



Mixed Vegetable Curry

Instructions

Serves: 4

1. Heat oil in a pan. Once hot, add cumin seeds, bayleaf, and curry leaves, and stir fry for 30 seconds
2. Add chopped onion and a pinch of salt and stir fry for 1 minute
3. Add sweet potatoes and cauliflower, turmeric, coriander, paprika and black pepper powders, and stir fry for 2 minutes
4. Add salt and cover to cook for 2 more minutes
5. Add bell pepper and carrots and stir fry for 2 more minutes.
6. Add tomatoes and kasoori methi. Cover and cook for a few more minutes until carrots are soft.
7. Once cooked, add cilantro and garam masala powder and stir until mixed in.
8. Enjoy!

Ingredients

- 1 teaspoon avocado oil
- 1 teaspoon cumin seeds
- 1 bayleaf
- 10 curry leaves
- 1 medium red onion, chopped
- 1-2 small sweet potato (1 cup), peeled and chopped into ½ inch pieces
- ½ small cauliflower (1 cup), chopped into ½ inch florets
- Salt, to taste
- ½ teaspoon turmeric powder
- ½ teaspoon black pepper powder
- ½ teaspoon paprika powder
- 1 teaspoon coriander powder
- 1 cup chopped bell pepper, ½ inch pieces
- 1 cup chopped carrots, ½ inch pieces
- 1 cup chopped tomatoes
- ½ teaspoon Kasoori Methi (Dried green fenugreek leaves, optional)
- 1 teaspoon garam masala
- ½ cup cilantro, chopped