

Sprouted Mung Bean Curry

Ingredients

2 cups sprouted mung beans
1 tbsp avocado oil
1 onion roughly chopped
2 cm piece of ginger cut smallish
2 tsp coriander seeds
8 black pepper corns
2 fresh chillies (optional)
½ tsp cinnamon powder
½ tsp turmeric powder
1 stalk lemon grass with end bashed (to help draw out the flavour)
2 tomatoes roughly chopped
1 tsp salt
6 tsp sesame seeds
4 tbsp desiccated coconut
2 heads broccoli cut small

Method

1. Place everything except the broccoli and mung beans into a wok with 1 cup water and bring to the boil then let simmer for 30 minutes.
2. Remove the lemon grass stalk and transfer everything in the wok to a blender and blend until smooth.
3. Return the mixture to the wok and add the mung beans and broccoli and bring to a boil then simmer for 30 minutes or until the broccoli is tender.



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