

Ingredients

- 1 can peas
- 2 cans coconut milk
- 1 can tomato paste
- 7 green peppers (diced)
- 5 onions (diced)
- 2 large potatoes (~1 lb) (diced)
- 1 lb shrimp
- 1 bag frozen chopped spinach
- 3 tsp curry
- $\frac{1}{2}$ tsp cayenne
- 2 pinches black pepper
- 1 medium bay leaf
- 1 $\frac{1}{2}$ tsp garam masala
- $\frac{1}{2}$ tsp turmeric
- $\frac{1}{2}$ ^{tsp} fennel
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{4}$ tsp cumin
- 1 ~~tbsp~~ ^{tbsp} 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 ^{diced} onions, Stir, heat until uniform ^{in color} 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 curry pot and cook another 6 minutes, medium-low.