

Vegetable Korma

This is one of our favorite Indian curries. Creamy and mildly spiced, it's healthy comfort food. We're cooking ours with broccoli, red peppers and carrots in a creamy coconut curry. Delicious and ready in only 20 minutes!

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Seasoned Onions

Red Peppers, Broccoli &

Carrots

Korma Sauce

Cashews & Raisins

Make the Meal Your Own

We love this curry on its own with no carbs, but it is also great over rice.

Good to Know

We think of korma as an Indian recipe, but it has its roots in 16th Century Persia. It was said that if an Indian perfected Korma, he could cook for the Moghul court and if he could cook a dozen variations he would be the king of the kitchen and cook for the emperor's table.

Health snapshot per serving – 485 Calories, 13g Protein, 21g Fat, 21 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Red Peppers, Carrots, Raisins, Onions, Tomatoes, Coconut Milk, Cashews, Cilantro, Garlic, Ginger, Jalapenos, Moroccan Spice.

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1. Sauté The Vegetables

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat.

Cook the **Seasoned Onions** until they start to soften and brown, about 3 to 4 minutes.

Add the **Red Peppers & Broccoli** and cook until broccoli is bright green and peppers begin to soften, about 3 to 4 minutes.

2. Cook The Sauce

Add the **Korma Sauce** and bring to a boil. Turn heat to low and simmer until sauce starts to thicken, about 5 minutes.

3. Put It All Together

Spoon Korma into bowls and top with the **Cashews & Raisins**. Enjoy!

Instructions for two servings.

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