



Tamil style Vegetable Kurma



Lower in Sodium

Ingredients



Prep time
15 mins



Cook time
35 mins



Serves
5 pax

Masala paste

- 3 garlic cloves
- 10 cashew nuts
- 1 cup low-fat milk
- 2 green chillies
- 3 cloves

Other ingredients

- 1 tbsp healthier oil
- 1 tsp cumin seeds
- 1 large onion, chopped
- 1 tsp ginger, minced
- ½ tsp turmeric powder
- 1 tbsp coriander powder
- 1 tsp curry powder
- ¼ cup carrots, chopped
- ¼ cup green beans, chopped
- ¼ cup potatoes, peeled and chopped
- ¼ cup cauliflower florets
- ¼ cup green peas
- ½ cup water
- A pinch of lower-sodium salt to taste
- 1 tbsp chopped coriander for garnishing

Steps

01 Make the masala paste by blending the garlic, cashew nuts, green chillies, cloves and low-fat milk together into a smooth paste. Set aside.

02 Heat a pan with healthier oil and fry the cumin seeds, onion and ginger together with the turmeric, coriander and curry powder. Stir-fry until fragrant.

03 Add vegetables and water. Allow the vegetables to simmer and come to a boil.

04 Add the masala paste. Simmer to reduce the gravy and season with lower-sodium salt to taste.

Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as onions, instead of salt, for added depth of flavour.