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Preheat your oven to 220 ° C/fan
200 ° C/gas 7. Put the roughly
chopped onion, ginger, garlic, spices,
chopped tomatoes, tomato purée,

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stock cube and 400ml boiling water in a large saucepan over a high heat. Bring to a simmer then reduce the heat to low, cover and cook gently for 25 minutes.

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creamy curry sauce heat the fry light
in a large pan add the chopped
onions garlic spices salt and pepper
cook the onions for a couple of

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