

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Sri Lankan Cashew Curry

- 2 cups of cashews (soaked for 2 hours or overnight)
- 2 tablespoons coconut oil
- 1 onion finely chopped
- 4 cloves of garlic grated or finely chopped
- 2 rampe leaves (optional)
- 10 curry leaves (handful)
- 2 tablespoons of roasted/dark curry powder
- 1 teaspoon of turmeric
- 1 cinnamon stick
- 1.5 cups coconut milk
- 1 cup peas (frozen is fine)
- salt and pepper to taste

Soak your 2 cups of raw (split) cashew in a bowl of water (add 1 teaspoon of salt). You can do this for 2 hours if you're in a hurry but ideally this will be soaked overnight

Drain the cashews

Heat a saucepan and add 2 tablespoons of coconut oil

Once the oil is hot add curry leaves and rampe

Add onions a few seconds later

Once onions are translucent, add garlic and continue to sauté for another minute

Add curry powder, turmeric and a pinch of salt into the pan and stir well

Toss in the cashews and continue to stir

Once the cashews are coated in the spices, add the coconut milk and cinnamon stick. Close the pan with a lid and let it simmer over medium heat for 20 minutes

Toss peas into the pan and continue to cook until peas are cooked



Recipe + photograph courtesy of Yashi Murphy
www.ParentingToGo.ca
Episode #51: Raising Healthy Children

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!