

## Vegetable Curry

Serves 4



2 tablespoons vegetable oil  
3 med onions  
3 cloves garlic, peeled and finely chopped  
1 inch piece ginger, peeled and grated  
300g new potatoes, scrubbed  
1 cauliflower  
200g fresh or frozen fine beans  
1 teaspoon ground cumin  
2 teaspoons ground coriander  
1 teaspoon turmeric  
½ - 1 teaspoon chilli powder according to taste  
1 teaspoon garam masala  
2 bay leaves

1 tin chopped tomatoes  
2 teaspoons vegetable stock powder

### **Cauliflower marinade**

2 teaspoons paprika  
½ teaspoon chilli powder  
1 teaspoon salt  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1 tin coconut milk

1. Roughly chop the onion. Crush the garlic. Peel and roughly chop the ginger.
2. Measure your spices onto a small plate.
3. Cut the potato into small cubes. Place into a saucepan and cover with cold water. Bring to the boil then simmer until almost cooked.
4. Mix the marinade spices and coconut milk together.
5. Cut up the cauliflower. Mix with the marinade on a lipped oven tray. Leave to marinade for 30 minutes. Preheat the oven to 180°C / 160°C fan oven / gas mark 4. Bake the cauliflower for 10 minutes until the cauliflower is just cooked.
6. Heat 2 tablespoons vegetable oil in a large saucepan and fry the onion until soft. Stir in the garlic and ginger.
7. Add the spices and keep stirring over the heat to cook. Be careful not to burn the spices.
8. Stir in the tinned tomato, 275ml water and vegetable stock powder.
9. Turn up the heat until it comes to the boil then turn down and simmer for 30 minutes. Leave to cool then blend until smooth. Check seasoning.
10. Stir in the cauliflower, cooked potato and fine beans. Bring to the boil. Check seasoning before serving.