

## Incredible Indian Curry



### Ingredients:

- 2 cloves garlic minced
- 1/2 large onion chopped
- 1 tbsp tomato paste
- 2 fresh tomatoes chopped
- 3 cups of seasonal vegetables, chopped
- 1 cup spinach
- 1/2 cup green peas
- 1 can coconut milk
- 1 tbsp curry powder
- 1 tsp fresh turmeric, grated ( can use powder )
- 1 tsp garam masala
- salt and pepper to taste

### Instructions

1. Add the garlic and onion to a non-stick saucepan and sauté for 2-3 minutes, until fragrant. Add a splash of water if it starts to stick to keep this recipe oil-free. Then, add the tomato paste and sauté for 1 minute more to coat.
2. Add the fresh tomatoes and press them down gently. Cook, stirring occasionally, for 2-3 minutes, until the tomatoes start to release their juices.
3. Add the vegetables, coconut milk, curry powder, turmeric and garam masala. Bring to a simmer, cover and cook on a low-medium heat, stirring occasionally, for around 15 minutes, or until the vegetables are fork-tender.
4. At the last minute, stir in the spinach and the green peas, cooking until the spinach has wilted. Season to taste with salt and pepper and serve over a bed of rice.
5. Wash and dry dirty dishes. Wipe down benches. Empty compost. Put dirty tea towels in laundry basket.