

Harvest Vegetable & Coconut Curry

You can tweak this recipe a thousand different ways, based on what produce is in season or on what looks best at the market or grocery store. When you use broccoli in place of green beans or asparagus in place of zucchini, this becomes less of a late-harvest curry, but it's still all about seasonal vegetables. I can never resist showering each bowl with crushed peanuts and whatever fresh herbs are on hand and serving it alongside a scoop of simple brown rice.

Heat the oil in a large pot over medium heat. Stir in the onion and a generous pinch of salt. Sauté until the onion softens a bit, a couple of minutes. Stir in the zucchini and green beans and cook for 3 minutes more. Stir in the curry paste, followed by the coconut milk and water. Bring the curry to a simmer. Add the chickpeas and tomatoes and cook until heated through, about 5 minutes. Taste and add more salt as needed.

Ladle the soup into bowls and add a generous squeeze of lime to each one. Top with peanuts and herbs and/or serve with rice.

SERVES 4

1 tablespoon extra-virgin
coconut or olive oil

1 yellow onion, chopped

Fine-grain sea salt

1 zucchini, cut into ½-inch
pieces

1 cup green beans, halved

1 tablespoon yellow or green
curry paste

⅔ cup well-mixed, full-fat
coconut milk

½ cup water

1 (14-ounce) can chickpeas

1 cup halved cherry tomatoes

1 lime, quartered

Crushed toasted peanuts and
fresh mixed herbs, and/or
brown rice, to serve (optional)