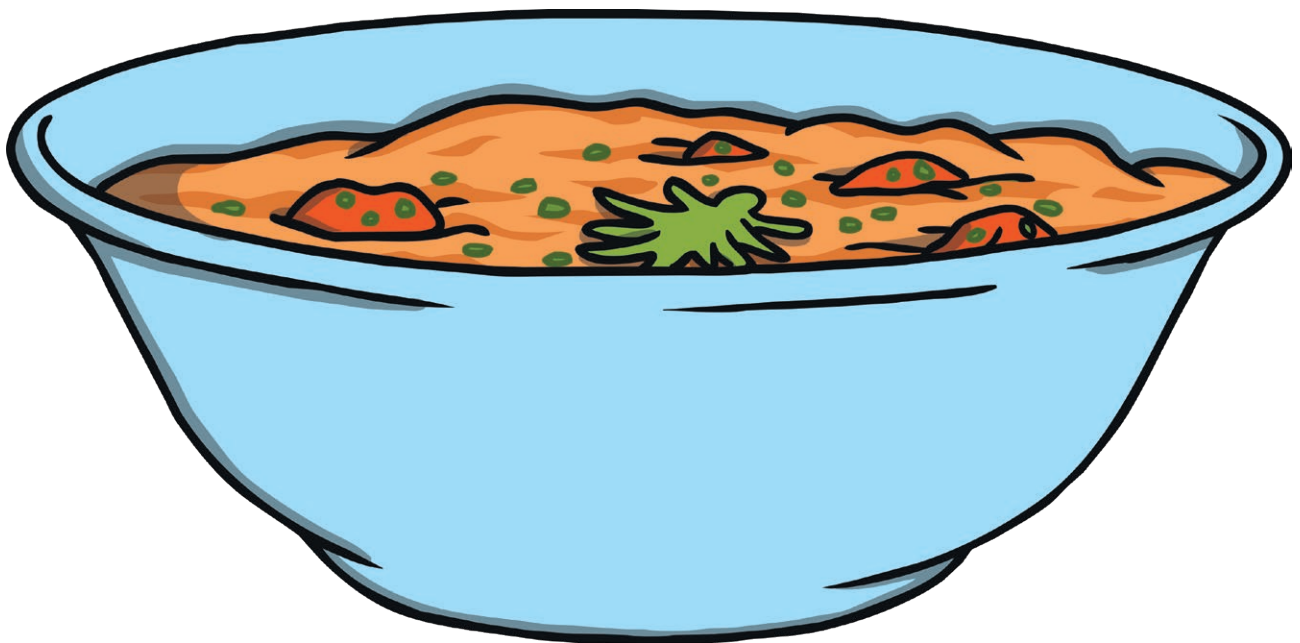


How to Make Vegetable Curry

This vegetable curry is quick, easy and very tasty!



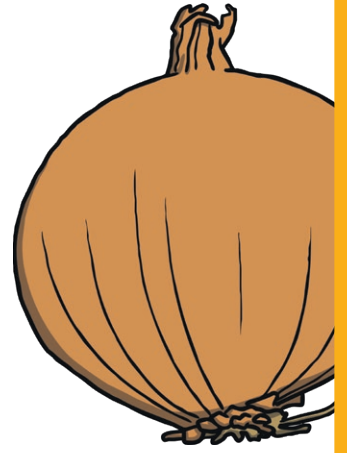
You will need:

Ingredients:

- 2 onions
- 1 clove of garlic
- A handful of mushrooms
- 1 tablespoon curry powder
- 1 apple
- 1 tbsp of mango chutney
- 1 tin of tomatoes
- 1 tbsp of vegetable oil

Equipment:

- Large pan
- Hob
- Wooden spoon
- Bowl
- Chopping knife and board



Step 1

Chop the apple, garlic, onions and mushrooms into thumbnail-sized chunks.



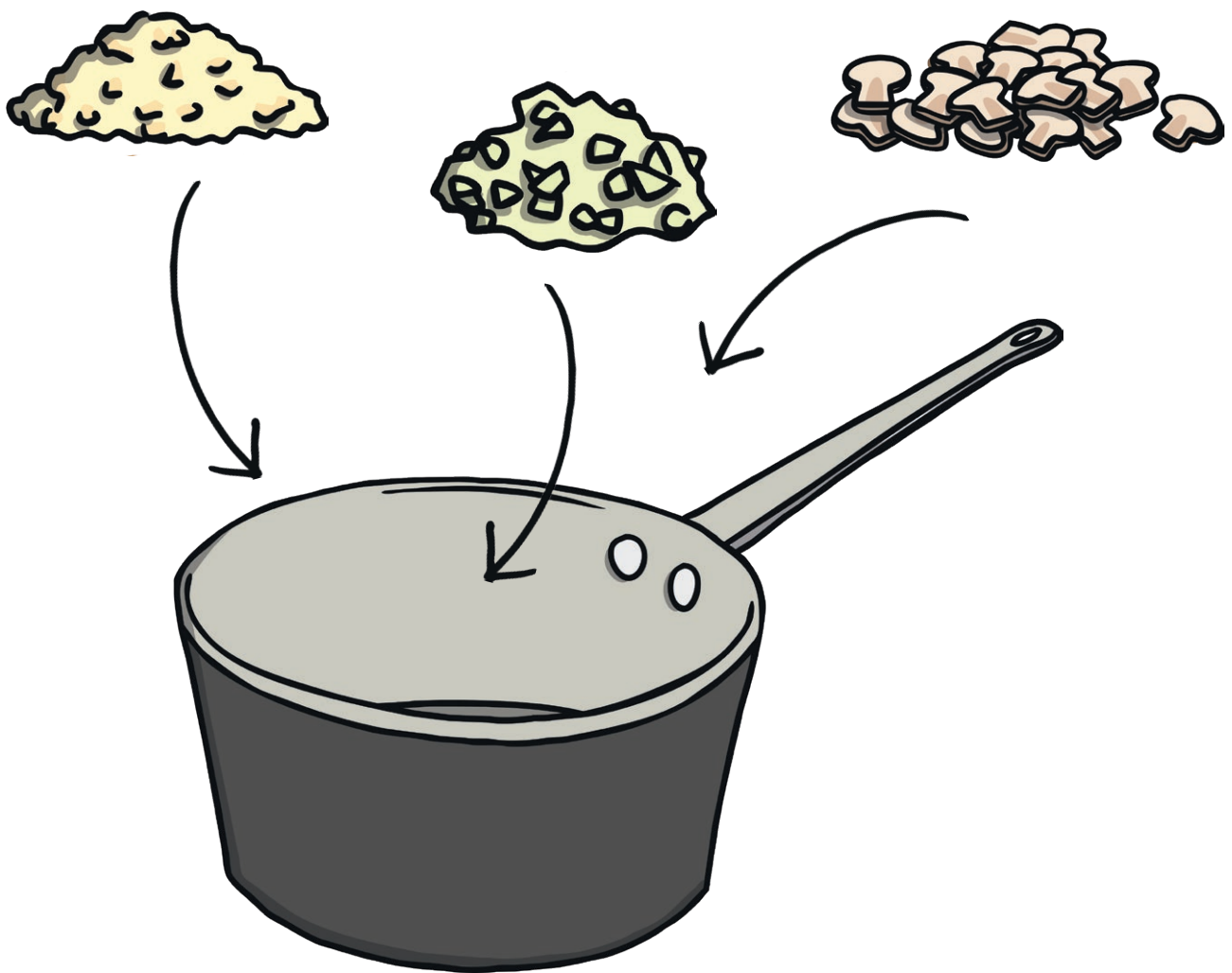
Step 2

Add the oil to the pan and heat.



Step 3

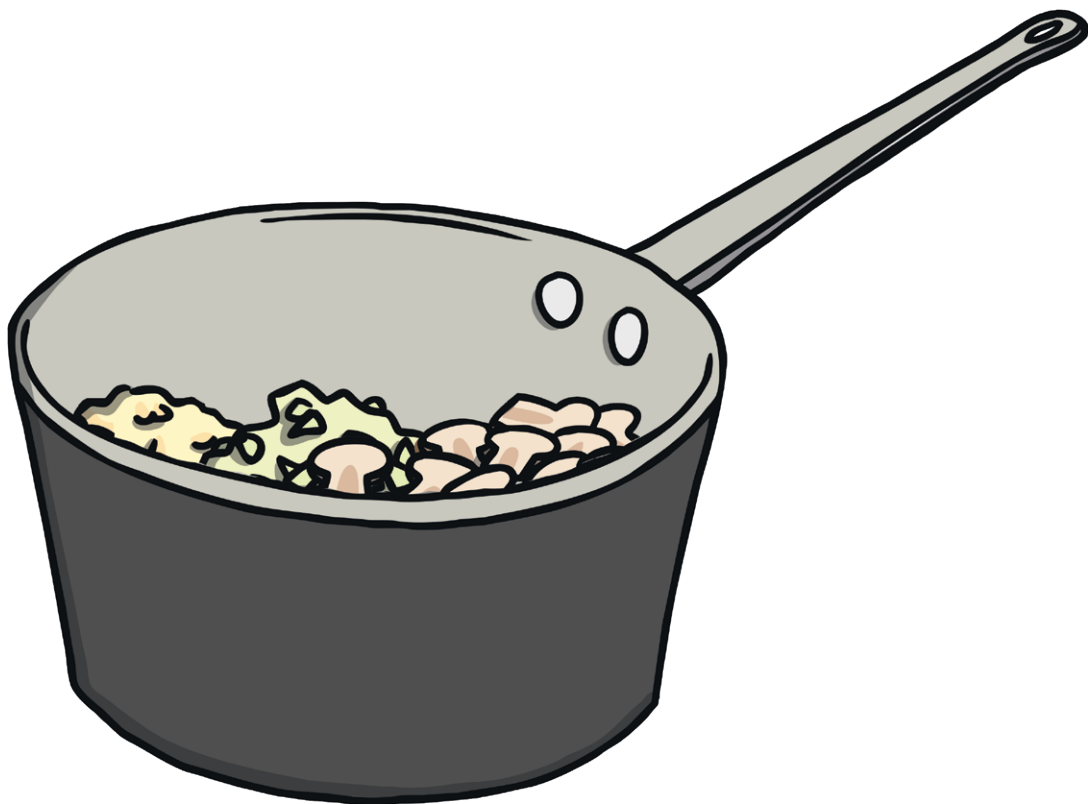
Once the oil is hot, carefully add the chopped garlic, onions and mushrooms. Keep the apple to one side for later.



Step 4

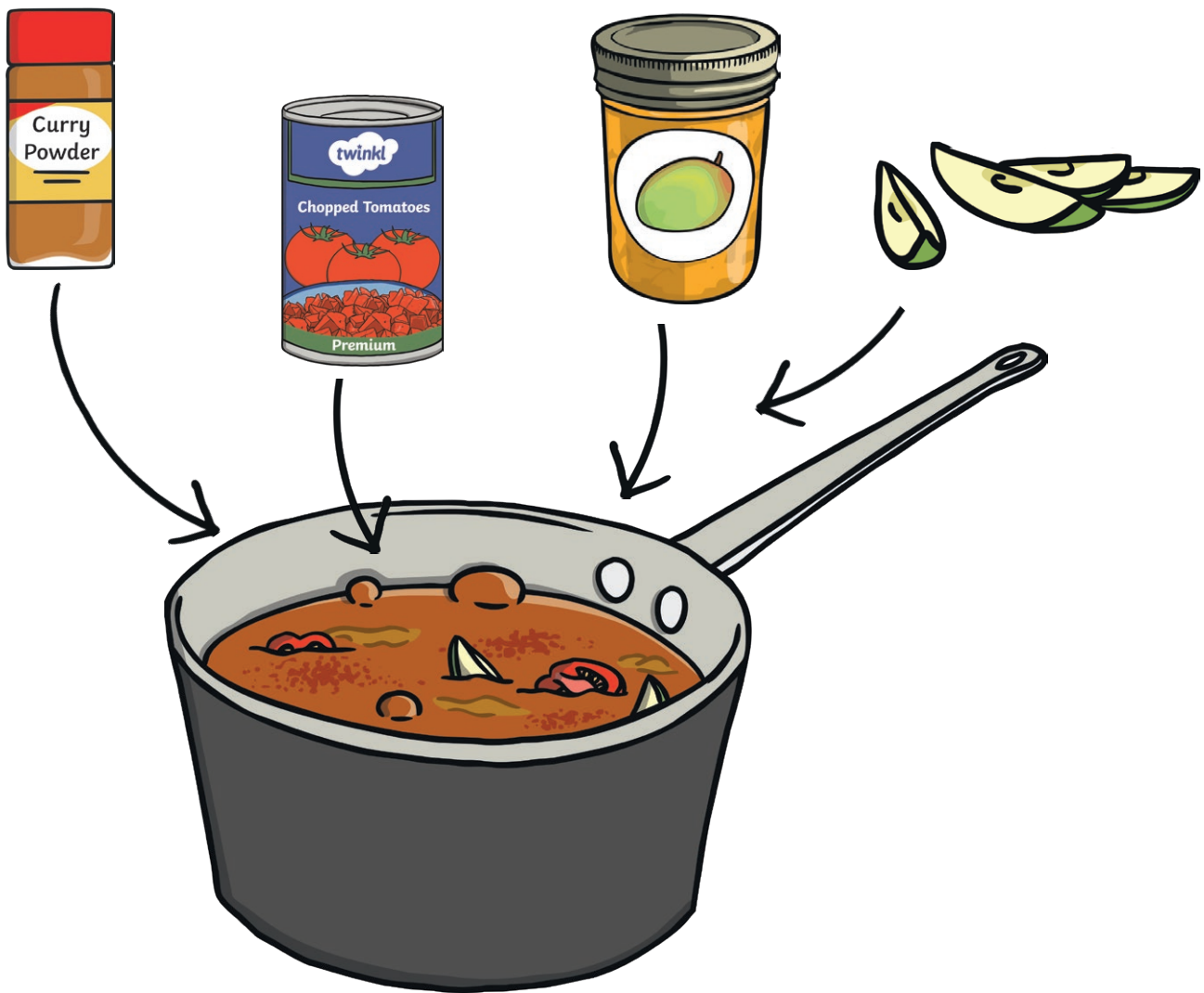
Cook the vegetables until they are soft. Make sure you keep stirring so that they do not burn!

Top tip: If the vegetables are cooking too quickly and starting to burn, turn the heat down a little.



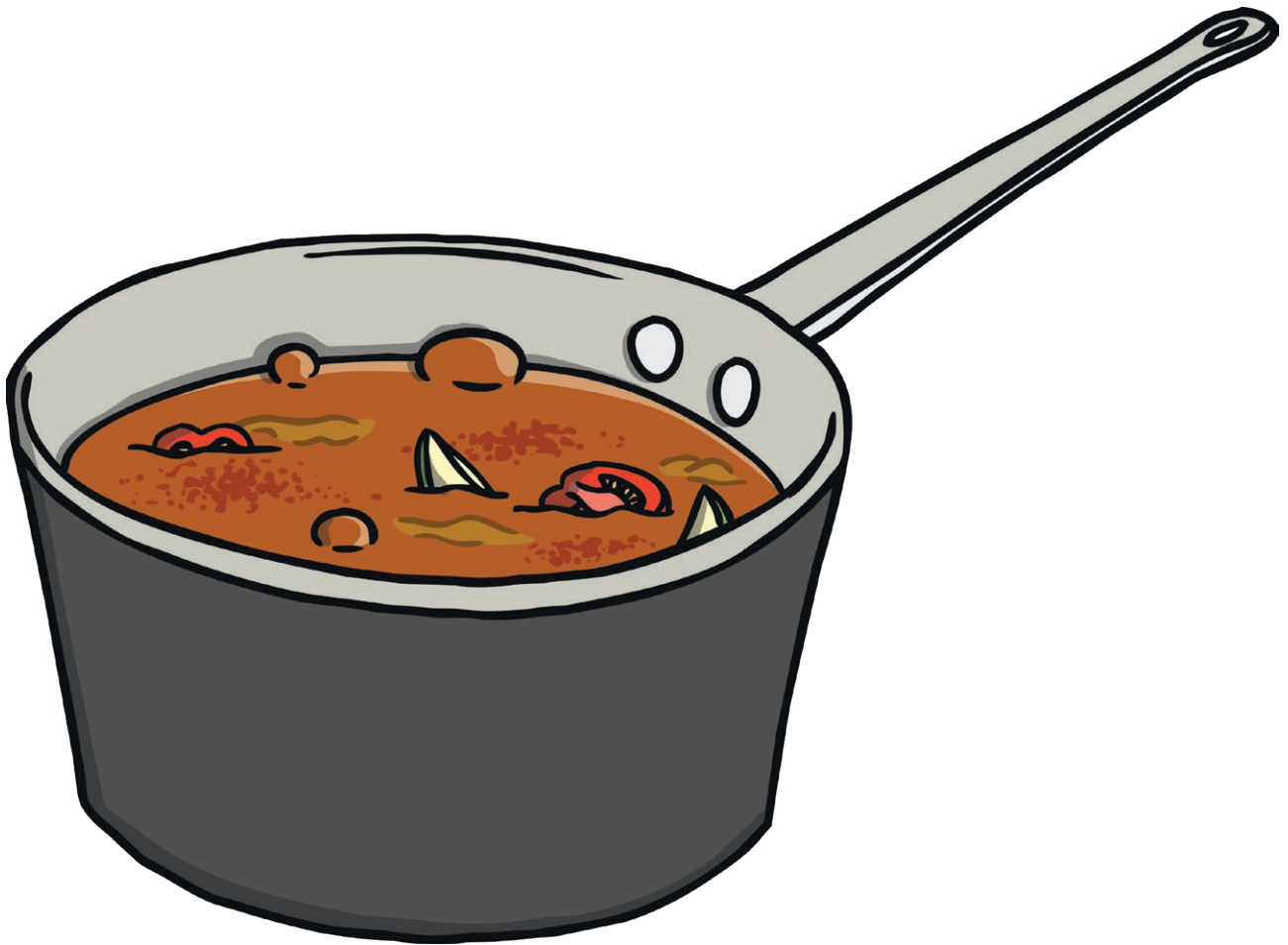
Step 5

Add the curry powder, apple, mango chutney and tomatoes. Stir all the ingredients together.



Step 6

Set the hob to a very low heat and simmer for around an hour, until the sauce has thickened.



Step 6

Serve the vegetable curry warm.
It is great eaten with spicy rice
and chapattis!

