

# SNEL SUCCES: TIKKA MASALA MET GROENTEN

Land: Indiaas

Maaltijd: Hoofdgerecht

Porties: 2 personen

Bereidingstijd: 25 minuten

## INGREDIËNTEN VOOR 2 PERSONEN

Warning: Undefined variable \$args in /var/www/html/wp-content/themes/dewereldopjebord/templates/recipe-print.php on line 136

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- 1 ui
- 4 teentjes knoflook
- 4 cm verse gember
- 1 kleine zoete aardappel
- 1 aubergine
- 1 kleine broccoli
- 1 el karwijzaad (of 2 tl gemalen komijn)
- 1 tl kardemom (of 1 el kardemompeulen (peulen leeghalen en inhoud fijnhakken))
- 1 el garam masala
- 1 blikje tomatenpuree
- 3 tomaten
- 200 ml room
- 100 ml water
- klein bosje verse koriander

## WAT GA JE DOEN

Snipper de ui en hak de knoflook fijn. Schil de gember en snijd fijn. Schil de zoete aardappel en snijd in blokjes van ongeveer 1,5×1,5 cm. Snijd de aubergine in blokjes van gelijke grootte. Snijd de

broccoli in kleine roosjes.

Verhit een beetje olie in een braadpan en fruit hierin ui, knoflook, gember en karwijzaad aan (gebruik je gemalen komijn ipv karwijzaad, voeg dit dan tegelijk met de broccoli toe, gemalen kruiden branden sneller aan). Voeg dan de aubergine en aardappel toe en bak 5 minuten mee. Voeg vervolgens ook de broccoliroosjes, kardemom, garam masala, tomatenpuree, tomaten, kookroom en het water toe. Laat ongeveer 10-15 minuten koken op laag vuur met het deksel schuin op de pan.

Controleer na 10 minuten de gaarheid van de broccoli, aubergine en aardappel. Als de groenten gaar zijn, kun je de saus op hoog vuur nog iets verder inkoken (alleen als deze nog vrij dun is). Proef de curry en breng eventueel verder op smaak met peper en zout.

Garneer de curry met de verse koriander en serveer met witte rijst.