

# Curry in a Hurry – as easy as 123!

---

## ONE

1 large onion cut into small cubes  
1 tbsp vegetable oil  
1 tbsp ginger/garlic paste

## TWO

2 tsp cumin powder  
½ tsp turmeric powder  
1 tsp chilli powder (optional)  
½ tsp black pepper

## THREE

1 tin chopped tomato  
1 tbsp tomato puree  
2 tbsp white wine vinegar

## Garnish

Handful fresh coriander roughly chopped  
2-3 chillies

## Method:

- Heat oil then add chopped onions and cook until dark brown, on high heat. Stir from time to time to get an even brown.
- Reduce heat and add garlic & ginger paste\*. Mix well and cook for a couple of minutes.
- Add all the spices and cook for another 2-3 minutes to get rid of powdery taste.
- Add chopped tomato, tomato puree and increase heat, mixing all the time. Cook for another 2-3 minutes, reduce heat to lowest setting and add vinegar, green chillies and coriander and let simmer\*\* for 15 minutes.
- Sprinkle with garam masala 5 minutes before serving.

## Notes:

1. \*If using meat (pork or chicken thighs work best), add after the first step once garlic and ginger has been added. Cook for 5 minutes then proceed with the next steps.
2. \*\*Vegetables like spinach, par cooked cauliflower, broccoli, baby potatoes or a tin of chickpeas can be added when the curry is simmering.
3. The curry sauce can be used as is on chips too! 😊