

Pineapple Curry (6 servings)

- 1 ripe pineapple cut into 2 inch pieces
- 2 Tablespoons fresh grated coconut (in the Freezer in Indian groceries)
- 2 Tablespoons cilantro finely chopped
- 2-3 whole red chilies (Arbol or any other variety)
- 2 Tablespoons of Seven Happy Seeds Vegetable and Lentil Spice Blend
- ½ Teaspoon salt
- 2 Teaspoons brown sugar
- 2 Tablespoons vegetable oil
- 1 ½cup water

1. Heat oil in a cooking pan. Add the vegetable and lentil spice blend, whole red chilies and coconut. Sauté for 1-2 minutes so the coconut is lightly toasted.
2. Add pineapple pieces, salt, sugar and cilantro, and sauté lightly.
3. Add water and cook on medium heat for about 10 minutes until water is reduced to half. Cover and cook for an additional 2 minutes, until pineapple is no longer raw.
4. Garnish finished curry with chopped cilantro and serve with roti or rice.

