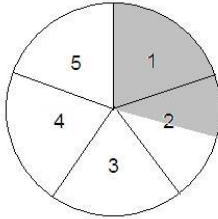


# Vegetable Curry

**Serves 4-6**

Portions of fruit & vegetables per serving:  $1\frac{1}{2}$  based on serving 6



Hob needed



Allergen information:  
None present in this recipe.

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 medium	chopped
garlic	2 cloves	finely chopped
ground ginger	1 teaspoon	
turmeric powder	1 teaspoon	
chilli powder	$\frac{1}{2}$ teaspoon	
ground cumin	1 teaspoon	
ground coriander	1 teaspoon	
sweet potatoes	3 medium	diced
aubergine	1 medium	chopped
sweet pepper	1 medium	chopped
canned chopped tomatoes	1 (400g/14oz) can	
water	250ml	
fresh coriander	2 tablespoons	finely chopped
spinach (optional)	2 handfuls	roughly torn

**Please Turn Over**



## Method

- 1 Heat the oil in a saucepan, add the onion and fry until light brown, then add the garlic and stir for another minute.
- 2 Add the spices, sweet potato, aubergine, and chopped tomatoes and cook for 5 minutes then add the water. Simmer for about 15 minutes then add the spinach (optional), stir and cook for another 5 minutes until all the vegetables are cooked.
- 3 Remove from the heat when the potatoes are cooked and garnish with fresh coriander.
- 4 Serve.

90 calories		Per serving
<b>Fat</b>	LOW	1.8g
<b>Saturates</b>	LOW	0.2g
<b>Sugars</b>	LOW	7.5g
<b>Salt</b>	LOW	0.2g

■ HIGH
 ■ MEDIUM
 ■ LOW

## Handy Hints

- Serve with boiled rice, chapatti, pitta or naan bread and salad.
- Adding more vegetables (these could replace the potatoes) would help you achieve your 5-a-day. Try adding your favourites.
- You could add canned (reduced salt) or frozen vegetables and pulses.
- This dish has subtle flavours - add other spices such as garam masala, and fennel seeds for a punchier flavour.
- Using vegetables instead of meat make this a low-calorie, low-fat curry dish.

