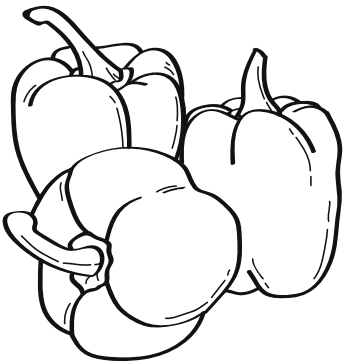
BRIAN WALCOTT'S
SKILLET VEGETABLE CURRY

SERVINGS: 8

INGREDIENTS:

1 lb	Potato, All-Purpose, 1" Chunks
1 lb	Sweet Potato, 1" Chunks
2 tbsp	Olive Oil
1 lb	Cauliflower, Florets
1 lb	Onion, Yellow, Finely Chopped
1 lb	Tomato, Diced
1 lb	Peas, Frozen
1 lb	Zucchini, 1" Chunks
1 lb	Bell Peppers, Green, 1" Chunks
2 oz	Curry Powder
3 cloves	Garlic, Fresh, Minced
1 tbsp	Salt
1 tbsp	Black Pepper
1 oz	Cilantro, Fresh, Chopped
2 tbsp	Coconut Flakes, Toasted



INSTRUCTIONS:

1) In a large pot, add Potatoes and Sweet Potatoes. Cover with water and bring to a boil. Cook 20-25 minutes, or until tender. Drain.
2) In a large skillet over medium heat, add Olive Oil, cooked Potatoes, Cauliflower, Onion, Tomato, Peas, Zucchini, and Bell Peppers. Sauté about 3 minutes, or until slightly browned.
3) Add Curry Powder, Garlic, Salt, Pepper, Cilantro. Cook about 5 minutes, or until vegetables are tender.
4) Finish with Coconut Flakes.

Where did these recipes come from or what makes these recipes special to you?

"These recipes are from my mother. Growing up in Jamaica, dinner was prepared every night in our household. I was inspired by how food can tell a story, convey cultural ideas, and how it brings people together."