

CRACKIN' KERALAN CURRY



5 SERVINGS



DINNER

NUTRITIONAL INFORMATION

- 1319 kcal per recipe
- 265 kcal per individual serving
- Check with your Dietitian are the suitability of this recipe & the number of exchanges.

Protein content may vary with the choice of vegetables, stock cube, and coconut water. Check suitable options with your Dietitian.

INGREDIENTS

- **Loprofin Rice**
- 900 g roasted vegetables* (exchange free) (parsnips, butternut squash)
- 2 onions
- 25 g coconut oil
- 1 tsp each of cumin, chilli flakes* (Use 1/2 tsp if you prefer less spice) & ground coriander
- 2 tsp ground turmeric
- 2 tsp of minced ginger
- 2 tsp tamarind paste
- 1 l coconut water (protein free)
- 1 vegetable stock cube* (≤ 0.5 g protein/100 ml reconstituted)
- 200 g bok choy

METHOD 1/2

1. Melt the coconut oil in a large pan over medium/low heat and add the onions (sliced)
2. Season with 1 tsp of salt and cook for 15 minutes until onions become very soft
3. Add the chilli flakes, cumin, coriander, ginger, and turmeric to the pan for a few minutes and fry until the spices are fragrant
4. Next, in a jug, mix the coconut water, stock cube and tamarind paste and add these to the onion mixture and bring to the boil

IMPORTANT NOTICE

Everybody's low protein diet is different. Always check with your dietitian regarding suitability of particular ingredients in recipes.

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METHOD 2/2

5. Then add the roasted vegetables and bring back to the boil
6. Lastly, chop the bok choy and add the white stalks to the curry to cook for 3 minutes. Then add the green leaves and allow to wilt in the curry
7. Garnish with chopped coriander, if desired
8. Bon appetit!

CHEF'S TIPS

- You can use any exchange-free roasted vegetables in this curry
- Once cooked, allow to cool and freeze until needed
- Excellent served with low-protein coconut rice and naan bread
- You can blend this curry into a soup by adding more vegetable stock

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