

Vegetable curry with coconut milk

Ingredients

1 Tablespoon vegetable oil

1 Onion

3 Cardamom pods

2 Teaspoons Cumin

2 Teaspoons Coriander

½ Teaspoon Turmeric

1 Green chilli (deseeded)

1 Garlic clove

Thumb size piece of ginger

800g mixed vegetable (Potato, cauliflower, carrot, zucchini)

300ml Vegetable stock

200g frozen peas

200ml Coconut milk

Method

1. Finely cross chop the onion, ginger, and garlic.
2. Bash the cardamom pods to break open.
3. Chop the mixed vegetable you want them a bit chunky.
4. Heat a large pan, add the oil and onion and cook until onion is lightly golden.

5. Add the chilli; garlic and ginger cook for another minute then add the dry spices stir then add mixed vegetable cook for a further 5 minutes.
6. Add the stock cook for another 10 minutes or until the vegetable are soft then add the peas cook for another 3 minutes.
7. Add the coconut milk, cook for another 2 minutes to warm through, sprinkle with fresh coriander.
8. Serve.