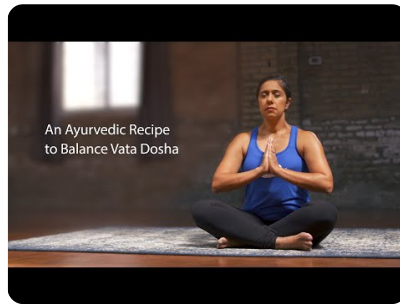


Gajju Subji (Warming Ayurvedic Carrot Cashew Curry)

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Prep: 15 Cook: 30 Rest: 0 Servings: 4

Ingredients

- ▸ Root vegetables
- ▸ Ginger
- ▸ Cashew butter
- ▸ Cumin
- ▸ Carrots
- ▸ Quinoa

Instructions

1. Cook the Curry

Combine all ingredients and cook until the curry is warm and the flavors have melded. Tip: Incorporate pranayama (breathing exercises) between chopping and stirring to reset your intentions.

2. Prepare Ingredients

Chop root vegetables (including carrots). Prepare cashew butter, toasted cumin, and toasted ginger. Tip: Use vegetables that are grounding for a Vata-balancing effect.

Source: <https://youtu.be/quQDAdXJSMo?si=ZuK-QQ2hRL0CMzLN>