

### Ingredients

Quantity	Measure	Ingredients	Description
----------	---------	-------------	-------------

### Method

Heat in a table spoon of oil and splutter the whole spices, (crush them a bit).  
Add sliced onion and chilles chopped, crushed ginger and garlic.  
Saute till the onions become transparent.  
Add the cut vegetables, - you can add other vegetables, like carrots, chopped,

Then add thin coconut milk and salt to taste, bring it to boil, and reduce heat and simmer till

vegetables are almost cooked.

Add thick coconut milk and simmer for another five minutes.

Garnish with curry leaves fried in coconut oil.