

## My Butter Seitan Curry (recipe for 2 - 3 people)



### Ingredients Butter Curry:

- 2 tbsp butter (you can also use vegan butter)
- 1 tin of chopped tomatoes
- 1 medium/large white onion, diced
- 3 garlic cloves, minced
- 125 ml cooking cream (you can also use vegan cream)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp chili powder / flakes
- 2 tsp curry powder
- 1 tsp garam masala
- Pinch of salt (to taste. ½ - 1 tsp)
- 4 grams of sugar
- 1 piece of seitan (homemade or store bought)

### Instructions:

1. Fry the garlic and onion with the butter on a low heat, for about 5-10 minutes



2. Add the coriander, cumin, chili powder (or flakes) and curry powder. Stir it through.



3. Add the chopped tomatoes, cream, a pinch of salt, and a bit of water, and let it simmer for 5-10 minutes.



4. Blend everything (with a hand blender) and add the garam masala and the seitan (I fried this separately in a pan until crispy). Let it simmer for another 5-10 minutes.



5. Serve with rice and flatbreads/roti. Enjoy!