

## PATAK'S VEGETABLE CURRY

- 2 TBSP (30 mL) vegetable oil
- 1 large onion, diced
- 5 TBSP (75 mL) Patak's Mild Curry Paste  
(VARIATION: use Patak's Hot Curry Paste)
- ½ small cauliflower cut in large florets
- 1 medium potato, peeled, cut into 1-inch cubes
- 1 small sweet potato, cut into 1-inch cubes
- 1 medium eggplant cut in 1½-inch cubes
- 2 medium tomatoes, chopped
- 1½ cups (350 mL) veg. stock or water
- 1 cup frozen green peas, thawed
- 1 19 oz. (540 mL) can chickpeas, drained
- 1 bunch fresh spinach, coarsely chopped

Heat oil in large dutch oven or heavy-bottomed saucepan, over medium heat. Sauté onions until softened, about 5 minutes. Add Patak's Curry Paste and cook for about 1 minute, stirring constantly. Add cauliflower, potato, sweet potato, eggplant and tomatoes, stirring to coat. Add stock and bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, about 20 minutes. Add peas, chickpeas and spinach. Return to a boil and simmer, covered, until the spinach is wilted, about 3 minutes. Serve with chapatti or naan bread.

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## CHICKEN and VEGETABLES CURRY

- 1 TBSP (15 mL) vegetable oil
- 1 medium onion, chopped
- 1 LB (450 g) chicken, cubed
- 4 cups (1 L) assorted fresh vegetables of your choice — carrots, zucchini, cauliflower florets — sliced or cut into chunks
- 1 jar (400 mL) Patak's Mild Curry Sauce
- 2 tomatoes, chopped

Heat the oil in a large pan and sauté the onions until soft, about 2 minutes. Brown the chicken. Add the remaining vegetables and cook for 3 minutes, stirring occasionally. Shake the jar of Patak's Mild Curry Sauce and stir into the vegetables mixture. Cover and simmer for 10–15 minutes, until vegetables are cooked through. Stir in the chopped tomatoes and serve over rice or potatoes.