



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 30 mins

Serves: 4

INGREDIENTS

- 1 tbsp coconut oil
- 1 large onion, chopped
- 1 tbsp garlic, crushed
- 1 tbsp ginger, crushed
- 1 tsp fennel seeds
- 1 bay leaf
- ¼ - ½ tsp chilli flakes
- 1 tbsp ground coriander
- 1 tbsp ground Tumeric
- ½ tsp cayenne pepper
- 1 tbsp natvia or sweetener

METHOD

- Heat coconut oil in a large pot on low heat.
- Add onion, garlic, ginger, fennel seeds, bay leaf and chilli flakes and fry until the onion is cooked.
- Add coriander, Tumeric, cayenne pepper and garam masala and fry for 3 minutes.
- Add the tomatoes, natvia, salt and pepper and simmer for 10 minutes.
- Add coconut cream, water (I rinse the cream tin) broccoli, zucchini, chick peas, kale, lime juice and simmer until the vegetables are cooked.
- Add lupin flakes, and stir while thickening, adding more water if required.
- Serve with natural coconut yoghurt on top, and coriander leaves.

LUPIN **VEGETARIAN** **CURRY**



- 1 tbsp garam masala
- 2 x 400g cans crushed tomatoes
- 1 x 400g can coconut cream
- 1 can water
- 1 small head broccoli, cut into florets
- 1 large zucchini, chopped
- 1 x 400g can chickpeas, drained
- 2 large handfuls of kale, finely chopped
- Pink rock salt and black pepper
- Juice of 1 lime
- ½ cup lupin flakes
- **Garnish**
- Natural coconut yoghurt
- Fresh coriander leaves