

Curried Perogies

Number of Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients

1 small onion, chopped
1 tbsp hemp oil
2 tbsp Pataks Korma Curry Paste
1 tsp tumeric
1 tsp cumin, coriander (optional)
2 cups So Nice soy milk or coconut milk
12 frozen Potato and Onion perogies
1 cup frozen green peas

Instructions

Make sure you use plain potato and onion perogies as potato and cheddar cheese just doesn't work with curry.

Start as you would any other indian dish and fry the onions in oil. Once the onions have softened add the Pataks, then slowly add the soymilk to build a creamy sauce.

The tumeric can be added anytime after the soymilk. Add the cumin and coriander at the same time. These are not necessary but will give more curry flavour to the dish, without adding any heat.

Once the sauce is bubbling the perogies can be added. Cook until they are cooked through, which generally should be when they give easily to the spoon. This will probably take 8 – 12 minutes depending on the perogies.

The green peas can be added once the perogies are finished as they only take a couple of minutes to cook.