



Bouquet of Winter Vegetables with Thai Curried Lentil Sauce

Ingredients (serves 4):

2 Sweet potatoes
10-15 Snow pea pods
10 Asparagus stalks
3 Carrots
1 Tb. Ginger
4 Garlic cloves

1/2 bunch Cilantro
2 Tsp. Curry

½ can Coconut milk

1 can Amy's Organic Curried Lentils (You can find this in the organic section of many grocery stores.)

1. Chop potatoes into 1/2 -inch cubes. Chop asparagus stalks and carrots into bite-size pieces. Chop snow pea pods in half.
2. Grate ginger and garlic.
3. Boil sweet potatoes. Steam other vegetables.
4. In a saucepan, slowly heat lentil sauce and coconut milk, being careful not to boil.
5. Add curry, ginger and garlic to sauce.
6. Serve cooked lentil sauce over vegetables.

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