

JEWELLED WINTER VEG KORMA

GOES GREAT WITH...

Plain rice and
yogurt

EXTRAS
#44

ALSO WORKS A TREAT WITH...

- Pumpkin or butternut squash

RAISE YOUR GAME BY...

Sprinkling over a handful of roughly
chopped coriander to serve



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JEWELLED WINTER VEG KORMA

This colourful, soothing korma is a great antidote to Christmas indulgences and the perfect way to use up any vegetables and dried fruit - you can even throw in your Christmas dinner leftovers! The greater the variety of colours you can get into the dish the better and the more it will resemble jewels!

Prep 30 mins	Cook 40 mins
Heat 	Serves 4 with sides

500g **mixture of root veg** (eg parsnips, carrots, beetroot, sweet potatoes etc) or use cooked, leftover veg* - peeled and cut into small bite-size pieces

250g **mixture of green veg** (eg peas, green beans, sprouts etc) or use cooked, leftover veg* - cut into bite-size pieces if large

1 **red pepper** - cut into bite-size pieces

1 medium **onion** - roughly chopped

3 **cloves of garlic** - roughly chopped

Fresh ginger - roughly chopped to make 1 tbsp

½ **pomegranate** - seeds only (or 100g ready-prepared seeds)

½ **lemon**

200ml **milk** (full fat is best)

75g **nuts** (any type)

30g **dried fruit** (eg raisins, dates, cranberries etc)

3 tsp



HALDI BLEND

3 tsp



METHI BLEND

- 1 Soak 50g nuts and the dried fruit in 100ml freshly boiled water from the kettle
- 2 Fry the onion in 2 tbsp oil for 10 minutes or until soft and just beginning to brown
- 3 Add the garlic and ginger to the softened onion and cook for 1 minute or until soft
- 4 Blend the soaked nuts and dried fruit (including all the soaking liquid) with the softened onion mixture, milk, 3 tsp **HALDI BLEND**, 3 tsp **METHI BLEND** and 1 tsp salt to a very smooth sauce
- 5 Simmer the root veg in 200ml water in a covered pan for 10 minutes or until nearly tender
- 6 Stir the sauce into the cooked root veg, add the pepper and green veg then cover and cook for 10 minutes or until the root veg is soft and the green veg is just tender
- 7 Stir in the juice of the ½ lemon then scatter over the pomegranate seeds and remaining nuts to serve

* If using cooked, leftover veg, simmer the sauce with 200ml water for 10 minutes or until starting to thicken, add the cooked veg and cook for a further 5 minutes or until hot through