

## As-You-Like-It Curry



### Ingredients

- 3 T. **olive oil**
- 1 small **onion**, chopped
- 2 cloves **garlic**, minced
- 2 T. **curry powder\*** (be generous)
- 1 teaspoon ground **cinnamon**
- 1 teaspoon **paprika**
- 1 **bay leaf**
- 1 T. grated fresh **ginger root**
- 1 teaspoon **white sugar**
- 2 teaspoons **salt** (or to taste)
- 1 cup plain **Greek yogurt**
- 1 can **coconut milk**
- 4-6 cups **chopped vegetables**  
(Use your favorites. My favs are: red pepper, asparagus, broccoli, cauliflower, sweet potatoes, and zucchini. During Christmas time, I call this recipe "Christmas Curry" and just use red and green vegetables.)
- [Optional] 2 cups cut up **chicken** from a rotisserie chicken  
(If you want a veggie curry, just leave this out. I love buying a rotisserie chicken and eating ½ the first night on chicken salads, and then the next day I make curry.)
- 2 T. **lemon juice** (fresh or bottled)
- 1/4 teaspoon **cayenne pepper**
- **Cashews**  
(Optional topping, but makes the dish extra wonderful)
- **Flaked coconut**  
(Optional topping)

### Directions

1. Cut up all veggies and set aside in bowls. Divide the veggies that take a long time to cook from the ones that take less time. For example if you are using potatoes or sweet potatoes, they take longer to cook than asparagus and broccoli. 4 cups of veggies will result in a more saucy curry. 6 cups of veggies will result in a more stew-like curry. If you are like me and tend to be over zealous with your vegetables, you can always add another cup of Greek yogurt at the end to create more sauce.
2. If you are adding chicken, cut up about 2 cups and set aside.
3. Measure your spices (curry, cinnamon, paprika, bay leaf, fresh ginger root, sugar, salt) into a small bowl and set aside.
4. Mix the lemon juice and cayenne pepper together in a small bowl and set aside.
5. Heat olive oil in a skillet over medium heat. Sauté onion and garlic until lightly browned. (If you are using red peppers as one of your veggies, sauté this at the same time as well to bring out its flavor.)
6. Add spices and continue sautéing while continuously stirring for 1 minute.
7. Add yogurt, coconut milk and vegetables that take longer to cook (ie: sweet potatoes/potatoes). Bring to a boil, reduce heat, and simmer covered for 15 minutes or until the first set of vegetable are almost soft.
8. Add the remaining veggies and chopped chicken. Cover and simmer for another 15 minutes, or until all veggies are done to your liking.
9. Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer for 5 more minutes.
10. Serve over rice, cauliflower rice, or noodles. Top with cashews and/or flaked coconut.

*\*The type of curry powder you use can significantly change this dish's flavor. Go to our web site for our Kleynhuis-recommended brand.*

