



## KARAHI VEGETABLES

Heat Rating: Mild

Serves 4

### Ingredients:

2 tablespoons of Mama Dor's Karahi Vegetables spice blend  
1 large onion, finely sliced  
Vegetables: 1 large potato, 1 small cauliflower, 1 aubergine, 1/2 cup frozen peas  
2 tablespoons extra virgin olive oil  
250g natural yoghurt, at room temperature  
200g tomato purée

### Method:

Fry off the onions with the olive oil in a large saucepan and cook until brown, but not burnt. While the onions are browning, chop your vegetables into medium chunks. Once the onions are nicely brown, take the saucepan off the heat. Add the spice blend, the yoghurt and tomato purée and give it a good mix so that it's fully blended. Now on a low heat cook the sauce, stirring throughout. Once you have a thick, glossy sauce with pockets of oil bubbling, the sauce is ready.

Add the veg and mix well. Top the pan up with tap water to ensure the veg is covered. The sauce will thicken as the vegetables absorb the water. Cover with a lid, and leave to cook on a medium heat for an hour, or until the vegetables are cooked through, stirring occasionally. Serve on its own, or with freshly cooked chapatis.

### Alternative uses:

This is a versatile blend, so use with any vegetable of choice. Or add pulses & lentils to give extra body to the dish

Mama Dor's Kitchen  
[www.mamadorskitchen.co.uk](http://www.mamadorskitchen.co.uk)  
[hello@mamadorskitchen.co.uk](mailto:hello@mamadorskitchen.co.uk)  
07834 117272  
[fb.me/mamadorskitchen](https://fb.me/mamadorskitchen)