

## 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.