

# Vegetable Curry

## GROCERY LIST

### Vegetables:

- cauliflower, small (500g)
- carrots (400g)
- potatoes (450g)
- peas, frozen (200g)
- cherry-tomatoes (250g)
- onions (2)

### Dairy:

- yoghurt (200g)

### Spices:

- ginger (2cm)
- chili (1)
- fennel seeds (1 ts.)
- mustard seeds (1 ts.)
- fenugreek seeds (1 ts.)
- black cumin (1 ts.)
- curcuma (2½ ts.)
- cumin (1½ ts.)
- paprika powder (2 ts.)  
(sweet)

### Check for:

- salt
- Garam Masala
- olive oil