# Alleppey Mixed Vegetable Curry / Vegetable Curry cooked in Coconut Milk

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A simple alleppey mixed vegetable curry is very easy to make with lots of colorful veggies cooked in a rich and creamy coconut milk. I love coconut milk based dishes because of its rich and delicious in taste. I got this recipe from my neighbour uncle, he is a chef at star hotel in Chennai. He gave me one book which has a lot of vegetarian dishes. This is one of the dish which I tried from that book. This coconut milk based vegetable curry is supposed to be little watery but I made it thick with little sauce. I cooked the veggies in a

coconut milk by the time I open the pan, vegetables has absorbed all the coconut milk. When I tasted the vegetable it was so soft and yummy because of addition of coconut milk which adds a nice flavor to the curry and makes it more appetizing. Try this alleppey vegetable curry cooked in a coconut milk and serve it with chapathi or roti or phulka or rice. Just roll it with chapathi and eat it for lunch or dinner.

## Ingredients

2 Medium Size Carrots, Finely Chopped
1/4 Cup of Peas
10 Green Beans, Chopped
1 Medium Size Potato, Chopped
3 Big Mango Pieces
1/2 Cup of Red Onion, Chopped
10 Curry Leaves
1 Inch of Ginger, Minced
2 Green Chillies, Slit
1/2 Tsp of Turmeric Powder
1 Tsp of Red Chilly Powder
Salt to Taste
1 Cup of Water
3/4 Cup of Thick Coconut Milk
1 Tbsp of Coconut Oil

## Method

- Heat coconut oil in a pan, add curry leaves, chopped onions, ginger and green chillies. Saute this for 2-3 mins until onion turns golden brown.
- Add raw mango slices and saute this for 2 mins.
- Add all the vegetables (carrot, beans, peas and potato), saute this for 2 mins in a medium high flame. Add turmeric powder and red chilly powder and saute for a min.
- Add the coconut milk and a cup of water, give a quick

stir, cover the pan and cook for 7-10 mins until the vegetables turns soft. Turn off the heat.

- Serve hot with chapathi or rice.

## Tips

- Adjust the amount of red chilly powder and chilly according to your spicy level.
- You can make this curry thin by adding little more water and coconut milk and cook for few mins.
- Addition of mango pieces gives a tangy taste to the curry.

## Health Benefits of Mixed Vegetable

- The nutrients in vegetables are vital for health and maintenance of your body.
- Eating a diet rich in vegetables may reduce risk for stroke, other cardiovascular diseases and type-2 diabetes.
- Eating a diet rich in vegetables as part of an overall healthy diet may also protect against certain cancers.
- The high levels of potassium in vegetables may reduce the risk of developing kidney stones and help to decrease bone loss.

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