



A VEGGIE BATCH FOR VITALITY

Ingredients

- Onion
- Garlic
- Coconut oil
- Carrots zucchini bot choy
- Leeks..
- Coconut milk
- Curcumin, curry
- Fresh coriander

Directions

1. Stir fry onion and garlic in coconut oil
2. Add 4-5 types of different vegetables that you like. Cut in dices, cook for 15 min. Consider adding the most tender ones in the last 5-10 min.
3. Add turmeric curry and coconut milk (optional) and cook another 5-10 min. sparkle with fresh coriander before serving Can be served with rice or chicken or chick peas...

Tip

You can prepare a large batch and use it as a basis for evening meals and/or freeze it in separate containers