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| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **Gemüse-Curry** | | | | | | | | |  |  |  |  | | | | 250 g | | | |  | Brokkoli | | | 250 g | | | |  | Möhren | | | 250 g | | | |  | Spitzkohl | | | 125 g | | | |  | Shiitakepilze | | | 125 g | | | |  | Rote Zwiebeln | | | 1-2 EL | | | |  | Butterschmalz | | |  | | | |  | Curry | | | 400 ml | | | |  | Kokosmilch | | | 1/2 Bd. | | | |  | Koriander | | |  | | | |  | Salz | | |  | | | |  | Pfeffer | | | 1 | | | |  | Limette | | |  | | | |  | Zucker | | | 40 g | | | |  | Erdnuss | | |

• Brokkoli in Röschen teilen, Möhren in ca. 2cm große Stücke schneiden,

• Spitzkohl in Streifen, Shiitake in Scheiben schneiden, Zwiebel fein würfeln.

• Butterschmalz erhitzen, Currypulver und Zwiebeln leicht andünsten.

• Gemüse dazugeben und unter wenden anbraten.

• Kokosmilch und Brühe dazugießen, zugedeckt 8-10 Min. kochen lassen.

• Mit Salz und Pfeffer würzen.

• Koriander abspülen, trocken schütteln und die Blättchen vom Stiel zupfen.

• Gemüse-Curry mit Zitronensaft, Salz, Pfeffer und evtl. Zucker abschmecken.

• Mit grob gehackten Kräutern und Nüssen dekoriert servieren.

**TCM-Wirkung:**  
kühlt Leber und Blut, stärkt Mitte, senkt Qi ab, beseitigt Verdauungsblockaden

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