



BLOSSOM'S ORGANICS KERALA CURRY BLEND



Blossom's Organics Kerala Curry Blend can be used to flavour vegetables, chickpea and lentil casseroles, soups, and wherever your imagination might take you.

As this blend is mustard based and quite strong and there are no additives, fillers or salt, a little goes a long way so use sparingly to taste.

CHICKEN CURRY
FISH CURRY
CHICKPEA/VEGETABLE CURRY

INGREDIENTS

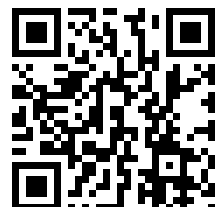
- 1 kg chicken, 1 kg cooked chickpeas and vegetables or 1 kg fish with a firm flesh (I use Blue Grenadier when available)
- ½ cup olive oil, ghee or coconut oil
- 2 large onions
- A few curry leaves (if available)
- 3 - 5 garlic cloves
- 1 - 2 tsps chopped / minced fresh ginger
- 1 - 2 tbsps **Blossom's Organics Kerala Curry Blend** - (A little goes a long way here, so please use according to your tastebuds. As the blend is mustard based, if you are too heavy handed the curry will be bitter)
- 2 - 3 tbsps dried powdered coconut, 1 cup fresh coconut milk or 1 tin of coconut milk
- Juice of a lemon or lime for chicken, pork, chicken, chickpea and vegetable curry
OR 1 tsp of tamarind paste if using fish
- Salt to taste
- 1 - 5 green chillies (optional)
- A small bunch of chopped coriander leaves used as a garnish at the end of cooking (optional)

METHOD

1. Fry onions in oil.
2. Add **Blossom's Organics Kerala Curry Blend** - remember to always cook my blends on low heat. Fry for a couple of minutes.
3. Add coconut milk and your meat / vegetables / fish.
4. Add salt to taste.
5. Cook meat / vegetables / fish until tender.
6. Add lemon / lime / tamarind.
7. Cook on low heat for a few minutes.

Enjoy!

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