
Vegetable Curry

Gajar, aloo, mattar - for 4 servings

Ingredients

tbs oil

1 onion, finely chopped

1 garlic clove, finely chopped

1/2 tin tomatoes, chopped

2 green chilies

1 tsp grated ginger

handful fresh coriander

1 1/2 tsp salt

1 tsp garam masala

1 tsp tumeric

6 carrots, sliced

3 potatoes, 1-2 cm dice

2 cups peas

1/2 tbs butter

Equipment

Large saucepan

spatula

Method

Heat the oil in the pan on a medium heat, and soften the onion and garlic to a golden colour (5 minutes). Watch that it doesn't burn.

Add the tomatoes, chili, ginger, coriander, salt, garam masala and tumeric with a splash of water (if needed). Stir and watch carefully, until the oil separates. 5-10 minutes.

Add the vegetables and 1/4 cup water and stir well to coat with the sauce. Cover and cook on a low heat for 20 minutes.

Check the consistency; you may need to turn up the heat to reduce, but the vegetables should be soft but firm still. Stir in the butter and top with a tablespoon of chopped coriander.

Serve with dahl and naan or roti and pickles or chutney.
