



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. Since there are no additives, fillers or salt, a little goes a long way so please use sparingly to taste.

CHICKPEA CASSEROLE

- Use a pot to fry 2 chopped onions in 2 tbsps coconut or olive oil.
- Add 1 tbsp **Blossom's Organics Kerala Blend**,
- Add 1 tin of tomatoes, 1 bottle of passata sauce or 2 tomatoes and stir.
- Add approx. 500g of your favourite vegetables, ½ cup water and cook until nearly tender.
- Add approx. 500g cooked chickpeas or other legumes (we love French lentils).
- Cook for a further 10 mins.
- Serve with cous cous, mashed potato, rice or bread.

PUMPKIN SOUP

Easy and quick to make

INGREDIENTS:

- ¼ cup olive oil
- A couple of diced onions
- 1 large chopped pumpkin
- 2 chopped potatoes
- Water
- 1 tsp **Blossom's Organics Kerala Curry Blend**
- Salt to taste

METHOD:

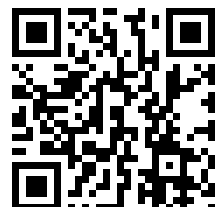
- Fry onions in oil until soft. Lower heat.
- Add **Blossom's Organics Kerala Curry Blend** and continue frying for half a minute.
- Add pumpkin.
- Add sufficient water to cover pumpkin or enough water for desired consistency.
- Add salt to taste.
- Bring to the boil and simmer until vegetables are cooked.
- Remove from heat and vitamise.

VARIATIONS

- Add coconut milk whilst cooking and/or a dollop of sour cream or vitamised almonds just before serving.
- Add a sprinkle of fresh parsley or fresh coriander leaves.

Enjoy!

For more recipes and details visit
www.blossomsorganics.com.au
or like us on **Facebook!**



Scan to visit our website