

VEGETABLE CURRY WITH FLAT BREAD

Wheat-free Gluten-free Dairy-free Vegan

A quick, easy and nutritious meal to warm you up!

Ingredients:

Mixed vegetables (Eg. potato, onion, beans, peas, cauliflower, brussel-sprouts, cabbage etc)
Apples
½ tsp cumin
½ tsp turmeric
½ tsp coriander
Coconut milk

Method:

Add vegetables, apples and spices to large saucepan and cover with water. Cook until vegetables are soft.
Add enough coconut milk to reach desired consistency.

Serve with flat bread and/or rice. Sliced banana with lemon juice or fresh pineapple can accompany this meal.

VARIATION: exchange cumin, turmeric and coriander for curry powder and cinnamon.

To make the Flat Bread:

Mix together 2 cups buckwheat or millet flour, ½ to 2/3 cup slightly warm water, 1 dsp. tamari and some caraway seeds to make slightly firm dough. Shape into small balls, dip in flour and roll out thinly.
Cook in hot, greased, non-stick pan approx. 1 min each side.