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QUICK AND EASY

Vegan recipes from the goat.

VEGETABLE RICE CURRY

INGREDIENTS

1 TBSP - vegetable oil
1 medium onion - diced
1 medium carrot - diced
1 stalk celery - diced
1 cup - red bell pepper
(cut into 1" squares)
1 cup - broccoli florets
1/2 cup - brown rice
1/4 cup - raisins
2 tsp - curry powder
1/4 cup - mango chutney
1/4 cup - cashews

DIRECTIONS

Make up the brown rice first and set to the side. Place raisins in a bowl with 1/4 cup hot water and let soak while preparing the other ingredients.

In a wok, heat up the vegetable oil, then add the onion, carrot, celery, and red bell pepper. Stir fry for 5 or 6 minutes. Then add the broccoli and cook for 4 or 5 more minutes.

Reduce the heat and add the precooked rice. Mix the rice in well with the vegetables. Next add the curry powder and stir well again. Now add the raisins with the water, the mango chutney, and the cashews and stir again. Cook on a low heat for a couple more minutes and serve.

This recipe makes 2 to 3 servings.
Scale up or down for the quantity you need.

COMMENTS

It doesn't matter if you are new to curries, or a seasoned veteran, you are going to love this recipe. The flavors of India in every bit, and it's really easy to make.

If you are new to curries, you might want to go easy on the curry powder till you know how much you want. Also, we use Genuine Major Grey's Chutney from Cross & Blackwell. If you can't locate this brand, then any other mango chutney should do you well.

Enjoy!