

Quick Vegetable Curry

Ingredients

Serves: 6

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 4 tablespoons curry powder
- 3 tablespoons tomato purée
- 1 (400g) tin chopped tomatoes
- 1 vegetable stock cube
- 500g frozen mixed vegetables
- 350ml water
- salt and pepper to taste
- Chopped fresh coriander to garnish



Preparation method

Prep: **5 mins** | Cook: **60 mins**

1. In a large pan over medium high heat, heat oil and sauté onion and garlic until golden.
2. Stir in curry powder and tomato purée, cook 2 to 3 minutes.
3. Stir in tomatoes, vegetable stock cube, mixed vegetables, water, salt and pepper to taste. Cook approximately 30 - 40 minutes until vegetables are well done (not crunchy). Sprinkle with fresh coriander prior to serving.