



LOVES FOOD

PEA AND CORN CURRY

INGREDIENTS:

2 tablespoons cooking oil
1 large chopped Onion
2 large ripe grated tomatoes
1 sachet tomato paste (2 teaspoons)
1 teaspoon paprika
1 teaspoon crushed ginger
2 teaspoons crushed garlic
2 teaspoons Rajah medium curry powder
1 teaspoon turmeric powder
1 teaspoon salt
1 teaspoon black pepper
500g pack of frozen peas
500g pack of frozen corn
Chopped Danya (coriander leaves)

METHOD:

1. Soften the chopped onions in a large pot with the cooking oil until the onions are lightly browned.
2. Add tomatoes, tomato paste, all the dry spices, garlic and ginger. Simmer on medium heat until the tomato is cooked, and the mixture has thickened.
3. Add peas and sweet corn at the end so as not to overcook (simmer for 5 minutes)
4. Top with some Danya (coriander leaves)

SERVING SUGGESTION

This soup is perfect for Meatless Mondays and goes well with plain rice or chapati/roti.

Enjoy!

With love,
From Famous Warrior's kitchen