

Typ: Gemüse

Quelle: Mary Berry: Cook and Share. S. 184

Bemerkungen: A hearty, tomato-based North Indian-style dry curry full of vegetables and bursting with flavour. You can adapt the recipe to your preference - double up on some veg and leave others out, as long as they have a similar weight.

Ideal für Tagine. Gewürze: flexibel!

Zutaten S E RVES 6

2 tbsp sunflower oil
2 onions, sliced
3 garlic cloves, crushed
1 small green chilli, deseeded and finely chopped
4 cm piece of fresh root ginger, peeled and grated
1 tbsp garam masala
1 tbsp medium curry powder
1 tsp each ground cumin and ground turmeric
225 g small new potatoes, halved or quartered if large
1 large aubergine, cut into large cubes
1 red pepper, deseeded and finely diced
1 large carrot, peeled and finely diced
2 celery sticks, finely sliced
300 mL vegetable stock
1 x 400 g tin chopped tomatoes
2-3 tbsp mango chutney
75 g frozen petits pois

Rezept:

1. Heat the oil in a large, deep frying pan over a medium-high heat. Add the onions and fry for 2-3 minutes. Add the garlic, chilli, ginger and spices and fry for 1-2 minutes.
2. Add the potatoes, aubergine, pepper, carrot and celery and coat in the mixture.
3. Pour the stock and add the tomatoes into the pan, stir and bring to the boil. Cover with a lid, reduce the heat and simmer for about 30 minutes, until the potatoes are tender.
4. Stir in the mango chutney and season well with salt and freshly ground black pepper. Add the peas and cook for a few minutes. Serve hot with basmati rice.

Mary 's Tips

- * Can be made up to 2 days ahead.
- * Freezes well without peas.