



## Cashew and Coconut Vege Curry

I love this easy curry using Patak's sauces. I make a double serving for the family as it's even better the next night!

**Serves: 8, Prep time: 00:30, Cook time: 00:45**

### Instructions

1. Chop up the beetroot, pumpkin, and parsnip into small chunks.&nbsp; Add all the vegetables into a large saucepan and simmer for about 30-45mins, till pumpkin and beetroot is soft. If you are in a hurry you can microwave the vegetables with a little water to soften first.

2. Whilst sauce cooking, cook rice in rice-cooker or saucepan (add 2 cups of water for each cup of rice). If cooking stove top bring to a low simmer and cover with lid.&nbsp;

3. (option) Mix Greek yogurt with ginger and a pinch salt + ground pepper and place back in fridge till serving.

4. We have it in large shallow bowls, with a rim of rice, filled with sauce, a large blob of Greek yogurt (we use coconut yogurt to make it a Vegan dish - brand as

### Ingredients

- 3.5 cups Rice, brown
- 3 Beetroot
- 3 Parsnip
- 0.5 Pumpkin
- 2 cups Spinach
- 0.5 cups Plain Greek style (thick) yogurt
- 0.5 cups Cashew nuts
- 2 Patak's Cashew & Coconut curry sauce 500g
- 2 Can of Chickpeas

pictured) on top and  
shredded&nbsp;spinach. Wholesome  
spicy goodness&hellip;