



HEALTHYFOOD
STUDIO

CELEB CHEF SARAH GRAHAM

VEG *Korma*

INGREDIENTS

1	Onion - diced
1 tsp	Grated fresh ginger
1 tsp	Grated fresh garlic
½ tsp	Cinnamon
2 tsp	Curry spice
1 tsp	Turmeric
1 tsp	Cumin
1 tsp	Coriander
½ tsp	Dried chilli flakes
4	Cardamom pods
1 tin	Lite coconut milk
½ cup	Stock
¼ cup	Ground almonds / cashews
300g	Butternut / pumpkin cubed
1 can	Drained chickpeas
	Seasoning to taste
	Squeeze of lemon juice
	2 handfuls baby spinach/ frozen peas

METHOD

- 01** Fry onion in a little olive oil until softened.
- 02** Add ginger and garlic and cook for a minute.
- 03** Add cinnamon, curry spice, turmeric, cumin, coriander, dried chillies, cardamom pods and cook for another minute.
- 04** Pour in the coconut milk, stock and ground almonds / cashews, then bring to a simmer.
- 05** Add butternut / pumpkin and drained chickpeas, simmer for 20 minutes.
- 06** Just before serving, season to taste: add a squeeze of lemon juice.
- 07** Stir through baby spinach / frozen peas and serve with brown basmati rice/ cauliflower rice.