Vegetable Curry with Sweet Potato Noodles

INGREDIENTS:

1 spiralized sweet potato, or cut into 1 inch chunks

1/2 tablespoon extra-virgin coconut oil
1 large carrot, shredded (I used food processor)
1 cup broccoli, cut into bite-size pieces
1/3 cup chopped onion
1 teaspoon minced fresh ginger, or 1/2 teaspoon dried ginger
1 tablespoon curry powder
One 13.5-ounce BPA-free can full-fat coconut milk or coconut cream
Pinch sea salt

MAKE THE CURRY. Heat the coconut oil on medium-high heat. Add the carrot and cook about 3 minutes, until it just begins to soften. Turn the heat down to medium, add the broccoli, onion, and ginger, and cook until they begin to soften and brown, about 5 minutes. Add the yellow curry powder and cook 1 minute. Then add the coconut milk and salt, stirring to mix well.

Raise the heat to medium-high again and bring to a boil. Turn the heat down to medium-low and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.

Add the spiralized sweet potato noodles or chunks of sweet potatoes and cook, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.
For weekly meal planning, place in mason jars and sprinkle with the cilantro.