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Supreme Vegan 'Chicken' & Spinach Curry

Taken from my ecookbook 'The Spice Maniac Cookbook Vol I',

available from [here](#)

I tried out this curry after I made and enjoyed my hot chana masala. I made just a couple of changes and the recipe I created yielded a superb curry which I will make many times over.





INGREDIENTS

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cups of vegan 'chicken' pieces (I used the VBites brand)

large red onion, roughly chopped

large red chilli, roughly chopped

inches fresh ginger, roughly chopped

→ cloves garlic, cut in half

¼ tsp cumin seed

1 tsp panch puren (available from [here in the US](#) or [here in the UK](#))

¼ tsp mango powder (available from [here in the US](#) or [here in the UK](#))

1/8 tsp black salt (available from [here in the US](#) or [here in the UK](#))

1 tsp agave syrup

1/8 tsp cinnamon

a pinch of clove powder

1/8 tsp asafetida (available from [here in the US](#) or [here in the UK](#))

¼ tsp ground black pepper

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to 2 bay leaves

Tbsp tomato puree

cups raw baby spinach leaves or 3-4 frozen spinach cubes (thawed)

tsp coriander finely chopped

vegetable ghee for cooking, or 4 Tbsp olive oil

salt to taste

METHOD

First process the onion, garlic, ginger and chilli in your food processor ([link](#)) – when it's broken down into small pieces, remove into a bowl.

Heat up the oil in a casserole, and then fry the onion, garlic, ginger and chilli mixture, and stir frequently. Then add the spices and mix through well. After a couple of minutes, add the tomato puree and a little more oil as it will be absorbed.

Now add the 'chicken' pieces and cover. Simmer for 20 minutes until they absorb the spice mix. Now add the water and cover – simmer gently for 10 more minutes, and add the spinach leaves or if using frozen

the thawed spinach and chopped coriander. Uncover and allow to simmer for a further 10 minutes or until it has thickened nicely.

Serve with homemade chapatis and/or rice, and your favourite chutney. Enjoy !

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