



Vegetable Curry



Ingredients

serves 4

- 1 Large onion, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons curry powder
- 450g butternut squash, peeled, deseeded and chopped
- 1 medium cauliflower, broken into florets
- 1 medium courgette, sliced
- 1 red pepper, chopped
- 125g green beans, sliced
- 800g tinned tomatoes, chopped
- 1 vegetable stock cube to make up 450 ml
- Ground black pepper—according to taste
- 1tsp of sunflower oil

Recipe Cost

£5.48



Equipment

Chopping board, knife, large saucepan and frying pan

Method

1. Heat 1tsp of oil in a large saucepan. Sauté the onion and garlic until soften for 3-4 minutes.
2. Add the curry powder and the rest of the vegetables (except the tomatoes) and sauté for a further 5 minutes.
3. Pour the canned tomatoes and stock into the saucepan. Heat until boiling and then add the cooked mixed vegetables.
4. Reduce the heat and leave to simmer for 45 minutes or until vegetables are tender.
5. Add the seasoning according to taste.
6. Serve with brown rice with 1 tablespoon of low fat Greek yoghurt.