

Kerala Coconut Vegetable Curry

A vibrant and aromatic Kerala-style coconut vegetable curry, perfect as a side dish for rice. This dish is rich in flavors from spices and fresh coconut, creating a delightful harmony of taste and texture.


30 min

Total time

medium

Difficulty

300

kcal / serving

Ingredients

- 1 cup mixed vegetables (carrot, beans, peas)
- 1/2 cup coconut milk
- 1 tablespoon coconut oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1/2 onion, finely chopped
- 1 green chili, slit
- 1/2 teaspoon turmeric powder
- Salt to taste
- 1 sprig curry leaves
- Fresh coriander for garnish

Steps

- 1 Heat coconut oil in a pan over medium heat.
- 2 Add mustard seeds and cumin seeds; let them splutter.
- 3 Add chopped onion and green chili; sauté until the onion turns translucent.
- 4 Stir in turmeric powder and mixed vegetables; cook for 5 minutes.
- 5 Pour in coconut milk and add salt; simmer for 10 minutes until vegetables are tender.
- 6 Toss in curry leaves and cook for another 2 minutes.
- 7 Garnish with fresh coriander and serve hot with rice.