Vegan Tomato Mushroom Curry

Date : 23-08-2019

Ingredients

- 3 1/2 cups sliced mushrooms
- 1 can organic tomatoes
- 1/2 cup almond milk
- 1/3 cup cashews
- 1 tbs coconut oil
- 1 1/2 tsp cumin powder
- 1 1/2 tsp salt
- 3/4 tsp cinnamon
- 1/4 tsp paprika

Spiced Cauliflower Rice

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- 3 cups cauliflower rice (steamed and grated)
- 1 tsp cinnamon
- 1 tsp salt

Method

1. In a large skillet, heat up the coconut oil
2. Add in your sliced mushrooms, spread out, and allow to cook over medium heat, stirring occasionally
3. Once the mushrooms have turned golden, add in the can of tomatoes, cumin powder, cinnamon, paprika, and 1/2 tsp salt, stir, and allow to cook
4. Separately, make your cashew cream by placing your almond milk and cashews in a blender, and blend until completely smooth
5. Pour the cashew cream into the skillet, add the remaining salt, and stir until all ingredients are well combined
6. Bring to a simmer for a couple minutes, stir thoroughly, and remove from heat
7. Enjoy heaped on some spiced cauliflower rice!

Spiced Cauliflower Rice

1. Place the cauliflower rice in a skillet on medium/high heat, and stir frequently until it starts to dry out a little
2. Mix in 1 tsp cinnamon, and 1 tsp salt, and mix well until the cinnamon is evenly distributed

I find that the recipes that turn out the best are the ones that come from cravings... this vegan curry is one of those.

One evening last week, I was in the mood for something that really felt like comfort food. I wanted something flavorful that tasted rich, but without the heaviness rich food often brings with it. That's exactly what this curry is!

The coconut oil and spices provide tons of flavor, while the super creamy texture goes perfectly with the meatiness of the mushrooms. Pair it with the spiced cauliflower rice for a perfect, satisfying dinner.

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