



## SPICY SPINACH, KALE, AND CAULIFLOWER CURRY

**Vata**↓, **Pitta**↑, **Kapha**↓

**Serves:** 4 to 5

**Prep time:** 15 minutes

**Cook time:** 15 minutes

### INGREDIENTS

#### For the sauce:

- 1 cup water
- 2 teaspoons chopped serrano pepper (reduce or omit for Pitta)
- 1/2 well packed cup chopped cilantro
- 2 tablespoons coarsely chopped ginger
- 1 teaspoon Agni Churna (replace with Vata Churna, Kapha Churna, or turmeric)
- 1/2 teaspoon cumin seed
- 1/4 teaspoon salt
- 1 tablespoon shredded coconut
- 2 limes, juiced

#### For the sauté:

- 2 tablespoons sesame oil
- 1/2 teaspoon cumin seed, whole
- 1/2 teaspoon brown mustard seed, whole (omit for Pitta)
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup minced onion
- 2 garlic cloves, minced (omit for Pitta)
- 4 cups chopped cauliflower
- 2 well-packed cups stemmed and chopped kale
- 1/4 cup water
- 4 well-packed cups chopped spinach
- 1/4 cup finely chopped cilantro
- 1 to 2 tablespoons shredded coconut (omit for Kapha)
- 1/4 teaspoon salt

## **DIRECTIONS**

### **For the sauce:**

1. Add one cup of water to a blender.
2. Coarsely chop the serrano pepper, cilantro, and ginger and add them to the blender.
3. Add in the water, Agni Churna (or turmeric), cumin, salt, shredded coconut, and lime juice.
4. Blend on high for 1 to 3 minutes until a thick, smooth liquid is formed.
5. Place the curry sauce aside until it is needed for the sauté.

### **For the sauté:**

1. Chop up the cauliflower, stemmed kale, and spinach. Mince the onion and garlic.
2. Heat a large, deep sauté pan over medium heat. Add in the sesame oil and allow it to get hot.
3. Add in the cumin seed, brown mustard seed, black pepper, garlic, and onion. Sauté uncovered for 3 minutes, stirring frequently.
4. Add in the cauliflower, chopped kale, and 1/4 cup of water. Continue to sauté over medium heat uncovered for 3 minutes, stirring frequently.
5. Add in the curry sauce and the chopped spinach. Stir well and cover the pan. Increase the heat slightly to a medium-high setting. Cook here for 3 minutes, stirring half way through.
6. Uncover the pan and continue to cook for a final 6 to 7 minutes, stirring every 2 to 3 minutes.
7. While cooking, finely mince the cilantro and measure out the coconut and salt.
8. Once the curry is cooked to your desire, turn the heat off but leave the pan on the hot burner. Add in the cilantro, shredded coconut, and salt. Stir well until the ingredients have all been combined.
9. Taste the dish and add more salt, pepper, or lime juice as needed.
10. Serve this veggie curry as a side dish to any savory meal, or enjoy it on its own as a light, healthy snack, lunch or dinner. This recipe is fairly warming and is best during the fall, winter, and early spring seasons.