

# Vegetable Curry

## Ingredients

- 1 pepper
- 1 courgette
- $\frac{1}{4}$  or  $\frac{1}{2}$  (depending on size) broccoli or cauliflower
- 5 mushrooms
- 1 onion
- 2 tsp of curry powder
- 1 tbsp tomato puree
- 1 tin tomatoes

## Method

1. Prepare food handler, equipment and area.
2. Chop onion, courgette, mushrooms and pepper. Prepare broccoli/Cauliflower into small florets
3. Gently fry onion on a low heat until soft.
4. Add the remaining vegetables to the softened onion and fry for a few minutes.
5. Add the tomato puree and curry powder and stir well.
6. Add the chopped tomatoes, bring to a boil and reduce to simmer for 10 min's or until the broccoli/cauliflower is soft.

