Reveal
beauty & wellness

Catirona McMorris

INDONESIAN SATAY CURRY (MEATLESS)

SERVES 4-6

INGREDIENTS

- 2 aubergines or 2 courgettes or 200g baby corn
- 2 carrots
- 200g green beans or mangetout (if using mangetout add in towards the end of cooking for some crunch)
- 100g beansprouts to add in at the end for crunch
- 1/2 head of bok choi roughly chopped (add in towards the end of cooking)
- 2 yellow onions
- 1 chunk of fresh ginger
- 3 cloves of garlic
- 1 fresh red chilli
- 4 tablespoons soy sauce
- 2 tbsp olive oil
- Sea salt and freshly ground black pepper
- 4 tablespoons smooth peanut OR almond butter
- 2 tablespoons apple cider vinegar
- 2 tablespoons maple syrup
- Fresh coriander for garnish
- Toasted flaked almonds to garnish

METHOD:

- Preheat the oven to 200C/400F/Gas mark 6
- Dice the vegetables (except mangetout and beansprouts) Trim the green beans if using and cut them in half. Peel and finely slice the onions, ginger and garlic. Deseed and finely chop the chilli.
- Put the vegetables into a separate bowl and brush over some of the oil. Add a few of pinches of salt and mix well then spread out on a baking tray and roast in oven for 30 mins.

- Put the remaining olive oil into large pan. When the oil is hot, reduce the heat and add the onion and sauté for 5 minutes stirring occasionally. Add the garlic ginger and chilli and cook for 3 minutes stirring regularly. if the mix is becoming too dry add a few tbsp of warm water.
- In a bowl or jug whisk together the peanut butter, apple cider vinegar, maple syrup and 200ml of warm water until smooth.
- Add this to the pan along with the roasted vegetables and mix through.
- Bring to the boil on a high heat then reduce the heat and simmer for 10 minutes. If the sauce becomes too thick add a little more water.
- Add in beansprouts / mangetout / bok choi options if using towards the end wilted but still with crunch.

SERVING:

- Brown rice, brown rice noodles or quinoa
- 60g grain = 1 portion