

Autumn vegetable curry

Serves: 4

Time

Preparation time 10 minutes

Cooking time 25 minutes

Ingredients

- 2 teaspoons sunflower oil
- 1 red onion, peeled and finely sliced
- 2 garlic cloves, peeled and crushed
- 250ml vegetable stock (made with 1 low-salt stock cube)
- 400ml reduced-fat coconut milk
- 2 heaped tablespoons medium curry powder (about 25g)
- 1 pinch chilli flakes
- 2 heaped teaspoons tomato purée
- 500g butternut squash, peeled, deseeded and cut into large pieces
- 250g carrot, peeled and cut into slightly smaller chunks
- 400g chickpeas, drained and rinsed
- 1 small handful coriander leaves, chopped (or 1 teaspoon dried)
- 1 small handful fresh mint leaves, chopped (or 1 teaspoon dried)

To serve

- 225g uncooked brown basmati rice





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Method

1. Heat the oil in a large saucepan and gently fry the onions and garlic for 2–3 minutes until soft.
2. Pour vegetable stock and coconut milk into the saucepan, then add curry powder, chilli flakes and tomato purée. Stir well and bring to the boil.
3. Carefully add the butternut squash and carrot chunks, cover the saucepan with a lid, reduce the heat to low and simmer for 10 minutes.
4. Now add the chickpeas and continue to simmer for a further 5 minutes until the vegetables are tender.
5. Finally, sprinkle in chopped coriander and mint before serving with cooked basmati rice (cook according to packet instructions).