

Curry Primavera

1 pound spaghetti noodles, preferably chick pea noodles
1 tablespoon vegetable oil
1 medium onion, diced
1 tablespoon grated fresh ginger
1 tablespoon minced garlic
2 tablespoons Indian curry powder
1 13.5 oz can coconut milk
1 15 oz can crushed tomatoes
1 medium head of cauliflower (about 3/4 pound)
12 oz butternut squash cut into bite-sized pieces
1 cup frozen peas
½ cup chopped cilantro

1. Cook pasta in large pot of boiling, heavily salted water until al dente'. Drain and set aside.
2. While water is boiling, heat oil over medium heat for 1 minute in a medium saucepan.
3. Add onion, ginger, garlic and curry powder to the oil. Cook, while stirring regularly, until fragrant and the onion has softened – about 4 minutes.
4. Add coconut milk, crushed tomatoes, cauliflower and squash to the saucepan. Stir and cover. Simmer for about 15 minutes, or until a fork easily penetrates the vegetables.
5. Add peas to the saucepan and stir until heated.



