

# Vegan Makhanwala

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## Ingredients

3/4 cup cauliflower chopped into small florets  
1 medium sweet potato or regular potato diced  
10 beans cut small on an angle  
1 cup diced carrots  
1 red capsicum diced  
10 mushrooms cut into 8 pieces  
1/3 cup peas  
1 tsp salt  
1 cup coriander leaves

## Gravy

1½ cups chopped tomatoes  
5 tbsp soaked cashews  
2 cm ginger roughly chopped  
2 tbsp olive oil or other unrefined organic oil  
1 bay leaf  
¼ tsp turmeric  
1 tsp cumin seeds  
2 tsp home made garam masala (see my cook book for recipe <http://www.veets.com.au/cookbooks>)  
½ to 1 tsp chilli powder  
1 fresh chilli (optional and if you like your curry hot)  
1.5 cups water  
1 cup coriander leaves  
Salt to your liking

## Method

1. Place all gravy ingredients except the garam masala in a wok and bring to the boil. Simmer for 15 minutes then add the garam masala and simmer for a further 5 minutes.
2. Place the cooked gravy ingredients in a blender and blend until smooth.
3. While the gravy is cooking, place the carrot, potato and salt in a saucepan of water. Bring to the boil and let simmer for 5 minutes then add the beans and simmer for a further 5 minutes then add the cauliflower and peas and cook for a further 5 minutes or until tender. Drain off the cooked veggies from the water and place back into the saucepan (with the heat off of course).
4. In a frying pan add a small splash of olive oil and the mushrooms and red capsicum and sauté for 5 to 10 minutes or until tender, adding salt to taste.
5. Transfer the mushrooms and capsicum to the rest of the vegetables and add the gravy to the veggies. If the gravy is not covering the vegetables add more water and a bit more salt.
6. Serve the curry with the coriander leaves as garnish.



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# Okra Curry

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## Ingredients

3 cups chopped okra  
Oil of your choice – a few splashes  
1/4 tsp mustard seeds  
1/8 tsp ground fenugreek seeds  
1/4 tsp ground peppercorns  
1/2 cup cooked mung beans  
1 onion diced  
10 curry leaves  
3 cloves minced garlic  
1 tsp coriander powder  
1/4 tsp turmeric  
1/2 tsp cayenne pepper  
3 tbsp shredded coconut  
1 medium tomato chopped small

## Method

1. Heat the oil in a wok and cook the okra until golden. Stir every minute or so. Once cooked through remove from the wok.
2. Make the sauce heating a small splash of oil in the same wok and fry the mustard seeds until they pop. Then add the curry leaves, spice, onion, garlic and salt. Cook until onions are translucent.
3. Add the cooked mung beans, coconut, tomato and ¼ cup water. Cook for 5 minutes then add to a blender and blend.
4. Place back in the wok and add the okra.

