

## Vegetable Stew

Written by Friends' Contribution

Sunday, 21 August 2016 00:00 - Last Updated Sunday, 28 August 2016 20:03

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### Ingredients

Quantity	Measure	Ingredients	Description
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### Method

Heat in a table spoon of oil and splutter the whole spices, (crush them a bit).

Add sliced onion and chilles chopped, crushed ginger and garlic.

Saute till the onions become transparent.

Add the cut vegetables, - you can add other vegetables, like carrots, chopped,

Then add thin coconut milk and salt to taste, bring it to boil, and reduce heat and simmer till

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vegetables are almost cooked.

Add thick coconut milk and simmer for another five minutes.

Garnish with curry leaves fried in coconut oil.