



# Chef Saku's Turmeric Vegetable Curry Bowl

## Hy's Toronto

### Ingredients:

- Baby Bok Choi 5 pcs.
- Cauliflower 50g
- Carrot 1 pc.
- Tofu 50g
- Shallots 1 pc.
- Roma Tomato 1 pc.
- Broccoli 50g
- Coconut Milk 100ml
- Green Beans 50g
- Turmeric Powder 1/4 tbsp.
- Fennel Seeds 1/4 tbsp.
- Olive Oil 2 tbsp.
- Water 1 cup
- Salt and Pepper

### Method:

1. First, chop all the vegetables into bite sized pieces. Wash, as well.
2. Get medium skillet pot. Turn the heat to medium. Add the olive oil.
3. Add the shallots to the pan along with the fennel seeds. Sweat the shallots and seeds for 1 minute.
4. Add the remaining vegetables, except for the tofu and tomato.
5. Sauté until the vegetables are tender in low heat.
6. Add water, coconut milk, and remaining vegetables. Place a lid on top of the pot. Let it simmer for 4-5 minutes.
7. Add the Salt and Pepper to taste. Turn off the heat.
8. Serve with Steamed Basmati Rice or Spaghetti.