



Cooking At Home Challenge



Serves
4

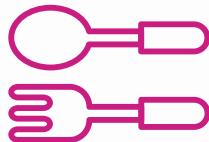
Vegetable Curry

Ingredients

- 1 Onion, 2 Carrots, 1 Courgette, ½ Cauliflower, Mushrooms (or any combination of vegetables) a bag of mixed frozen vegetables is great for this dish
- A large potato
- 2 Teaspoons garlic puree or 4 cloves of fresh peeled and chopped
- 2 Teaspoons medium curry powder
- 2 Dessertspoons tomato puree
- 1 Tin chopped tomatoes
- 1 Tin chickpeas (rinse and drained)
- 1 Vegetable stock cube + 1 mug hot water (dissolve stock cube in mug of water)
- 1 Dessertspoon cooking oil
- 1 Tablespoon fresh chopped coriander (optional)



Remember to wash
the vegetables



How to make

1. Place large pot on medium heat, add oil, and onion cook until soft.
2. Add garlic puree, curry powder, tomato puree and stock cube dissolved in a mug of water.
3. Wash and chop all vegetables and then stir into the pot. Carrots, Courgette, Mushrooms, ½ Cauliflower (or any combination of vegetables) a bag of mixed frozen vegetables is great for this dish).
4. Peel and chop the potato into small bite size pieces, then add to the pot.
5. Add a tin of chopped tomatoes and chickpeas, cook over a medium heat for around 20 minutes.
6. Just before serving sprinkle with fresh, chopped coriander (optional).

Serve with boiled rice, follow cooking instructions on rice packaging..



For more Cooking At Home Challenges visit
Community Nutrition Website
www.nhsforthvalley.com/nutrition
Then choose 'Why Weight'



SCAN ME