

Ultimate Vegan Yellow Curry

Servings: 2-3, with rice

Active Time: 15 minutes

Total Time: 45 minutes

Ingredients

2 tablespoons olive oil
1/2 onion, chopped
2 garlic cloves, minced
2 medium zucchini or yellow squash, chopped
1 bell pepper (I used green), chopped
1 1/2 cups chopped green beans
1 teaspoon cumin
1/2 teaspoon ground cinnamon
1 teaspoon ground turmeric
2 teaspoons curry powder
1 (14 ounces) can of coconut milk
2 cups chopped kale (or a small handful of frozen chopped kale)
Kosher salt & freshly ground black pepper
2 green onions, sliced
1/4 cup cilantro, chopped
1 lime, juice, and zest

Directions

In a large skillet, heat the olive oil over medium heat. Add the onion and a small pinch of salt; cook for 5 minutes or until translucent. Add the garlic and cook for 1 minute more.

Add the zucchini, bell pepper, and green beans; cook for 10 minutes until the zucchini is starting to soften and is starting to release a little bit of water. Add in all of the spices, salt, pepper, and coconut milk. Make sure everything is coated and the spices are well incorporated into the coconut milk. Bring everything to a simmer, then turn down the heat to medium-low.

Next, add in the chopped kale and stir through. Simmer for 30-35 minutes until the coconut milk has thickened and the vegetables have “slumped” a little bit.

Sprinkle the lime juice and zest over the pan, then taste for seasoning. Add salt if necessary.

Serve over rice with green onions and cilantro.