

Basic Curry

1 medium onion, finely chopped
1 medium green or red pepper, chopped
1 tbsp oil
2 cloves of garlic crushed or chopped
A small section of fresh ginger prepared and chopped finely
200g chicken/lamb/beef pieces or 200g quorn
1 medium can chopped tomatoes (397g)
2 tsp curry powder (or any mixture of cumin, coriander, turmeric, chilli, cinnamon)
Bunch of fresh coriander or herbs of choice
½ small carton natural yoghurt

1. Prepare your meat, pepper, onion, garlic and ginger.
2. Heat the oil in a saucepan and add the curry powder and spices to form a masala.
3. Fry the onions, garlic, ginger and pepper until soft
4. Add the meat/quorn, fry until it has started to brown.
5. Stir continuously. Remove from the heat.
6. Add chopped tomatoes/stock and simmer gently for about 20 minutes.
7. Taste and season and flavour.
8. Add the yoghurt just before serving and cook for a further 2 minutes, taste again and season with salt and pepper
9. Serve with rice or naan bread and side salad or vegetable dish.