

Curry for a King

- 1 cup of cashews-ground or buttered in a blender, can also use cashew butter
- 2 tsp coconut oil
- 1 onion chopped
- ½-1 inch ginger minced
- Bulb of garlic diced or crushed
- ½ a head of organic cauliflower, broken into florets
- 1 cup garbanzo beans
- 1lb of clean fish such as tuna, salmon, or tilapia. (We prefer Icelandic waters over Pacific or farm raised)
- 1 cup of coconut milk

Spices:

- 1 tsp turmeric powder
- ½ tsp cumin powder
- ¼ tsp red chili powder
- 1 tsp coriander powder
- 1-2 tsp sea salt
- Fresh ground black pepper to taste
- 1 tsp tamarind paste

Directions:

- In a med/large pot over medium heat, warm coconut oil and sauté onions and ginger for about 5-7 min. Then add garlic. In about 2 min add spice mixture and stir until they are coated nicely.
- Add in cauliflower being sure to cover with the spices as well. Cover for a few minutes to allow flavors to penetrate the vegetables.
- Once cauliflower begins to break down, add in garbanzo beans. You may need to add about ½ a cup of water to keep everything from sticking.
- Gently add in ground/buttered cashews. Allow this to warm nicely but not stick. Add small amounts of water as needed. Once dish is warm, add in coconut milk and simmer for 3-4 min before adding in tamarind.
- Be sure you have a nice warm soup looking mixture before adding in the fish. Gently drop in fish, cover, and simmer for 20-60 minutes stirring often.



This is a tasty recipe fit for a king and great for chilly nights. Curry for a King can be served over a small amount of brown rice or more preferably as a soup with a small salad.

Recipe by Angela Sannapu