



free
bengal recipe



NEW Tasmanian made curry pastes!

Island Curries Bengal Vegetable Curry

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Bengal paste
- 500g diced veg
- chilli to taste
- 1/2 cup fresh coriander leaves
- 4tbsp Greek yoghurt

method

Heat 1 tbsp oil in a pot
Add a diced onion and brown.
Add 50g Island Curries Bengal paste, stir 3-4 minutes.
Add 500 gm of diced vegetables, high heat, stirring for 10 mins.
Add chilli powder to taste (1/4 tsp = hot).
Add 1/2 cup fresh chopped coriander leaves.
Reduce heat to low and cook for 20 mins.
Add 4 tbsp yoghurt, stir and simmer.
Serve with Basmati rice (yoghurt can be served on the side).

Easy Bengal Curry Veg, Pork or Chicken

ingredients

- 1 tbsp canola oil
- 1 onion, diced
- 50g Island Curries Bengal paste
- 500g diced veg or meat
- chilli to taste
- 1 tbsp coriander leaves
- 2-4 tbsp Greek yoghurt or 100ml coconut milk

method

Heat 1 tbsp oil in a pot and brown a diced onion.
Add 50g Island Curries Bengal style curry paste and 500 gm of diced vegetables or meat, stirring for 8-10 mins on high heat.
Add chilli powder to taste (1/4 tsp = hot).
Add 1 tbsp chopped coriander, reduce heat to low and cook for 20 mins.
Add 2-4 tbsp yoghurt or 100ml coconut milk, stir and simmer.
Serve with basmati rice.

Vindaloo

Massaman

Bengal

Butter
Chicken

Madras

Khorma

www.islandcurries.com.au