

# Zanzibar Coconut Curry

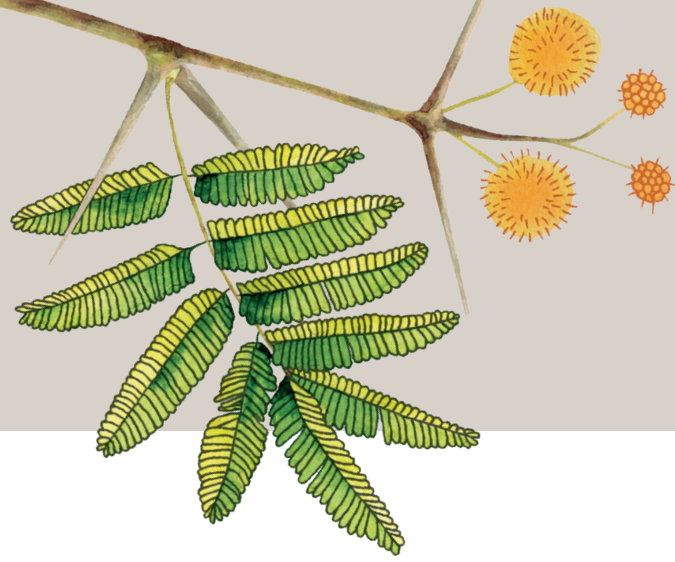
BRING ISLAND LIVING INTO YOUR DINING ROOM WITH THIS FRAGRANT CURRY

## INGREDIENTS

12 lemongrass stems,  
sliced into 1 cm pieces  
½ cup garlic, finely chopped  
1 cup finely grated fresh ginger  
4 cups sliced white or red onions  
2 tsp cinnamon powder  
¼ cup fennel seeds  
6 cardamom pods  
4 tsp toasted and ground cumin seeds  
4 tsp toasted and ground coriander seeds  
½ cup sesame seed oil  
7 cups coconut milk

4 ½ cups vegetable stock  
6 cups butternut, peeled and cut into chunks  
2 tsp salt  
12 cups cut spinach leaves  
1 cup parsley and coriander,  
chopped roughly  
1 cup fresh lime juice

SERVES 10



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## METHOD

- Toast the cardamom, cumin, coriander and fennel seeds in a dry pan
- Cool and crush well. Remove the cardamom pods. Sift to remove the big bits. Use the sifted powder
- Heat sesame oil and fry the crushed spices with the cinnamon for 2 minutes, stirring constantly
- Add onions, lemongrass and garlic and fry for another 2 minutes
- Add coconut milk and vegetable stock and butternut chunks. Stir well to combine and simmer for 10 minutes until butternut is tender
- Add the spinach, ginger, lime juice and half the coriander and parsley
- Simmer for 5 minutes
- Add the rest of the chopped herbs and serve

