Vegetable “Pasta” with Eggplant Coconut Curry Sauce

Yields: 4 servings

- Eggplant, halved
- Canola oil
- Kosher salt
- Coconut milk
- Ginger, chopped
- Garlic, chopped
- Canola oil
- Kosher salt
- Curry powder
- Lime zest
- Cilantro, chopped
- Broccoli florets
- Cauliflower florets
- Canola oil
- Kosher salt
- Zucchini
- Yellow squash
- Carrot
- Canola oil
- Kosher salt
- Cilantro, chopped

1. Coat eggplant halves with canola oil and salt. Bake at 350 for 30 minutes. Remove from oven and allow to cool.
2. Remove skin from eggplants and puree with coconut milk.
3. In pot, lightly sauté ginger and garlic in 1 Tbsp canola oil. Add eggplant and coconut sauce to ginger and garlic.
4. Simmer mixture, then add salt and curry powder. Simmer on for low 5-10 minutes.
5. Add cilantro and lime zest, remove from heat.
7. Heat 1 Tbsp canola oil in large skillet; lightly sauté carrots for 1 minute then add zucchini, squash, and salt. Sauté another 1-2 minutes.
8. Toss vegetables with coconut curry eggplant sauce, top with cilantro.