



## *South Indian Vegetable Curry*

50mls oil, 1 tsp mustard seed, 2 inch piece fresh root ginger, 2 cloves garlic chopped, 1 onion sliced, 1 chilli/capsicum sliced (optional), 1kg mixed vegetables, 1 tsp salt, 1 cup coconut milk, 1 cup water or canned tomatoes, 2 level tbsp South Indian Vegetable Curry Blend.

Heat the oil in a large saucepan, when it is hot add the mustard seeds, these should start to pop straight away. Then add the ginger, garlic, onion and chilli and fry stirring occasionally until soft. Add the South Indian Vegetable Curry Blend and mix well, fry for 2 minutes. If the mixture is too dry add a small amount of water to enable the spice to fry. Add the vegetables and stir, mix in the salt, coconut milk, water or tomatoes. Cover and bring to the boil and turn down to simmer for 30 minutes or until the vegetables are cooked. Take the lid off and reduce the liquid until thick. Suggested vegetable combinations; carrots, cauliflower, potatoes and sweet potatoes, eggplant, beans, tomatoes, pumpkin and peas. This curry is excellent used for any meat, seafood, vegetables or lentils with the exception of beef. You may also change the coconut milk and substitute it with yoghurt if desired.