

# Vegetable Curry

A tomato based curry that is quick and easy to prepare.



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Total time: 30 min

Preparation: 10 min

Cooking: 20 min

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Serves: 5

Category: Hot Meals

Level: Easy

## Ingredients

1 tbsp Olive oil

1 unit Onion

2 unit Crushed garlic cloves

2.5 tbsp Curry powder

2 tbsp Tomato puree

1 unit Crushed tomatoes (tinned)

1 unit Vegetable stock cube

g Mixed vegetables

1.5 cup Water

each Salt and pepper (to taste)

1 unit Fresh coriander (to garnish)

## Recipe

1. Heat oil in a large saucepan over medium heat. Add onion and garlic then cook until golden
2. Stir in the curry powder and tomato puree, cook until fragrant (approx. 2 to 3 minutes)
3. Stir in tinned tomatoes, stock cube, vegetable selection and water. Season with salt and pepper.
4. Cook for approx. 20 to 30 minutes until vegetables are cooked through. Serve with rice and a sprinkle of coriander. Enjoy!

## Full description

If you are searching for an easy, quick and tasty curry recipe this is it. Any vegetables can be used and you can also add chicken or beef if preferred.

## Variations

Can add chicken, beef or vegetarian alternatives such as chickpeas or lentils