

Vegetable Curry & Brown Rice



Prep:

5 mins

Total:

30 minutes

Sirve:

8 servings

Pieza:

Saladmaster Food Processor

4 Qt./3.8 L Roaster with Cover

5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ☆☆☆☆☆

Contribuido por:

Ana Perez

[Agregar un Comentario](#)

Descripción de la Receta:

Weeknight cooking doesn't get any easier than this savory vegetable curry with brown rice. Add all of your ingredients into your 4 Qt. and in less than 30 minutes you'll have a delicious lunch or dinner ready to enjoy.

- 2 cups
long grain brown rice
- 3 ½ cups
water
- 1 medium
onion, processed, use Cone #3
- 4 cloves
garlic, minced, use Cone #1
- 1 - 2 tbsp
ginger root, minced, use Cone #1
- 1 red bell pepper, diced, use Cone #2
- 4 oz
red curry paste
- 1 can
coconut milk
- 1 ¼ cups
water
- 2 - 3 tbsp
tamari or soy sauce
- 1 tsp
coconut sugar
- 1 potato, diced into ½ - 1 inch cubes
- 2 carrots, shredded, use Cone #2

2 - 3 cups
cauliflower florets,
6 oz
fresh/frozen snap peas
2 handfuls
fresh spinach

Preparación :

1. Add brown rice and water to MP5. On digital probe, press TEMP and then the down arrow twice to select RIC 2.
2. Preheat roaster over medium heat until several drops of water sprinkled in pan skitter and dissipate, approximately 6 - 8 minutes.
3. Add onions, garlic, ginger and peppers to roaster and sauté until onions start to become translucent.
4. Add curry paste, coconut milk, water and tamari or soy sauce. Add coconut sugar, if using. Stir to combine.
5. Add potatoes, carrots, cauliflower, peas and spinach. Place cover on roaster.
6. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for an additional 10 minutes.
7. Serve curry over top brown rice.

Consejos:

- Substitute regular potato with red potatoes or sweet potato.
- Mix it up with your favorite vegetables, such as broccoli, parsnips, or zucchini.
- For a non-vegetarian curry, add chicken.

Información nutricional por ración

Calorías: 351
Grasa Total: 13g
Grasa 9g
Saturada:
Colesterol: 0mg
Sodio: 615mg
Carbohidratos: 52g
Fibra 5g
Dietética:
Azúcar: 4g
Proteína: 7g