Curry, garam masala, paprika, garlic, fennel powder, and cayenne. Stir until uniform, but not burning or popping.
- Add chopped onions, Stir, heat until uniform and slightly translucent.
- Add can of coconut milk, Stir. * check the spiciness of the curry here, to see if you want more curry/garam or cayenne

- Adjust spices and add 1 tbsp salt, bay leaf,
+ tomato paste, cumin
- Add second can coconut milk, heat/stir until uniform,
5 minutes, medium heat.
- Boil dried/chopped potatoes in salty water, separately.
- Add green peppers, cook/stir ~7 minutes. (to
Slightly cooked)
- Add Shrimp, ^{black} pepper, add 1 tsp more salt; cook/stir
5 minutes.
- Add Spinach + peas, Simmer 10 minutes
- By now, if potatoes are tender, add to any pot
and cook another 6 minutes, medium-low.