

Best Bombay Vege CurryV

The Bombay curry sauce in this dish is literally ‘the bomb’. If your pantry is well stocked with spices as we’ve suggested at the start of the book, it’ll take no time to throw this together. But if you’re stuck for time and have found a suitable ready-made curry sauce in your local supermarket, feel free to use that instead of making this one. Just remember that many packaged sauces use lots of unhealthy seed oil – so only use a bought sauce now and again.

INGREDIENTS

For the Bombay curry sauce:
1 tbsp butter
2 onions, roughly chopped
3 cloves garlic, peeled
2 cm piece of ginger, peeled and roughly chopped
1 star anise (optional)
1 cardamom pod (optional)
2 tbsp curry powder
½ tsp chilli powder
1 tsp ground cumin
400 g can chopped tomatoes
½ cup cream (or coconut cream)

For the vege curry:
½ cauliflower, cut into small florets
1 capsicum (any colour), diced 2 cm
2 cups peeled, diced pumpkin (about ¼ of a pumpkin)
1 medium-sized eggplant (or 2 large zucchinis), diced 2 cm
200 g paneer or halloumi, diced 1-2 cm
4 hard-boiled eggs, peeled and quartered (optional)

To serve:
Cauli Rice enhanced with broccoli (page 168)
¼ cup plain Greek-style yoghurt

Serves4

Prep time15 minutes

Cook time45 minutes

Difficulty●●●

Per serve

Carbs27.6 g

Protein28.7 g

Fat43.2 g

Energy611 Cal

METHOD

Heat the butter in a medium-sized pot over a medium heat. Add the onion, garlic and ginger with a pinch of salt and cook, stirring regularly, for 4-5 minutes, until nicely golden.

Add the whole and ground spices and cook, stirring, for about 1 minute until fragrant.

Add the tomatoes along with a can full of water. Bring up to the boil, reduce the heat to low and simmer, uncovered, for 12-15 minutes until the sauce has thickened slightly and the onion is soft.

Use a hand-held blender (or jug blender) to blend the sauce until smooth. Stir in the cream (if using) and season to taste with salt and freshly ground black pepper.

Add the chopped vegetables to the Bombay sauce, bring back to a simmer and cook gently for 15-18 minutes, until the vegetables are soft. In the final 3-5 minutes, add the paneer or halloumi and the eggs (if using). Make your Cauli Rice while the veges finish cooking.

To serve, spoon the curry over your Cauli Rice and drizzle with yoghurt.

Note: You can make the sauce a day or two ahead if you like. After stirring in the cream (if using), let it cool and store it in the fridge until needed. Bring up to a simmer before adding your vegetables.

