

RECIPE FOR SUCCESS...

MIXED VEGETABLE CURRY

An easy, tasty mixed vegetable curry that makes a cheap and healthy meal.



PREP:

5 MINS

TOTAL COOKING TIME:

30 MINS

SERVES:

4

INGREDIENTS

Mixed vegetables

(2 x fresh packs, 1 large frozen mix
or 2 x tins)

1 x tin chopped tomatoes

(or passata)

1 x large onion

6 x garlic cloves

(4 tsps of garlic granules / powder)

1 tsp of tumeric powder

1 tsp of paprika powder

1 tsp of salt

5 tbsps of cooking oil

Green chillies

(3 - 6 x, depending on preferred
spice level)

Handful of fresh coriander

(or 2 tsps of dried coriander)

METHOD

- 1** Finely chop the onion, garlic and ginger (if using fresh).
- 2** Add half the cooking oil to a large pan with the onions, garlic, ginger and green chillies (seeds removed) and sauté until lightly golden, stirring regularly.
- 3** Add in the rest of the oil, add the mixed vegetables to the pan and stir-fry for a few minutes until veg softens (frozen veg will take longer).
- 4** Add the tin of chopped tomatoes, salt, paprika and turmeric.
- 5** Simmer on a low heat for 10-15 minutes, adding water if the sauce thickens too much.
- 6** Serve and sprinkle coriander on top.

Enjoy with rice or naan bread. And remember
'Turn off the heat before you eat!'

*Please check the ingredients list if you suffer
from food allergies / intolerances.*

