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chopped onion, ginger, garlic, spices, chopped tomatoes, tomato purée, 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 minutes until they
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