

Vegetable Curry

This curry is loaded with vegetables and is great for lunch or dinner, especially on a chilly day.



Vegetarian



30 mins or less



Freezer-friendly



PREP TIME
10 min



COOK TIME
20 min



SERVINGS
4

Ingredients

- 45 mL (3 tbsp) curry powder
- 5 mL (1 tsp) garam masala
- ½ a yellow onion, cut in quarters
- 2.5 mL (½ tsp) salt
- 3 cloves of garlic
- 540 mL (19 fl oz) canned no salt added chickpeas, drained and rinsed
- 1 stalk of celery
- 500 mL (2 cups) cauliflower, cut in bite-sized pieces
- 60 mL (¼ cup) green pepper
- 250 mL (1 cup) frozen peas, thawed
- 1 tomato, cut in half

Directions

1. In a small bowl, mix the curry powder with 3 tablespoons of water. Mix into a loose paste and set aside.
2. In a food processor, purée ¼ of the onion, the garlic, celery, green pepper and ½ the tomato. It doesn't have to be completely smooth, but should be well incorporated.
3. Dice the remaining onion and the other ½ tomato.
4. Lightly coat a large non-stick pan with cooking spray or oil and heat over medium-high heat. Add the curry paste and cook, about 30 seconds.
5. Add in the vegetable purée, diced onion and tomato to the pot. Lower the heat to medium and sauté for 10 minutes, stirring frequently.
6. Add 375 mL (1½ cups) of water, the garam masala and salt to the pot and allow the mixture to simmer on medium-low covered for 10 minutes. Stir occasionally.
7. Increase the heat to medium-high and add in the chickpeas and cauliflower. Cook until cauliflower reaches desired level of doneness. Add in the peas at the very end just to warm them up.

Tips

- ✓ Curry goes well with a variety of vegetables—try adding carrots, eggplant, pumpkin or broccoli instead of the cauliflower.
- ✓ Looking for something to add to this meal? **Serve it with brown rice.**
- ✓ If you **want it spicier**, try using Jamaican curry powder!



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