

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Vegetable Coconut Curry & RAWse

Ingredients

3 Good Florets from a Cauliflower for the Rice

½ Red Bell Pepper

½ Zucchini

½ Carrot

½ stick of Celery

2 Florets of Broccoli

In fact any vegetable you have available works.

1 Small clove of Garlic

½ Red Chilli

1 Tsp Fresh Ginger

2-3 Good Dessertspoons of mixed Curry Powder

1 Tsp of Cumin Powder

1 Tsp of Shredded Coconut

A squeeze of Lime Juice

Enough Cashew or almond milk to create a sauce-like texture when combined with the vegetables.

Season with S&P to taste.



Instructions

Take the cauliflower florets and gently pulse them in your food processor to create a rice-like consistency. Remove them once done and place in serving bowl.

Then combine all the vegetables including garlic, chilli, ginger, curry powder and cumin. Pulse in the food processor until quite small. Add the cashew milk and run the processor until the mixture becomes quite sloppy as shown in the picture. There is no need to overdo the blending as having some chunky vegetables keeps it looking and feeling authentic.

Season at this stage, as you may prefer some extra sea salt.

Turn out or portion into lovely white serving bowls with the cauli rice as the base and top off with extra coconut and mint on top.

This is a wholesome meal that everyone will enjoy !!