KIKKOMAN

Vegan aloo gobi curry

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
3,410 kJ / 815 kcal

Fat: **39 g** Protein: **21 g**
Carbohydrates: **92 g**

INGREDIENTS

2 portion(s)

40 g	cashews
250 ml	boiling water
200 g	potatoes
400 g	cauliflower
1 tsp	turmeric
1.5 tsp	cumin
1.5 tsp	ground coriander seeds
0.5 tsp	cayenne pepper
1 tsp	garam masala
2 tbsp	rapeseed oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	onion, chopped
3	garlic cloves, chopped
1 cm	piece of ginger, grated
200 g	tinned tomatoes
250 ml	coconut milk
1 tbsp	fresh coriander
400 g	cooked rice

PREPARATION

Step 1

40 g cashews - **250 ml** boiling water - **200 g** potatoes - **400 g** cauliflower
Pour the boiling water over the cashews. Peel, wash, and dry, then cube the potatoes. Wash and dry the cauliflower then cut into florets.

Step 2

1 tsp turmeric - **1 tsp** cumin - **1 tsp** ground coriander seeds - **0.25** cayenne pepper - **0.5 tsp** garam masala - **1 tbsp** rapeseed oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Place the spices in a bowl. Add the oil and Kikkoman Soy Sauce and mix to form a paste. Coat the prepared vegetables with the paste.
Spread the vegetables on a baking tray and roast at 200 °C for 20 minutes.

Step 3

1 tbsp rapeseed oil - **1** onion, chopped - **3** garlic cloves, chopped - **1 cm** piece of ginger, grated - **0.5 tsp** garam masala - **0.5 tsp** cumin - **0.25 tsp** cayenne pepper - **0.5 tsp** crushed coriander seeds - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **200 g** tinned tomatoes
In 1 tbsp of oil, sauté the chopped onion until translucent, then add the chopped garlic, ginger and spices (garam masala, cumin, cayenne pepper and coriander). Sauté for 2 minutes. Add the Kikkoman Soy Sauce, tomatoes and drained cashews from step 1. Cover and simmer for 15 minutes.

Step 4

250 ml coconut milk - **1 tbsp** fresh coriander - **400**

g cooked rice

Add the coconut milk to the sauce from step 3 and blend until smooth. Mix with the roasted vegetables and cook for 2 minutes.

Serve the rice topped with the vegetable sauce and garnish with the fresh coriander.