

## Harryz Vegan Vegetable Currie Instructions:

You will need approximately 3 table spoons of canola oil or vegetable oil (don't use extra virgin olive oil). 4-5 cloves of peeled garlic, and 1" of fresh ginger (1/2 Oz. or 15 gm), baking sheet lined with foil or sauce pan with lid and oven or stove. Of course you will also need 2 lbs (1 Kg) Vegetable or vegetable mix of your choice.

- Wash (even frozen) vegetables, peel potatoes, and cut them in about 1-1.5" (2.5-3.7 Cm) pieces and place them in a mixing bowl, drain all water.
- In another small bowl take 3 tablespoons oil, squeeze cloves of garlic with garlic mincer in oil (or add minced garlic), grate fresh ginger in oil and add 1 pack of spice mix. Mix well.
- Combine vegetables and oil with spices, garlic and ginger; add salt to your taste.
- Oil spray or spread little bit of oil on a baking sheet lined with foil or in a sauce pan
- Spread vegetable on the baking sheet lined with oiled foil or the sauce pan with oil (oil spray
- Cover it with foil or lid.
- Place baking sheet or pan with vegetable in 325° F (163° C) for 45 minutes After 45 remove lid or foil cover and let it cook for another 10-15 minutes. Alternatively put covered sauce pan on stove at low heat. Let it cook for 15- 20 minutes, carefully mix vegetable with a spatula and cover the lid, repeat this step one or two times till potatoes are soft or vegetables are done. Cooking on stove will take approximately 30-45 minutes depending on heat.
- Garnish it with fresh cilantro (coriander) or mint leaves and fresh chives (not essential) and few drops of fresh lemon or lime juice.