**Curried Vegetables on Rice**

180 mL rice

360 mL water

1 mL salt

20 mL oil

100 mL red onion, chopped

3 garlic cloves, peeled and minced

20 mL curry paste

½ large yam, peeled and chopped to bite size cubes(about 250 mL)

200 mL coconut milk

125 mL chicken broth

4 green beans, trimmed and chopped bite size

50 mL carrot, thinly sliced

¼ head cauliflower, cut into florets (about 150 mL)

5-10 mL Madras curry powder

15 mL water

15 mL cornstarch

1. **Rice:** In a medium pot, combine rice, water and salt. Bring to a boil over high heat. Reduce to low, cover and heat for 20minutes. Do not peek during cooking time. Remove from heat, keep covered until needed.
2. *Prepare all the vegetables before cooking!*
3. **Curried Vegetables:**On a large pot, heat oil over medium heat. Add red onion, garlic and curry paste. Cook until fragrant; 1-2 minutes
4. Add yams, coconut milk, and chicken broth. Stir and bring to a boil. Reduce heat slightly (medium-high) and boil gently for 5 minutes. Stir occasionally.
5. Add green beans, carrots, and cauliflower. Stir and bring to a boil. Reduce heat to low, cover and cook for 5- 8 minutes or until yams are tender (a fork can easily pass through)
6. Combine cornstarch and water in a small bowl. Stir into vegetable mixture. Add more Madras curry powder to taste.
7. To serve, spoon curried vegetables over rice.

*Variations: Add cooked meat to curried vegetables; Top with coconut, raisins, nuts and chutney; Serve with rotis*