

CURRY – MEAT OR VEG



- **Method**

- 1. Peel and chop onion and finely chop garlic. Prepare other vegetables, chopping into equal sizes.
- 2. Peel and dice potato.
- 3. Heat oil in a saucepan or wok.
- 4. Add onion and fry gently until it is soft but not yet golden brown. Add garlic and fry gently for 2 minutes
- 5. Add raw meat if using, fry all over until meat is sealed.
- 6. Add powdered spices, stir into the meat and onions.
- 7. Add tomatoes, tomato puree and stock. Stir everything together. Simmer for 5 minutes so the meat gets a chance to cook.
- 8. Add potatoes and other hard vegetables. Simmer.
- 9. If using softer vegetables add 2 minutes after potatoes. If using spinach add at the very end of cooking.
- 10. Simmer until the meat is cooked through. This is especially important with chicken.

- **Ingredients**

- 1 potato
- 1/2 onion
- 100g mixed vegetables (can be from frozen pack) or combination of cauliflower, carrot, aubergine, green beans, butternut squash
- 1 clove garlic
- 1 tablespoon oil
- 2 teaspoons curry powder (or mixture of coriander, cumin, turmeric, ginger, chilli powders)
- 1 teaspoon garam masala
- 1/2 can tomatoes
- 1 tablespoon tomato puree
- 200ml vegetable stock
- 75g cooked chickpeas
- Or 100g of your choice of protein - chicken, lamb, quorn