



Vegetable Chettinad



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Serves 4

INGREDIENTS:

225g mixed peppers	10g garlic, peeled	2g poppy seeds
25g cauliflower	10g ginger, peeled	1g coriander seeds
75g fine bean	25g tomato paste	1g cumin seeds
75g carrot	3g hot chilli powder	4g chettinad spice mix
60g peas	4g ground turmeric	
60g onion	2g ground black pepper	
1 can chopped tomatoes	3g ground coriander	
30ml coconut oil	2g cooking salt	
10ml olive oil	210ml coconut milk	
3g curry leaves	25ml cold water	
5g green chillies	1g fennel seeds	

METHOD:

1. For the chettinad masala, combine the fennel seeds, coriander seeds, poppy seeds and cumin seeds in a pan, dry roast for 3 minutes, then grind.
2. Peel, halve and finely chop the onion. Blend the tomatoes. Puree the garlic cloves and ginger. Trim the green chillies, deseed, and blend. Halve and core the peppers, cut to 2.5cm pieces. Trim the cauliflowers, cut into florets, blanch for 3 minutes in boiling water, then refresh. Top the carrots, peel, dice to 1.5cm, then blanch in boiling water for 5 mins, then refresh.
3. Heat the coconut and olive oils in a pan on a medium heat. Add the curry leaves and once sizzling, add the onion. Once the onions are caramelised add the green chilli paste, then the ginger and garlic pastes, cook for 2 minutes.
4. Add the blended tomatoes, the tomato paste, chilli powder, turmeric, black pepper, ground coriander, salt and chettinad spice mix.
5. Cook the masala out for 8 minutes until it splits at the edge. Then add all the vegetables together, coat well in the sauce, then add the coconut milk and water as needed, mix gently.
6. Cook for a final 3-5 minutes until the vegetables are cooked, then remove from the heat and serve.