Krafty Peanut Butter Curry

Ingredients:

mandatory

Rice (1 cup per 2 people)

- 2 tbsp Peanut butter
- 1 tin can of coconut milk
- 2 Onions
- 5 clovs Garlic
- 2 cm Ginger
- 3 Peppers
- 1 tin can of chickpeas
- olive oil
- 1/4 cup of soy sauce
- 5 ts of curry powder
- 1 ts salt, pepper, chilli powder , paprika

optional

instead of rice you can serve the dish with potatoes.

you can use any veggi for the dish (except mushrooms)

- ☐ VEGETARIAN
- ☑ VEGAN
- ☐
- ☑ GLUTEN FREE
- ☑ LACTOSE FREE
- ☐ NUTS FREE
- ☐ SOY FREE

How to prepare:

- Cook the rice
- Cut the veggies into cubes of 1 cm (ish)
- Slice the onions, the garlic and the ginger in small pieces
- Put onions in a hot pot with oil & let it fry for 2 min then add the garlic, ginger and curry powder and fry for 3 more min
- Add the veggies & about 1/4 cup of soy sauce then add 1 cup of water.
- let it simmer until the veggies start to soften, then add coconut milk and the peanut butter (PB is distributed evenly)
- Last fix the seasoning with more curry powder, soy sauce, Lemon pepper, salt, chilli powder and paprika

Notes:

- you can't put in too much peanut butter. Go Nuts!