

Cauliflower, zucchini and eggplant Balti

Ingredients

4 Tablespoons of vegetable oil

2 Onions

4 Cloves of garlic

2 Inch piece of ginger

2 Chilli's

1 Teaspoon of cumin

1 Teaspoon of turmeric

1 Teaspoon of curry powder

1 tin of tomatoes

1 Teaspoon sugar

1 Cauliflower

1 Zucchini

1 Eggplant

1 Tin of coconut milk

Salt

1 Cup of beans

Method

1. Peel and dice the onions.
2. Peel and cross chop the garlic and ginger

3. Dice the zucchini and eggplant.
4. Cut the runner beans into 3.
5. Deseed and chop the chilli, wear gloves to chop the chilli.
6. Break the cauliflower into pieces.
7. Place the vegetable oil in a wok over medium heat, then add the onion, ginger, garlic, chilli, eggplant, runner beans and zucchini fry until the onion is just soft not brown, add the cumin, turmeric and curry powder give a good stir.
8. Add the cauliflower, tomatoes and sugar, cook for about 10 mins then add the coconut milk and salt.
9. Cook for another 5 mins.