

## Fruit and Vegetable Curry

Preparation time: 30 min

**Difficulty**: Medium

## **Ingredients**

Almond milk: 10.5 ozBlack cabbage: 0.7 oz

Broccoli: 0.7 ozCarrots: 1.4 ozCelery: 0.7 oz

Chilli pepper: to taste

Curry: to taste
Garlic: 1 clove
Ginger: 0.7 oz
Mango: 1 oz
Onion: 1.4 oz
Parsley: to taste

• Pear: 1 oz



## **Preparation**

Pomì Tomatoes are the perfect match for ANY recipe that calls for tomatoes, even curries! Vine-ripened under the sun and cut into mouthwatering chunks, our Chopped Tomatoes create the creamiest Fruit and Vegetable Curry.

## Directions:

- 1. Coarsely chop up the previously cleaned fruit and vegetables and finely chop the ginger and chilli pepper.
- 2. Heat a little extra virgin oil in a pan and add the mix of fruits and vegetables.
- 3. Then add salt, pepper and curry, sauté for 5 minutes and then add the almond milk and Pomì Chopped Tomatoes.
- 4. Finish cooking on a low flame for 10 minutes.

For this recipe we used:

None 2.8 oz

