



Serves 4 to 6
Preparation Time: 20 minutes
Cook Time: 5 minutes

INGREDIENTS:

1 cup green beans, trimmed, cut into ¼-inch pieces

2 carrots, peeled and sliced

1 medium potato, chopped (about 1 cup)

1 cup cauliflower florets

½ teaspoon cumin seeds

3 tablespoons white poppy seeds

1 small yellow onion, peeled and finely chopped

1 clove garlic, peeled and minced

½ teaspoon grated ginger

⅛ teaspoon ground cloves

⅛ teaspoon ground cinnamon

Pinch ground cardamom

¼ teaspoon freshly ground black pepper, or to taste

½ teaspoon turmeric

1 medium tomato, chopped (about 1 cup)

1 teaspoon salt, or to taste

2 tablespoons raw cashews, finely ground (see chef's note)

½ tablespoon fresh lime juice

1 tablespoon chopped cilantro

Mixed Winter Veggie Curry with Poppy Seeds

This is a nourishing dish showcasing the rich taste of Indian curry—it's perfect when paired with steamed rice. The word curry comes from the southern Indian word kari, which means “sauce”—and if you're used to cooking with store-bought curry powder, you'll be amazed by the flavor in this homemade sauce.

From *Forks Over Knives — The Cookbook*

By Darshana Thacker Wendel

- 1 Steam the green beans, carrots, potato, and cauliflower in a double boiler or steamer basket for 8 to 10 minutes, or until tender. Set aside.
- 2 In a dry skillet over medium-low heat, toast the cumin seeds for 2 minutes. Add the poppy seeds and toast for another 2 to 3 minutes until the poppy seeds begin to brown. Remove from the heat and let cool. Combine the toasted seeds, onion, garlic, ginger, cloves, cinnamon, cardamom, pepper, and turmeric in a blender and process into a thick paste. Add the paste to a large skillet and cook on medium heat for 5 to 7 minutes.
- 3 Add the tomato to the blender and puree until smooth. Add the tomato puree and salt to the onion paste in the skillet and cook for another 2 to 3 minutes. Add the cashew powder and cook for 2 minutes. Add the steamed vegetables, lime juice, and 1½ cups of water and bring the mixture to a boil. Remove the pan from the heat and serve garnished with the cilantro.

Notes:

Use a spice grinder to grind the raw cashew nuts into a fine powder.

Find this recipe and more in the [Forks Over Knives Recipe App](#).