# Vegetarian Curry

SERVES 4

## INGREDIENTS

2 tsp vegetable oil
1 onion, chopped
2 cloves garlic, crushed
2cm piece ginger, finely grated
½ tsp chilli powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp turmeric
2 cups diced mixed vegetables,
   (e.g. Cauliflower, beans,
   baby marrow, aubergine,
   mushrooms, peppers, broccoli)

400g can chopped tomatoes
1 ½ tsp garam masala
600g firm tofu, diced
Handful of baby spinach leaves (optional)
1 tbs lemon juice
Fresh coriander leaves to garnish

## METHOD

1. Heat the oil over medium heat in a medium saucepan. Add the onion, garlic, ginger and spices and cook stirring until spices are fragrant. Add a little water if necessary to prevent burning.
2. Add the vegetables, combine with the spices and add the tomatoes. Cover and simmer for 15-20 minutes or until vegetables are tender. Add the garam masala, tofu, spinach and lemon juice and heat through.
3. Serve with fresh coriander leaves.



# Tony Ferguson
health made easy