



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Watermelon Curry Sauce over Pan-seared Potatoes & Zucchini



Ingredients:

4 Tbsp of extra-virgin olive oil

1 carrot peeled and roughly chopped,

1/2 a medium red pepper, roughly chopped

1/2 a medium yellow onion, roughly chopped

1 tomato chopped

2 large cloves of garlic chopped.

1 green Zucchini, 1/4" round cut

1 small potato large dice chop

1 t of onion powder

1 t of garlic powder

1 t of cinnamon

1 t of paprika

1/2 Tbsp of turmeric

1 t of ground ginger

1/2 Tbsp of garam masala

1/2 t of chili powder

1 Tbsp of curry powder

3 1/2 cups of water

5-10 1" pieces of ripe watermelon

1 to 2 Tbsp of honey

1-2 t of soy sauce

A few leaves of Cilantro

Salt and pepper to taste (use sparingly)

Optional: 1 cup coconut milk

Instructions:

Begin by getting a medium saucepan and adding 2 Tbsp of evoo, on medium heat. Add your chopped onion and garlic, season with a pinch of salt and pepper. Cook for five mins, or until onions and garlic are beginning to be translucent. Add red pepper and cook for 1 minute or until peppers have a bright red color. When peppers brighten up, add carrots. Stir and coat the carrots with excess oil. After the carrots are coated, add your seasonings and tomato. Do not add salt and pepper during this phase. We will add salt and pepper after blending our product, if necessary. Add your 3 cups of water and bring to a boil. Turn down the heat and let simmer until carrots are soft, about 20 minutes.

While the sauce is simmering, begin pan frying your Veg. Add 2 Tbsp of evoo in a small frying pan and bring heat to medium high. Add your potatoes and brown one side for 3-5 mins, then flip. Add a 1/2 C of water and bring heat down to medium heat and let simmer. Once most of the liquid has evaporated, take out potatoes and add in your zucchini. Turn heat to high and brown both sides. Set your veg aside either in your oven or microwave when your veg is finished. Once your carrots are soft, transfer your curry into a blender and blend starting at a low interval and move to high speed. (When blending hot liquid, be sure to allow the steam to vent. Do not cover the blender completely when starting it.) While the curry is blending, add watermelon chunks, soy sauce, and honey. [Optional: Add coconut milk in the blender with the watermelon, soy sauce, and honey.] Blend until smooth and taste. Add salt and pepper to taste and blend again. Plate your veggies and pour your curry sauce on top. Add a few leaves of cilantro for color and enjoy!

Sauce yield: 4 Seasonal Vegetable yield: 2

Recipe courtesy of Kristen James.

**Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.**