

## Vegetable Curry

### **Ingredients**

250g frozen Cauliflower	1 large onion, sliced
1 Vegetable Stock cube	1 fresh chili, finely chopped
2tsp garlic granules	8 mushrooms
1 cup Frozen peas	125g spinach
1-2cm piece of fresh ginger	2tsp ground cumin
1tbsp Garam Masala	1tbsp medium curry powder
2tsp Turmeric	Oil for cooking
1 tin chopped tomatoes	400ml water (add more if needed)
Handful of fresh coriander	
Rice to serve	

### **Method**

1. Peel and finely chop the onion and ginger
2. Roughly chop the mushrooms and chilli. Preheat pan on a medium heat with a tsp of oil. Add onion, ginger and chilli to the pan and cook for 3-4 minutes. Then add the spices
3. Cook for a further 5 minutes then add the cauliflower, mushrooms, peas and tinned tomatoes. Stir occasionally.
4. After another 5 minutes, add 300ml of water and simmer for 30-40 minutes, stirring occasionally. Add more water if needed. 10 minutes before serving, add the spinach and half of the coriander (chopped)
5. Cook for 10 minutes and service with rice, garnish with remaining coriander.