



peanut vegetable curry

Serves 4 to 6

~30 minutes

Tools:

- Large pot
- [Dutch oven](#) or a second large pot
- [Chef's knife](#)
- [Cutting board](#)

Ingredients:

- 1 1/2 cups white or brown rice
- 2 tablespoons cooking oil (I like using coconut oil for curries)
- 1 large yellow onion, diced
- 5 tablespoons red curry paste
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1 (12- to 16-ounce) bag cauliflower florets, cut into bite-sized pieces
- 1 1/2 cups sweet potatoes, cut into bite-size pieces (peeling is optional — I just wash them well)
- 2 large carrots, peeled and cut 1/4 inch thick
- 1 (14-ounce) can of coconut milk
- 1 cup low-sodium vegetable or chicken stock
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons creamy peanut butter
- 1 tablespoon fish sauce
- 1 tablespoon maple syrup (or coconut sugar or brown sugar or omit)
- Juice of 1 lime
- 1/2 cup chopped cilantro (use the leaves AND stems!)
- Optional: chopped peanuts, for garnish

Bring a large pot of salted water to a boil (as if you're cooking pasta). Add **1 1/2 cups rice** and cook until tender, about 17 minutes for white rice or 30 minutes for brown rice. Drain the rice, then return it to the pot and cover it until you're ready to eat.

While the rice is cooking, heat a large pot or **dutch oven** over medium-high heat. Warm **2 tablespoons oil** then add **1 diced yellow onion**. Sauté for 3 minutes, stirring frequently.

Once the onion is soft, stir in **5 tablespoons red curry paste, 1 1/2 teaspoons ground cumin,** and **1/4 teaspoon ground cinnamon**. Cook for 1 minute. It'll be clumping around the onion and starting to stick to the pot — you're right on track!

Stir the **cauliflower, sweet potatoes,** and **carrots** into the pot until they are coated in the curry mixture.

Stir in **1 can of coconut milk, 1 cup stock, 3 tablespoons low-sodium soy sauce, 2 tablespoons peanut butter, 1 tablespoon fish sauce,** and **1 tablespoon maple syrup**.

If all of your vegetables are not covered with liquid, add more stock until they are. Crank the heat up to high, and once you reach a low boil, reduce the heat to medium-low so that it's just barely simmering (small little bubbles). Cook for 15 minutes uncovered, until all vegetables are tender, and the curry broth has thickened.

Remember: We cook with the lid OFF when we want the liquid to “reduce” — AKA evaporate off and become thicker. We cook with the lid ON when we want the liquid to stay exactly as it is. Here, we're cooking with it off because we want the curry sauce to thicken.

Turn off the heat and stir in **the juice of 1 lime** and **1/2 cup chopped cilantro**. Taste. Add more soy sauce if it needs more salt, more lime juice if it needs more tang, more peanut butter if it needs more... peanut flavor.

Serve the curry over rice.