YIELD: 4 SERVINGS APROX.

Zucchini Curry

Take advantage of all the zucchini around and whip up this tasty, lusciously creamy, vegan Zucchini Curry and pair it with some roti for a meal your family is sure to love.

PREP TIME	**COOK TIME**	**TOTAL TIME**
10 minutes	20 minutes	30 minutes

Ingredients

- 2 tbsp oil, - I used grapeseed for this
- 1 red onion
- 5 cloves garlic
- 2 tsp ginger , freshly grated
- 2 tsp coriander
- 2 tsp smoked paprika
- 1/2 tsp turmeric
- 1 tsp cumin
- 3 zucchini
- 1 6 oz can tomato paste
- 1/2 cup vegetable stock
- 1 14 oz can full fat coconut milk
- salt and pepper to taste
- cilantro to garnish (optional)

Instructions

1. First off, dice the onions and garlic and grate the ginger.
2. Then add oil to a pan over medium heat and when warm, add in the diced onions and saute about 7 -10 minutes, stirring to keep the onions from burning.
3. While the onions are sauteing, dice the zucchini into bite sized pieces.
4. Then add in the ginger, garlic and zucchini into the pan with the sauteed onions and saute about 5 minutes, stirring often.

5. Add in the coriander, cumin, smoked paprika and turmeric and stir so spices are well incorporated.

6. Then add in the tomato paste, vegetable stock and coconut milk and stir till all threehave combined well. Once it has been mixed well, let this simmer about 3-5 minutes.

7. Season with salt and pepper. If you'd like it a bit spicy, add in a teaspoon of chili powder and mix. Garnish with chopped cilantro and enjoy with roti or naan or rice.

Notes

Nutrition Info is per Very Well Fit, please use your own calculations for accuracy.

Nutrition Information

Yield 4

Amount Per Serving

Calories 191

Saturated Fat 5.2g
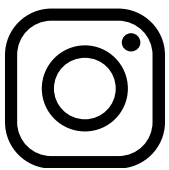

Sodium 156mg

Carbohydrates 19.6g

Fiber 4.7g

Sugar 9.7g

Protein 4.9g

Did you make this recipe?

Please leave a comment on the blog or share a photo on Instagram

© Shashi

https://savoryspin.com/zucchini-curry/

CUISINE: Fusion

Exclusive Member of Mediavine Food