

*Snow pea, potato,
and cauliflower
yellow curry*



ELDRIDGE

FRESH ORGANICS



Snow pea, potato and cauliflower yellow curry.

Serves 6



CURRY PASTE

1 onion
2 tbsp freshly grated ginger
1 lemongrass stalks, finely chopped
6 garlic cloves, crushed
3 tsp ground turmeric
2 tsp coriander seeds

This can be substituted for a jar of pre-made yellow curry paste.

INGREDIENTS

1 cauliflower (600g)
300g snow peas
4 potatoes (400g), cut into ¼'s
375ml vegetarian stock
2 cans coconut milk
4 kaffir lime leaves

1 tsp cumin seeds
6 kaffir lime leaves, stalks removed, chopped
4 medium red chillies chopped
(remove seeds for less heat)
2 tbsp vegetarian mushroom
oyster sauce or vegan fish sauce
2 tbsp vegetable oil and 1tbsp extra if needed

HOW TO

For curry paste, place coriander and cumin seeds in a frying pan and dry roast over medium heat for 20-30 seconds or until fragrant. Add to a food processor.

Heat oil in frying pan, sauté onion until soft and translucent. Add ginger, garlic, and lemongrass. Cook for a further minute before adding to food processor with spices.

Add 6 chopped kaffir lime leaves, mushroom oyster sauce or vegan fish sauce, and chillies to food processor. Blend with onion and spices until smooth, adding extra oil if needed.

To make the curry, cook off paste in a medium size saucepan. Add stock and 4 remaining kaffir lime leaves then bring to a simmer. Add potato and cook for 15 minutes.

Add coconut milk and cauliflower, then cook for another 10 minutes. Next add snow peas and cook for 3 minutes.

Serve with steamed jasmine rice and fresh coriander.