



Watermelon Curry

This recipe yields two servings

Ingredients

Watermelon, 1 in cubes	1/2 each
Roma tomato, diced	1 each
Red onion, sliced	1 cup
Garlic cloves, minced	3 each
Basmati rice	1/2 cup
Water	3/4 cup
Lemon juice	2 tsp
Liquid smoke	1 tsp
Tamari	1/2 tsp
Cumin seeds, toasted	2 tsp
Coriander, ground	1/2 tsp
Turmeric, ground	1/4 tsp
Curry powder	2 tsp
Garam masala	1/2 tsp
Bay leaf	1 each
Clove	1 each
Hemp seeds, hulled	1/3 cup
High heat oil	1 1/4 tbsp
Cilantro, chopped.	2 tbsp
Salt and pepper to taste	

Nutrition Facts

Per serving

Calories: 600	Total Sugar: 39g
Total Fat: 22g	Total Added Sugar: 0g
Saturated Fat: 2g	Protein: 17g
Trans Fat: 0g	Calcium: 93mg
Cholesterol: 0mg	Iron: 6mg
Sodium: 70 mg	Vitamin A: 149 mcg
Carbohydrates: 88g	Vitamin C: 37 mg
Dietary Fiber: 6g	

Directions

1. Puree 1/4 of the watermelon cubes with 6 cilantro leaves, set aside.
2. In a medium bowl, toss the remaining watermelon cubes with liquid smoke and tamari. Cover and set aside.
3. Heat a medium sauté pan over medium heat, add 1 tbsp high heat oil.
4. Add onions, sauté until translucent.
5. Add garlic and sauté for 3-5 minutes, or until caramelization occurs.
6. Deglaze pan with watermelon puree.
7. Add tomatoes, lemon juice, coriander, turmeric, curry powder, salt, pepper, and 1 tsp toasted cumin seeds to the pan, stir.
8. Bring to a boil, lower to a simmer. Simmer and reduce 15-20 min.
9. While sauce is simmering prepare rice.
10. Add rice and 1/4 tsp high heat oil to a saucepan. Toast rice for 5 minutes.
11. Add water, 1 teaspoon toasted cumin seeds, clove, and bay leaf to the pot. Bring to boil then reduce to a simmer. Cover and cook 15 min. Once done remove clove and bay leaf and fold in hemp seeds with a fork.
12. Heat a cast iron pan over medium heat. Once hot add enough watermelon cubes to comfortably fit in the pan. Do not overcrowd. Let watermelon caramelize for 5 minutes. Flip and cook for an additional 5 minutes. Repeat in batches until all watermelon is seared.
13. Assemble the bowl. Add rice, curry, and watermelon. Top with chopped cilantro and enjoy!