**Curry Base Recipe**

**(Serves 6)**

2tbsp oil

2 onions (chopped)

2 cloves of garlic (crushed)

Pinch of salt

1 tsp ground cumin

½ tsp ground coriander

½ tsp turmeric

½ tsp chilli powder

5cm piece of root ginger (grated)

Pinch of garam masala

2 chopped tomatoes

**Method:**

* Prepare all vegetables by peeling, grating and/or chopping.
* Heat the oil in a heavy-based saucepan.
* Add onion and crushed garlic – fry until onions are brown and caramelised.
* Add salt and spices and cook through for a few minutes.
* Add the chopped tomatoes. Stir and allow to thicken slightly.
* Add up to ½ cup of water.
* Finally add in additional vegetables and simmer until all the vegetables are cooked.