

Recipe Card

Mixed Vegetable Curry

Serves 4

Ingredients

- 20ml vegetable oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1 onion chopped
- 1 tin chopped tomatoes
- 1 inch fresh ginger - grated
- 2 fresh green chillies OR 1/2 teaspoon red chilli powder
- 1 teaspoon salt
- 450g frozen mixed vegetables
- 1 large potato - cut in small cubes
- 300 ml water

Method

1. Heat oil in pan
2. Add mustard & cumin seeds - gently fry
3. Add onion - cook till golden brown
4. Add tomatoes, ginger, green chillies & remaining spices - cook for 2 minutes
5. Add mixed vegetables & potatoes - stir & cook for 2 minutes
6. Add the water & bring to the boil
7. Reduce the heat, cover & simmer for 20 minutes
8. Serve hot

Plain Chapatti

Serves 8 chapattis

Ingredients

- 200g chapatti flour
- 1 cup water
- 1 teaspoon soft butter

Method

9. Place flour in mixing bowl
10. Add water a bit at a time whilst mixing by hand
11. Add enough water to bring dough together to medium firmness
12. Divide dough into 8 equal portions
13. Heat frying pan
14. Roll 1 dough ball to 6 inch round
15. Place on frying pan
16. Once the colour changes, flip the side
17. Once chapatti starts to form small bubbles, flip the chapatti. It should puff up with steam
18. Serve hot - lightly buttered if desired