

MAIN COURSE

VEGETABLE CURRY



**COOKING
TO IMPRESS**

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INGREDIENTS

- 12g dried onions
- 2 tablespoons vegetable oil
- 1/4 tsp garlic paste
- 290g tinned mushrooms
- 1/2 tin new potatoes
- 142g (90g drained weight) garden peas
- 1 pinch of chilli powder
- 400g tin of tomatoes
- 1 tsp cumin
- 1 tsp turmeric
- 1/2 tsp garam masala
- Salt and pepper to taste
- 100g rice

METHOD

- 1 Put rice to cook, according to instructions on the packet.
- 2 Gently heat the oil in a pan and add all of the spices, the garlic paste and the dried onions and cook for 1 minute.
- 3 Add the tinned tomatoes and continue to heat through and stir.
- 4 Add the potatoes, mushrooms and peas and bring to the boil, reduce the heat and gently simmer for 5 minutes.
- 5 Serve with the cooked rice.

VARIATIONS

- For a creamier curry, try adding a couple of tablespoons of low fat natural yogurt and serve garnished with fresh coriander.
- Throw in whatever spare vegetable you have.

Serves - 2

Cost each - £1.10