

Sri Lankan Veggie Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-flat-beans>

Ingredients:

- oil for frying
- 2 onions
- 2 cloves sliced
- 3 green chillies
- 2 tablespoons curry powder Sri Lankan, see below
- 1 teaspoon turmeric
- 1 2/3 cups coconut milk
- 7/8 cup vegetable stock
- 7 ounces butternut squash
- 1 cauliflower small, broken into small florets
- 3 1/2 ounces runner beans trimmed and sliced
- 10 curry leaves
- 1 teaspoon black mustard seeds
- steamed rice to serve
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1/2 star anise
- 1/2 stick cinnamon
- 6 cloves
- 2 pods cardamom
- 1/2 teaspoon black peppercorns
- 1 teaspoon fennel seeds
- 1/2 teaspoon fenugreek
- 5 red chillis small, depending on how hot you like it
- 1 tablespoon basmati rice or jasmine rice

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 38 grams

3. Fat: 31 grams
4. Fiber: 12 grams
5. Protein: 9 grams
6. SaturatedFat: 22 grams
7. Sodium: 280 milligrams
8. Sugar: 12 grams

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