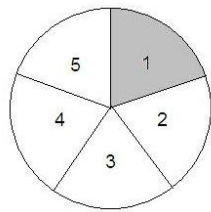


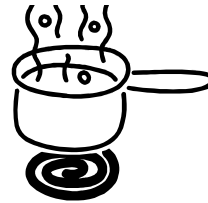
Vegetable Curry

Serves 4-6

Portions of fruit & vegetables per serving: 1 based on serving 6



Hob needed

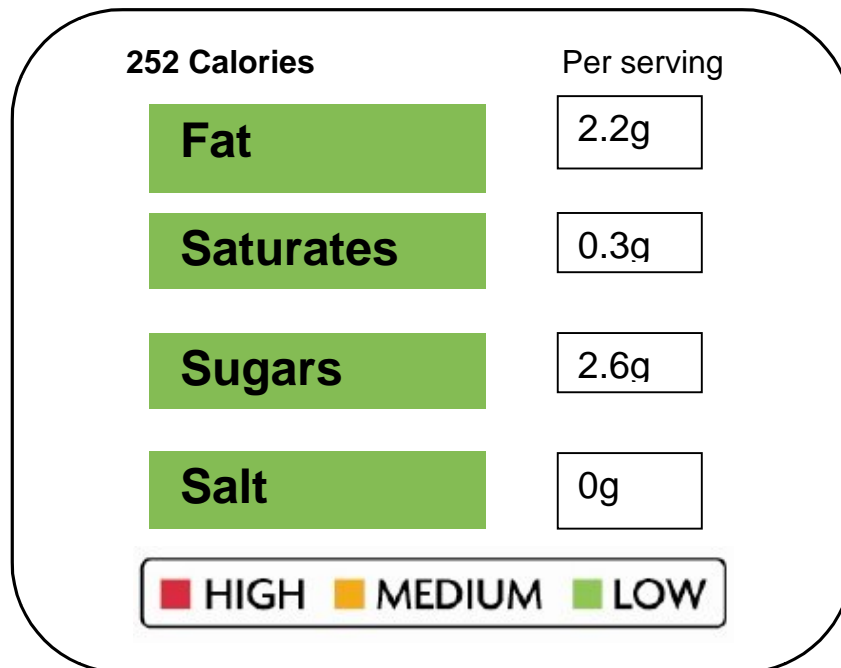


Ingredients	Amount	Preparation
water	550ml (1 ¼ pint)	
vegetable oil	1 tablespoon	
fresh coriander	2 tablespoons	finely chopped
onion	1 medium	chopped
potatoes	3 medium	diced
aubergine	1 medium	chopped
canned chopped tomatoes	1 (400g/14oz) can	
garlic	2 cloves	finely chopped
ginger powder	¼ teaspoon	
turmeric powder	¼ teaspoon	
chilli powder	¼ teaspoon	

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, potato, aubergine, and chopped tomatoes and cook for 5 minutes then add the water. Simmer for about 20 minutes until the vegetables are cooked.
- 3 Remove from the heat when potatoes are cooked and garnish with fresh coriander.
- 4 Serve.



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 cumin, coriander, garam masala, and fennel seeds for a punchier flavour.
- Using vegetables instead of meat make this a low-calorie, low-fat curry dish. This is good for general health, but especially if you are trying to lose weight.