Fruit and vegetable curry



Time: 30 min.
Difficulty: Medium

Ingredients (2 people)

- **Ingredients**
  - Chopped Tomatoes 1000g 80 g
  - Almond milk 300 g
  - Black cabbage 20 g
  - Broccoli 20 g
  - Carrots 40 g
  - Celery 20 g
  - Chilli pepper to taste
  - Curry to taste
  - Garlic 1 clove
  - Ginger 20 g
  - Mango 30 g
  - Onion 40 g
  - Parsley to taste
  - Pear 30 g

For this recipe we used:



Preparation

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 **tomato**.
4. Finish cooking on a low flame for 10 minutes.