

Spicy Vegetable Curry

A flavorful and aromatic curry made with a medley of vegetables and a blend of spices.



Main Dish

30 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 cup mixed vegetables (carrots, peas, bell peppers, cauliflower)
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 can coconut milk
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 Heat the vegetable oil in a large pan over medium heat.
- 2 Add the chopped onion and cook until translucent, about 5 minutes.
- 3 Stir in the garlic and ginger and cook for an additional minute.
- 4 Add the curry powder, turmeric, cumin, and coriander to the pan. Cook for 1-2 minutes, stirring constantly, until fragrant.
- 5 Add the mixed vegetables to the pan and stir to coat them in the spice mixture.
- 6 Pour in the coconut milk and season with salt and pepper. Bring the mixture to a simmer.
- 7 Reduce the heat to low, cover the pan, and let the curry simmer for 15-20 minutes, or until the vegetables are tender.
- 8 Serve the spicy vegetable curry over steamed rice or with naan bread. Garnish with fresh cilantro.