



# THE ingles TABLE

with Lindsay Moore  
Fall Vegetable Curry

## Shopping List

- 2 Tbsp oil
- 1 Cup Sweet Potato, peeled and cubed
- 1 Eggplant, cubed
- 1 Cup Cauliflower, chopped
- 1 Cup Green Peas
- 1/2 Cup Onion, diced
- 1 Chili Pepper, diced (use your favorite)
- 1 Tbsp Madras Curry Powder
- 1 tsp Ground Turmeric
- 1/2 tsp Cayenne Pepper
- Pinch of Cumin
- 1 (14oz) Can Unsweetened Coconut Milk
- 1 (14oz) Can No Salt Added Diced Tomatoes
- 1 (14oz) Can Chickpeas, drained and rinsed
- 1 tsp sugar
- Salt + Pepper, to taste
- 2 Heaping Tbsp Chopped Fresh Basil, for serving
- OPTIONAL: Basmati Rice, for serving



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## Cooking Instructions

1. Heat oil in a large pan over medium high heat until simmering.
2. Add sweet potato and sauté for 3-5 minutes, depending on size of cubes (smaller cubes, less time, bigger cubes, more time).
3. Turn heat down to medium and add eggplant, cauliflower, peas, onion, chili pepper, curry powder, turmeric, cayenne, and cumin. Mix well, and continue to cook for 2 minutes.
4. Add coconut milk and tomatoes Stir well. Turn up heat and allow everything to come to a boil.
5. Cover pan, turn heat down to low, and simmer for 10 minutes or until all vegetables are tender.
6. Stir in chickpeas and sugar, taste, and add salt and pepper as needed.
7. Divide among 4-6 bowls, garnish with basil, and serve alone or over rice.