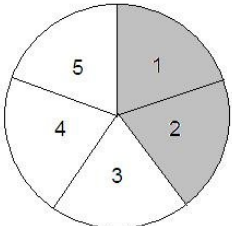



Karela Curry

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Ingredients	Amount	Preparation
vegetable oil	1 tablespoon	
onion	1 medium	chopped
garlic	1 clove	crushed
green chilli peppers	3 medium	finely chopped
chilli powder	½ teaspoon	
turmeric powder	½ teaspoon	
tomato	1 medium	chopped
karelas or chinese karelas	2 (1 chinese karela)	sliced
sweet green pepper	1 medium	chopped
fresh or dried coriander	1 small bunch fresh or ½ teaspoon dried	roughly chopped if fresh
water	40ml	

Please Turn Over



Method

- 1 Gently heat the oil in a saucepan.
- 2 Add the onion, garlic, fresh chilli, chilli powder, and turmeric powder.
- 3 Cook for 5 minutes, stirring occasionally.
- 4 Add the tomato, karela, sweet green pepper and coriander.
- 5 Cook for 5 minutes stirring occasionally.
- 6 Add the water and stir in.
- 7 Cook for a further 10 minutes.
- 8 Serve.

52 calories		Per serving
Fat	LOW	3.4g
Saturates	LOW	0.4g
Sugars	LOW	2.1g
Salt	LOW	0.1g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with plain boiled rice, naan bread or chappatis and salad.
- Wash hands thoroughly after preparing chillies.
- For a milder flavour, remove the seeds and use less chilli peppers.

