



Ayurvedic curry

Deliciously spicy, vegan curry with fresh vegetables, rice and chickpeas as a crispy topping.

Zutaten

4 Portionen

- 1 EL Byodo frying oil rapeseed
- 2 TL Mustard seeds
- 1 TL Cumin seeds
- 1 TL Turmeric powder
- 0.5 Chili pepper, without seeds
- 1 cm piece fresh ginger
- 1 TL Byodo sea salt
- 1 TL Pepper
- 100 g red lentils
- 1 Carrot
- 2 Bars Celery
- 0.5 Cauliflower
- 250 g Potatoes, waxy
- 1 Handful Cherry tomatoes
- 200 g strained tomatoes
- 450 ml Vegetable broth
- 240 g Basmati rice

Zubereitung

To start, heat a large pan over a medium heat and add the rapeseed frying oil. Peel and finely chop the ginger, halve the chili, remove the seeds if necessary, cut into fine rings and add to the pan with the other spices and roast lightly until fragrant.

In the meantime, place the lentils in a fine sieve and rinse with water until it runs clear. Cut the cauliflower into florets and wash. Peel the carrot and cut into equal-sized cubes. Wash the potatoes and cut into cubes. Cut the celery into strips and quarter the cherry tomatoes.

Dissolve 1 teaspoon of vegetable stock in 450 ml of warm water.

Add the potatoes and carrots to the pan and fry briefly for 3 minutes. Then add the washed lentils and deglaze with the vegetable stock. Cover and simmer over a medium heat for 10 minutes. Stir occasionally.

Then add the cauliflower, celery and cherry tomatoes to the pot. Stir well and add the strained tomatoes. Simmer for a further 20 minutes while cooking the rice in a separate pan according to the packet instructions.

Serve the Ayurvedic curry with the rice and garnish with some fresh parsley. For the crunchy topping, add the crispy peas sea salt and enjoy.

Baked chickpeas are ideal for a crispy topping.