

Vegetable Curry

Recipe provided by Mrs Surekha Parekh, Advocate of the Asian Women's group.

Ingredients

- 1 sweet potato (wash, peel and chop)
- 2-3 new potatoes (wash, peel and chop)
- 1 medium Aubergine (wash, chop in cubes)
- frozen garden peas
- 4-5 cloves of garlic (peeled and crushed)
- chunk of ginger (peeled and crushed)
- 5-6 chillies (washed and crushed)
- Chopped tomatoes
- Turmeric
- 1 teaspoon salt to flavour if needed
- Coriander

Method

- In a saucepan add 2 tablespoons of olive oil and heat
- Add ground garlic, ginger and chillies
- Add tomatoes
- Add sweet potato and new potatoes
- Cover saucepan and leave to cook for 10 minutes
- Put peas and broccoli on to steam for 5 minutes separately
- Next add the aubergine to the curry to cook for another 5 mins
- And once cooked... add steamed peas and broccoli (5 minutes)

Take pan off cooker (do not over cook peas otherwise you will lose vitamins)