

Fenugreek Roasted Vegetables with Coconut Curry Sauce

- by Healing Family Eats

Serves 3 as a side

for the vegetables -

1 small cauliflower, broken into small florets
2 large carrots, cut into batons
1 zucchini, sliced 1/4 inch thick on the diagonal
1 small red onion, sliced
1 delicata squash, halved, deseeded and sliced into 1/2 inch half moons
3 tbsp melted [coconut oil](#)
2 heaped tsp dried fenugreek
large pinch lightly crushed [Himalayan pink salt](#)
6 brown mushrooms, halved if large
zest of 1 lime, plus chopped cilantro to serve

for the curry sauce -

1 tbsp melted [coconut oil](#)
1/4 tsp [ground turmeric](#)
1/2 tsp [ground ginger](#)
2 cloves garlic, minced
6 dried curry leaves
3/4 cup [coconut milk](#)
juice of 1 lime

Preheat the oven to 375F.

Put the veggies onto a large baking tray and pour over the coconut oil. Now sprinkle with the fenugreek and mix to coat. Sprinkle over the pink salt, put into the oven and cook for 15 minutes. Add the mushrooms and mix again then return to the oven for a further 20 minutes, or until the veggies are cooked through and lightly tinged with colour.

To make the sauce, put the coconut oil into a small pan and add the turmeric, ginger, garlic and curry leaves. Cook for a minute or two, then add the coconut milk. Allow it to bubble and thicken gently for about 5 minutes until you get a coating consistency. Remove from the heat and stir in lime juice to taste. I used 1 tsp, so start there and add more if needed.

Now divide the roasted veggies between bowls and pour over the sauce. Sprinkle with lime zest, the remaining lime juice, chopped cilantro and serve. I love to eat this with grilled chicken or wild sockeye salmon.

