

Split Pea and Vegetable Curry

INGREDIENTS

- 1 cup split peas
- 2 cups frozen mixed vegetables (carrots, peas, corn, green beans)
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 can (400ml) lite coconut milk
- Salt and pepper to taste
- 2 tablespoons vegetable oil
- Optional: chopped cilantro for garnish

SERVINGS: 4
TIME: 50 MIN



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PROCEDURE

1. Rinse the split peas under cold water and drain.
2. In a large pot, heat the vegetable oil over medium heat. Add the chopped onion and minced garlic. Cook for about 3-4 minutes.
3. Add the curry powder to the pot and stir to coat the onions and garlic. Cook for an additional 1-2 minutes to toast the spices.
4. Add the split peas to the pot and stir to combine with the onion mixture.
5. Pour in the coconut milk and enough water to cover the split peas by an inch.
6. Bring the mixture to a boil, then reduce the heat to low and cover the pot. Simmer for 30 minutes, stirring occasionally, until the split peas are tender.
7. Once the split peas are tender, add the frozen mixed vegetables to the pot. Stir to combine and cook for an additional 5-7 minutes until the vegetables are heated through.
8. Season the curry with salt and pepper to taste. Serve Hot.



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