

## Info | Healthy options



In Sal Hanvey's 4th healthy options recipe she takes us through how to make 'Mindful' Malaysian Satay Curry. This delicious and nutritionally balanced food is great for a change on a cold the autumn day/evening. It's also an inexpensive dish to make and batch cooking can save on energy costs.

Sal is a regular contributor on U105FM on the Frank Mitchell show talking all things health and nutrition.

She has a real passion for finding ingredient substitutes and alternatives for those people with food intolerances, or allergies, without compromising on nutritional value or taste.

### Today's recipe - 'Mindful' Malaysian Satay Curry



#### Ingredients....

For the paste.....

- 1 tsp coconut oil
- 1 stalk lemongrass
- 1-3 birds eye green chillis (depending how hot you like it)
- 2 cloves garlic
- 2 large shallots
- A thumb size piece of fresh of ginger
- 4 tablespoons of peanut butter.
- 1 400ml tin of coconut milk (full fat)
- 1 cup of water
- 50g of coconut creamed block
- A few splashes of Tamari sauce (gluten free soy sauce)
- 1 teaspoon of Stevia to sweeten

Juice of half a lime  
A selection of vegetables ( I use sweet potato, spinach and red pepper)  
1/2 tsp paprika  
1 tbsp of Tamarind paste  
1 tbsp of sesame oil

#### Other ingredients

Handful of whole cashew nuts  
A handful of coriander  
salt and pepper

#### Method

To make the paste, add all the dry ingredients together and fry them in a teaspoon of coconut oil for 5 minutes until they start to caramelize. Season with salt and pepper and add them to a food processor along with the other wet ingredients in the paste section; and then you have your basic paste.

Now add your paste to the peanut butter and all the other ingredients, (apart from the coriander and the nuts) to a large pot on a simmering heat and add all the veg and cover until it has all softened slightly. ( I don't like my veg over cooked as it destroys some of the nutrients).

Meanwhile make a rice of your choice. Also chop up the coriander to garnish the finished dish and scatter on some cashew nuts that you have grilled for a few minutes until they turn a golden colour.

Enjoy your 'Mindful' Malaysian Satay Curry



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