

## *Quick Curry*



*2 tsp Extra Virgin Olive Oil*

*1 onion diced*

*2 Garlic cloves (peeled & crushed)*

*2 tbsp Tomato Puree*

*1 tsp Cumin*

*1½ Curry Powder (to taste)*

*1 tsp Garam masala*

*125ml Almond milk (coconut milk)*

*Spinach*

*Mushrooms (Cooked chickpeas/ Tofu/ Tempeh)*

*Heat oil and saute garlic and onions*

*Add rest of ingredients and stir to combine*

*Stir in the milk*

*Stir in mushrooms or whichever alternative, as above*

*Add spinach until wilted*

*Double quantities for more portions*

*This sauce can be used as a quick curry base, experiment with different vegetables and proteins*

*Curry powder strength to your taste (I use medium) and quantities can be altered to suit heat potency*

