



Care for a curry, 22 Drumsheugh Gardens, Edinburgh EH3 7RN. Telephone: 0131 243 1453 • Facsimile: 0131 243 1450  
Dementia Helpline 0808 808 3000 • E-mail: careforacurry@alzscot.org • www.alzscot.org • www.careforacurry.org

## Easy vegetable curry

Serves 4

### Ingredients

2 teaspoons of sunflower oil  
1 red onion, chopped finely  
2 cloves garlic, chopped finely  
3 rounded teaspoons of curry powder  
2 medium potatoes, peeled and cut into small chunks  
2 medium carrots, peeled and thickly sliced  
1 tin (400g) tomatoes  
1 red or green pepper, sliced  
6 button mushroom, sliced  
2 cups brown rice

### Method

Heat the oil in a large frying pan. Fry the onion and garlic over a medium heat for 2-3 mins. Add curry powder to the onion and garlic, being sure to stir through thoroughly. Add the potatoes and carrots and cook for a further minute. Add the tin of tomatoes. Quarter fill the empty tin with cold water and add along with the pepper and mushrooms. Bring to the boil. Place a lid on the pot, turn the heat down to a gentle simmer and leave to cook for 20 minutes. Serve with rice.

**Submitted by Angie Smith.**

Care for a curry is a fundraising initiative of Alzheimer Scotland • www.careforacurry.org

**President:** Lord Sutherland of Houndwood KT, FBA, FRSE • **Registered Office:** 22 Drumsheugh Gardens, Edinburgh EH3 7RN • **Alzheimer Scotland - Action on Dementia** is a company limited by guarantee and is recognised as a charity by the Office of the Scottish Charity Regulator • Registered in Scotland 149069 Scottish Charity No. SC022315

**Alzheimer Scotland is dependent on legacies to maintain and develop its work**