



Recipe Name: VEGETABLE CURRY

Ingredients: (serves 4)

2	Big carrots
2	Bell peppers (red or yellow)
2 or 3	Small zucchini
2 cups	Peas
1	Leek
2 cloves	Garlic
1 Tbsp.	Sunflower oil
1 Tbsp.	Toasted sesame oil
1 can	Coconut milk (13.5 fl. oz.)
1 Tsp.	Mild curry
1 pinch	Sugar
	Salt
	Pepper

Steps to follow:

Peel and chop the carrots, chop the bell peppers and zucchini. Clean the leek and cut into slices. Heat the oil in a wok until medium heat. Place the vegetables into the oil (carefully!) in the wok and allow them to cook at medium heat until soft. Stir frequently. Chop the garlic and add to the vegetable mixture. Add the coconut milk and continue cooking for a few minutes. Season with curry powder, salt, pepper and a pinch of sugar. Serve with white rice.