

Vegan Jalfrazi with Sprouted Legumes

Ingredients

5 cups cut cauliflower or broccoli or shredded cabbage
2 cups peas
2 onions cut in half or sliced
1 red capsicum
1 tsp chilli flakes (optional)
2 tsp smoked paprika
1 tsp cumin seeds
1 1/2 tbsp grated fresh ginger
4 cloves garlic mince
2 tsp ground coriander
2 tsp garam masala (there is a great recipe for this in my book)
3 large tomatoes or a can of diced tomatoes
2 cups sprouted mung beans (or sprouted chickpeas or red lentils)
1 1/2 to 2 tsp salt
hand ful of spinach leaves
1 1/2 cups of thin cashew cream (to make this place 1/3 cup cashews in 2 cups water in a blender with a few pinches of salt and blend until smooth.

Method

1. Steam the cauliflower, broccoli and green beans for 5 minutes or until al dente. Set aside to cool.
2. Heat a splash of oil in a wok and cook the onion for 4 minutes stirring often. Then add the capsicum and cook until both the onion and capsicum start to brown. Add the smoked paprika and stir for a couple of minutes. Take the onions and capsicum out of the wok.
3. In the same wok add another splash of oil and cook the cumin for a minute, Add the ginger and garlic and cook for a minute.
4. Add the coriander garam masala and tomatoes and cook until broken down. Add the cabbage and sprouts and cook for 5 minutes.
5. Stir in the onion and capsicum and the steamed veg and heat up for 5 minutes. Add the spinach and cashew cream and heat until sauce is warm and spinach has wilted.



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