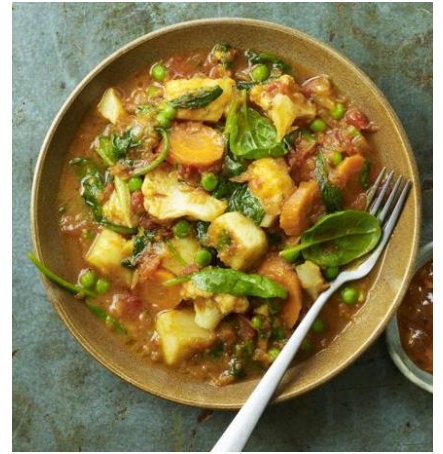


Vegetable Curry

Ingredients

- 3 tablespoons sunflower or vegetable oil
- ½ butternut squash, peeled and cut into 2cm chunks (or use frozen)
- 2 medium potatoes, peeled and cut into 2cm chunks
- 1 large carrot, peeled and sliced diagonally
- ½ cauliflower, cut into small florets and halved
- 1 large onion, coarsely grated or very finely chopped
- 1 tablespoons medium or hot curry powder
- 4 tomatoes, chopped
- 300ml vegetable or chicken stock
- 100g frozen peas or two large handfuls young spinach leaves (or a mixture)
- Tin of chickpeas, drained



Method

1. Half-fill a saucepan with cold water and add the potatoes, butternut squash and carrots. Bring to the boil and cook for 8 minutes. Add the cauliflower florets and cook for 2 minutes. Drain in a colander and set aside.
2. Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly. Sprinkle over the curry powder and cook for 30 seconds stirring constantly.
3. Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the vegetables, chickpeas and peas/spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
4. Serve immediately with rice or naan bread.

Recipe Tips

You can add any vegetables you have into this curry, just make sure they're chopped small enough to cook in the same time as the potatoes.