

Vegetable Madras

Ingredients

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

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.