

Mixed Vegetable Curry



Servings: 4

Ingredients:

- 450g potatoes or sweet potatoes
- 225g vegetables such as carrots, broccoli, baby corn, brussel sprouts,
- cauliflower and French beans
- 2 tablespoons vegetable oil
- 4 tablespoons curry paste (we used Madras)
- 1 onion, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 50g creamed coconut, grated
- 400g can canned chopped tomatoes or fresh chopped tomatoes
- 1 level teaspoon of salt
- 4 handfuls fresh spinach
- Coriander sprigs to garnish
- Basmati rice, to serve

Method:

1. Cook the potatoes in boiling salted water for 10 minutes. Drain and set aside. Prepare the other vegetables when the potatoes are cooking.
2. Heat the oil in a large pan, add the onion and garlic and cook for about 5 minutes (until softened), stirring occasionally. Add the coconut and curry paste and cook, stirring, for 1 minute. Add the tomatoes and cook until mixture resembles a thick paste.
3. Add all the vegetables except the spinach, salt and 150ml water. Bring to the boil, cover and simmer for about 15 minutes, then add the spinach. Cook for a further 5 minutes or until all the vegetables are just tender. Season and add the coriander sprigs just before serving.

Allergens: