

Vegetable Curry



Profitability:

Steps:

Slice onions and fry with salt in oil until brown

Chop tomato and mix with spices

Soak rice for 10 minutes

When onions have browned, add tomato and spice mixture

Chop aubergine, pepper and potato. Add to onions

Chop green chilli into pieces, add to pan

Stir contents of pan on medium heat

Cook for another 5-10 minutes

When cooked, sprinkle with fresh coriander and serve

Ingredients:

1 onion

4 tbsp (130ml) sunflower oil

2 - 3 tomatoes

1 pepper, any colour

1 aubergine

1 medium potato

1 green chilli

1/2 - 1 heaped tsp of chilli, to taste.

1/2 tsp of turmeric

1/2 tsp ground coriander

1 tsp ground cumin

1/2 bulb garlic

Thumb-size piece of fresh ginger

Salt to taste

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