

# Vegetable curry

## Ingredients

- 1 carrot
- 1- 2 potatoes
- $\frac{1}{2}$  onion
- $\frac{1}{2}$  a Pepper (different colours)
- 2 cloves of garlic
- A piece of ginger
- 2 pieces of cauliflower
- 200ml vegetable stock
- $\frac{1}{4}$  chilli
- $\frac{1}{4}$  cup of peas
- $\frac{1}{2}$  teaspoon curry powder
- 3 pinches of salt
- $\frac{1}{4}$  cup tinned tomatoes
- Handful of spinach leaves

## Method

- Peel and cut up potatoes and carrot, put to boil.
- Cut up your onion, chilli, garlic finely.
- Cut up the peppers into bite size
- Peel and grate the ginger
- Fry the onion and fry for a few minutes.
- Put in the tomatoes, peppers, garlic, ginger, and chilli.
- Put in the peas, potatoes and carrot. Add water if required.
- Put in the curry powder, mix and simmer.
- Add garnish.