

# Tarkari vegetable curry

**Nepal** Serves 4

## Ingredients

- 2 tbsp oil
- 1 white onion, diced
- 2 cloves of garlic, minced
- 2 cm piece of fresh ginger, finely grated
- ½ tsp cumin powder
- 1 tsp coriander powder
- ½ tsp turmeric powder
- ½ tsp ajwain seeds\*
- 3 medium tomatoes, chopped
- 3 cups of chopped mixed vegetables e.g. peas, cauliflower, potatoes, carrots and courgette, cut into 2-3cm cubes
- Salt to taste
- Fresh coriander to garnish (optional)

\*Ajwain seeds known as ajowan caraway or carom, are highly fragrant and smell and taste similar to thyme. It originated in the eastern Mediterranean, possibly Egypt, and spread up to India and Nepal from western Asia. This recipe was kindly created by Sareta's Kitchen @saretaskitchen.

## Method

1. Heat the oil in a pan over medium heat.
2. Add the onion and cook gently until it goes transparent. Add the garlic and ginger and cook for 1-2 minutes, not allowing it to go brown.
3. Add the cumin, coriander, turmeric and ajwain and mix.
4. Add your vegetables, tomatoes and 2 tbsp of water and mix until coated in spices.
5. Add a good pinch of salt.
6. Cover and cook on low heat for 30 minutes until the vegetables are cooked, stirring occasionally to ensure they are not stuck to the bottom of the pan. If the vegetables start to stick add 1 tbsp water at a time and stir.
7. Garnish with fresh coriander. Serve with plain rice and naan bread.

