



Curry Recipes - GF, DF, Pescetarian and Vegetarian

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Shrimp & Veggie Curry

2 servings

20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/4 tsp Cinnamon
- 240 milliliters Canned Coconut Milk (full fat)
- 120 milliliters Water
- 1 Carrot (peeled, sliced)
- 1 Zucchini (sliced)
- 340 grams Shrimp (peeled, deveined)
- 1 tbsp Lime Juice (optional)

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
- 2 Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
- 3 Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use yellow curry powder instead of turmeric. Add cumin, chili powder or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes or extra lime wedges.

More Veggies: Add spinach or kale leaves.

Serve it With: Serve alongside cauliflower rice, brown or jasmine rice, or quinoa.



Tomato Chickpea Curry

3 servings

20 minutes

Ingredients

120 milliliters Water
2 Garlic (clove, minced)
1 Yellow Onion (medium, chopped)
1 1/2 tsps Ginger (fresh, minced or grated)
1 tsp Coriander
1 tsp Cumin
1/2 tsp Turmeric
1/2 tsp Sea Salt
330 grams Chickpeas (cooked, rinsed)
365 grams Diced Tomatoes (canned with the juices)
1/2 tsp Garam Masala
4 grams Cilantro (chopped)

Directions

- 1 Add the water to a pot over medium heat. Add the garlic, onion, and ginger and cook for three to five minutes until the onions begin to soften. Stir in the coriander, cumin, turmeric, and salt and continue to cook for another minute.
- 2 Add the chickpeas and tomatoes and stir to combine. Bring the curry to simmer and cook for about 10 minutes, or until it has thickened.
- 3 Stir in the garam masala and the cilantro. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

More Flavor: Use vegetable broth instead of water.

More Veggies: Stir in baby spinach.

Serve it With: Rice, quinoa, roasted potatoes, tortillas, flatbread, or crusty bread.



Spinach Lentil Curry

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 120 milliliters Vegetable Broth
- 240 milliliters Canned Coconut Milk
- 395 grams Lentils (cooked)
- 10 grams Cilantro (optional, roughly chopped)
- 180 grams Baby Spinach
- 185 grams Jasmine Rice (dry)
- 2 tpsps Maple Syrup

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice: Serve alone or with quinoa, couscous or potatoes instead.

Leftovers: Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick: If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour: Add extra cilantro and lime.



Goan Chickpea Curry

4 servings

20 minutes

Ingredients

2 tsps Coriander Seed
1 tsp Cumin Seed
1 tbsp Ginger (grated or minced)
1/2 tsp Sea Salt (to taste)
1/2 tsp Paprika
1/2 tsp Turmeric
1 1/2 tsps Coconut Oil
1 Yellow Onion (diced)
1 Tomato (medium, diced)
2 tsps Tamarind Paste
240 milliliters Canned Coconut Milk
330 grams Chickpeas (cooked, rinsed well)

Directions

- 1 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 2 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 3 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 4 Stir in the tamarind, coconut milk, and chickpeas. Bring to a gentle simmer and season with more salt if needed. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of chickpea curry.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with rice, roasted vegetables, bread, or quinoa.



Malai Shrimp Curry

5 servings

25 minutes

Ingredients

275 grams Jasmine Rice (dry, uncooked)
2 Tomato (roughly chopped)
1 Green Chili Pepper (roughly chopped)
1 Yellow Onion (small, roughly chopped)
1 tbsp Avocado Oil
1 tsp Ginger (minced)
2 Garlic (cloves, minced)
2 tsps Garam Masala
1 tsp Coriander (ground)
1/2 tsp Cumin
425 milliliters Canned Coconut Milk
1 tsp Sea Salt
680 grams Shrimp (raw, deveined, peeled, and tails removed)
4 grams Cilantro (chopped)

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
- 3 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
- 4 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
- 5 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
- 6 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is about 1 1/2 cups shrimp and rice mixture.

Less Spice: Omit the chili pepper.



Red Salmon Curry

3 servings

20 minutes

Ingredients

285 grams Salmon Fillet (boneless)
Sea Salt & Black Pepper (to taste)
2 tbsps Avocado Oil (divided)
3 tbsps Shallot (peeled, finely chopped)
1 tsp Ginger (minced)
2 Garlic (cloves, minced)
1/2 tsp Coconut Sugar
2 1/2 tbsps Thai Red Curry Paste
1 Red Hot Chili Pepper (chopped)
425 milliliters Canned Coconut Milk
1 tsp Fish Sauce
1 tsp Lime Juice
10 grams Thai Basil (chopped)

Directions

- 1 Season the salmon with salt and pepper and set aside.
- 2 Heat a large skillet over medium heat and add half the oil. Add the salmon, skin side up and sear for one minute. Remove and set aside.
- 3 In the same skillet, reduce the heat to medium-low and drizzle in the remaining oil. Add the shallot and ginger and cook for one to two minutes, until softened and fragrant. Then add the garlic, coconut sugar, red curry paste, and chili pepper. Cook for another one minute, stirring often.
- 4 Pour in the coconut milk, fish sauce, and lime juice. Bring to a simmer. Once simmering, add the salmon back to the skillet, skin side down. Cook for six to eight minutes, until the salmon is cooked to your preference.
- 5 Divide salmon onto plates and top with Thai basil and garnish with extra lime wedges. Enjoy!

Notes

Leftovers: Store in a sealed container for up to two days.

Serving Size: One serving is approximately three to four ounces of salmon with curry.

Additional Toppings: Serve with rice, naan, or pita, or steamed vegetables such as broccoli or cauliflower.

No Thai Basil: Use cilantro instead.



Goan Fish Curry

4 servings

25 minutes

Ingredients

185 grams Jasmine Rice (dry)
2 tsps Coriander Seed
1 tsp Cumin Seed
1 tbsp Ginger (grated or minced)
1/2 tsp Sea Salt (to taste)
1/2 tsp Paprika
1/2 tsp Turmeric
1 1/2 tsps Coconut Oil
1 Yellow Onion (diced)
1 Tomato (medium, diced)
2 tsps Tamarind Paste
240 milliliters Canned Coconut Milk
3 Haddock Fillet

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 3 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 4 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 5 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 6 Divide the rice into bowls and top with the fish curry. Enjoy!

Notes

Leftovers: Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately one cup of fish curry and 3/4 cup of rice.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

More Flavor: Add mustard seeds, cayenne, garlic, and green chili peppers.

Additional Toppings: Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

Make it Vegan: Use chickpeas, tofu, or lentils instead of fish.

No Haddock: Use cod or tilapia.



Eggplant Curry

4 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 White Onion (small, diced)
- 3 Garlic (clove, minced)
- 1 Eggplant (large, cubed)
- 1 tsp Curry Powder
- 1/2 tsp Cumin
- Sea Salt & Black Pepper
- 365 milliliters Canned Coconut Milk
- 725 grams Diced Tomatoes (from the can with juices)
- 2 tbsps Cilantro (chopped)

Directions

- 1 In a large pot, heat the oil over medium heat. Add the onions and cook for three to four minutes or until soft. Add the garlic and eggplant. Cook for five to six minutes or until the eggplant is browned, being sure to stir occasionally.
- 2 Add the curry powder, cumin, salt, and pepper and stir for two minutes to combine. Add the coconut milk and diced tomatoes and stir to combine. Bring to a gentle simmer, cover, and let cook for 15 minutes.
- 3 Divide between bowls and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups of curry.

More Flavor: Add garam masala, bay leaves, and coriander powder.

Serve it With: Serve over rice and alongside homemade or store-bought naan.