

Sweet Curry



Serves 3-4

Cooking Time (including preparation)

- 30-40 mins for Kapha
- 40-60 mins for Vata and Pitta

Ingredients

- 1 tsp ghee
- $\frac{3}{4}$ cup toasted shredded/dessicated coconut
- $\frac{1}{2}$ tsp brown mustard seeds
- 1 cup coconut milk
- 3 carrots, diced
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup diced pine apple
- $\frac{1}{2}$ cup diced pumpkin
- $\frac{3}{4}$ cup water
- 4 tsp spice (1 tsp each of licorice root powder, cardamom, fennel seeds and coriander seeds)

Method

Lightly fry the shredded/dessicated coconut, mustard seeds and spices. Add other ingredients. Cover and simmer until well cooked, allow the last 20 mins with the lid off to allow steam to escape and the curry to thicken to desired consistency.

Serve with Basmati Rice.

To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal