

Vegetable Madras

Ingredients

- 3 tablespoons ghee
- 1 medium onion, chopped
- 2 garlic cloves, peeled and finely chopped
- 1 teaspoon fresh ginger, grated
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon hot chili powder
- 1 tablespoon tomato puree
- 400 grams diced tomatoes
- 400g potatoes, peeled, coarsely chopped
- 300g head cauliflower, trimmed, cut into small florets
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 400 grams coconut milk
- 120g frozen peas
- 120g baby spinach leaves

Method

1. Add the oil to a pan over medium-high heat.
2. Add the onion and cook until softened.
3. Add garlic, ginger, garam masala, turmeric, chili powder, tomato puree, stir.
4. Add diced tomatoes and mix well.
5. Add the vegetables, salt pepper and coconut milk. Cover with a lid and simmer for 20 minutes.
6. Add the peas and baby spinach.
7. Cook for a further 2-3 mins or until heated through and spinach wilts.