

Vegetable Curry

Written by Administrator
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Vegetable Curry recipe

Quantities & Ingredients

- 280g of Onions
- 75ml of Oil
- 2 desspn of Curry Powder
- 1 1/4 desspn of Tomato Puree
- 70g of Sultanas
- 750ml of Water
- 70g of Cooking Apples
- 2 desspn of Apricot Jam
- 910g of Raw Mixed Veg (diced potato, carrot, sweetcorn, peas, green beans)
- 280g of Long Grain Rice

Method

1. Dice the onions and fry in oil.
2. Add the curry powder and cook for one minute.
3. Mix the tomato puree with water and add to the onion mix. Season with salt and pepper.
4. Add the sultanas, apples and jam.
5. Add the vegetables and simmer for 3/4 hour.
6. Serve with boiled rice.

Notes: this is a useful way of using left over vegetables. If you have cooked vegetables as opposed to raw, these should be added after the sauce has simmered for 1/2 an hour.