

# Easy Vegan Curry Rice

A flavorful and healthy dish the whole family will enjoy! The combination of sautéed veggies, rice, peas, and curry powder creates an easy and delicious meal.



Ginny McMeans



4.88 from 8 votes

## Ingredients

- 1 tbsp olive oil
- 1 onion
- 2 garlic cloves
- $\frac{3}{4}$  tsp salt
- $\frac{3}{4}$  tsp cayenne pepper
- $\frac{1}{4}$  tsp paprika
- $\frac{1}{2}$  tsp ground ginger
- 2 tsp curry powder
- 1  $\frac{1}{2}$  cup frozen peas
- 2 carrots
- 1 cup long-grain rice
- 2 cups vegetable stock

## Instructions

1. Peel and finely chop the onion and garlic. Heat the olive oil in a large pan over medium heat.
2. Add the chopped onion, garlic, salt, cayenne pepper, paprika, ginger, and curry powder.



3. Mix all well and cook for 3-4 minutes.



4. Grate the carrots. Add the peas and carrots to the pan and mix well.



5. Continue to cook for another 2-3 minutes, stirring constantly.



6. Add the rice and pour in the stock.



7. Mix well again and cover. Cook for 15 minutes over medium-low heat.



8. When done, transfer to serving plates.



9. Optionally, top with finely chopped cashews or cilantro and garnish with lime wedges. Enjoy!