

## Milz family recipe: broccoli, carrots and mushrooms in a coconut curry sauce

For two people:

Two onions, three cloves of garlic, 400 g broccoli, 300 g carrots, 300 g mushrooms, 150 g peas, 2 tsp curry powder, 200 ml coconut milk, 200 ml vegetable stock, 3 tbsp crème fraîche and one lemon.

Roughly chop the onions, crush the garlic. Break the broccoli into florets, peel the stalk and thinly slice; also thinly slice the carrots and mushrooms.

Heat 2 tbsp of oil in a pan and sweat the onions. Add the garlic and curry powder and brown lightly. Add the broccoli and carrots, sauté briefly and season with salt. Add the peas, pour in the coconut milk and vegetable stock, season with ½ tsp lemon zest, cover and leave to simmer gently for 8 min.

Then add the mushrooms and simmer for 4 min. Stir 1 ladle of the cooking liquid into the crème fraîche until it is smooth and then add to the vegetables. Season the vegetables with salt, pepper, 1 tbsp of lemon juice and curry powder, taste and then bring briefly to the boil again: and that's all there is to it! One of our favourite recipes for the whole family – it's delicious and packed full of vitamins.

Bon appétit!

