

HOW TO USE · KITCHEN KINGPIN MASALA

EASY MIXED VEGIE CURRY

Everyday, hearty and full of flavour. One pan, one big spoonful of masala.

SERVES	PREP	COOK
4	15 min	35 min

INGREDIENTS

- 2 tbsp oil
- 1 brown onion, finely diced
- 3 cloves garlic and 2 cm ginger, grated
- 3 tbsp Kitchen Kingpin Masala
- 400 g can crushed tomatoes
- 1 cup (250 mL) water
- 2 potatoes and 1 carrot, cut into 2 cm pieces
- 2 cups (about 300 g) cauliflower florets
- 1 cup (150 g) frozen peas
- To serve: rice or roti, and chopped coriander



METHOD (one pan)

1. Heat the oil in a large pan over medium heat. Cook the onion 6–8 minutes, until soft and golden. Add the garlic and ginger and cook 1 minute.
2. Stir in the Kitchen Kingpin Masala and cook 1 minute, until fragrant.
3. Add the tomatoes, water, potato and carrot. Bring to a simmer, cover and cook 10 minutes.
4. Add the cauliflower and simmer, uncovered, 10 minutes, stirring now and then.
5. Stir in the peas and cook 3–4 minutes, until the vegies are tender and the sauce is thick.
6. Taste, then serve with rice or roti and coriander.

EASY MIXED VEGIE CURRY

SLOW COOKER OPTION

LOW · 6 hrs

Set and forget

1. Cook the onion, garlic, ginger and masala in a pan as on the front, then tip into the slow cooker.
2. Add the tomatoes, ½ cup (125 mL) water, potato, carrot and cauliflower.
3. Cook on low for 6 hours (or high for 3 hours), stirring in the peas for the last 15 minutes.

QUICK RED LENTIL DAL

25 min

Hearty and quick

1. Cook 1 diced onion in 2 tbsp oil, then stir in 2 tbsp Kitchen Kingpin Masala for 1 minute.
2. Add 1 cup (200 g) rinsed red lentils and 3 cups (750 mL) water. Simmer 20 minutes, stirring now and then, until soft.
3. Stir in a squeeze of lemon and serve with rice or roti.

ROAST VEGIE TRAY

200°C fan · 30–35 min

Hands-off roasting

1. Toss 800 g chopped vegies with 2 tbsp oil and 2 tbsp Kitchen Kingpin Masala.
2. Spread on a lined tray and roast at 200°C fan-forced for 30–35 minutes, turning once.
3. Serve with yoghurt and flatbread.

OTHER WAYS TO USE IT

→ Rub through chicken thighs with yoghurt for a quick curry marinade.

→ Stir 1–2 tsp through cooked chickpeas and tomato for a simple chickpea curry.

→ Toss through roast potatoes or cauliflower before they go in the oven.

ALLERGENS Contains mustard and gluten (wheat).
SALT This blend contains salt, so taste before adding any more.