

# Yellow curry paste



*By nutritionist and CNM  
graduate Lorraine Whelan*

This chemical-free curry paste is packed with phyto-nutrients which have anti-inflammatory and soothing effects for the body. This paste can be used as a marinade for chicken, fish, or vegetables, in a curry dish or mixed into organic plain Greek yogurt for a delicious veggie dip.

- 2tbsp organic coconut oil
- ½ organic white onion, diced
- 3 cloves organic garlic, finely chopped
- 1 inch fresh organic ginger, grated
- ½tbsp ground cumin
- ½tbsp ground coriander
- ½tbsp ground turmeric
- ½tsp chilli flakes (extra if you like heat)
- 1tbsp organic tomato paste
- ¼ cup organic natural yogurt
- 65g creamed coconut
- 4 organic tomatoes, roughly chopped
- ¼tsp sea salt or Himalayan salt



1. Heat a saucepan to medium heat then add the coconut oil. When melted add the onion and sauté for 2-3 minutes. Add the garlic and cook for a further minute.
2. Reduce heat to low and add the ginger, cumin, coriander, turmeric and chilli flakes. Stir frequently - do not let the spices burn.
3. After 20 seconds add the tomato paste, natural yogurt and creamed coconut; continue to stir until the creamed coconut has melted fully.
4. Add the chopped tomatoes and salt and bring the heat back up to medium, stirring frequently. Allow to cook for a further 5 minutes.
5. Remove from the heat and cool slightly then blend to a creamy texture.
6. Makes 4-6 servings. Store in an airtight jar in the fridge for up to one week.

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