

Easy & Spicy Curry Fonio

Serves 4

Ingredients:

- 1 1/2 cup fonio
- 3 cup of chicken broth / water
- 3 tsp curry powder
- 1 1/2 tsp turmeric
- 1 1/2 tsp garlic powder
- 1 1/2 tsp black pepper
- 1 cup frozen veggies
- Salt to taste

Directions

- Heat vegetables in a separate pan with a little oil / butter
- Mix the spices together
- Bring broth / water to a boil
- Add the spices and fonio, whisk quickly and cover pot
- Cook dish on low for 5 minutes
- At 5 minutes turn off the heat
- Let sit covered- no need to stir for 10 minutes.
- After 12 minutes, open the cover fluff the fonio with a fork
- Mix in vegetables
- Salt to taste

Tips:

- This is a good side dish to be paired with curried chicken or tofu
- Do not let it burn, shut it off as soon as the water is gone from the fonio
- The texture should be similar to couscous, but smaller
- Vegetables could fresh prepared- baked carrots spears, baked potato cubes, etc.
- I added a sauce I heated separately until hot (not boiling) - 1 cup chicken broth, 1/2 can coconut milk, 1 teaspoon curry, 1 teaspoon coconut sugar, 1 teaspoon grated ginger, 1/4 teaspoon salt

