



## Family Vegetarian Curry

Curry is one of those incredibly versatile and satisfying meals. There surely must be a curry for everyone, whether it's a mild nutty Korma, or a spicier version. We generally cheat by starting with a bought sauce. The trick to keeping it healthy is to start with a good quality natural sauce and add a lot of vegetables into the sauce; they take up the spice flavours and turn delicious. You could add some lean free-range chicken/meat if you wish: but try smaller volumes of meat and allow the veges to star as well. If you haven't tried brown rice then think about it: it takes a little longer to cook and is denser/stickier, but is nutty and grainy and does have a nutritional edge over plain white rice. The coconut yoghurt topping is a favourite at our place too. We make double-portions and keep ½ for later (freezes well, or reheat for lunch/dinner next day).

**Serves: 4, Prep time: 00:30, Cook time: 00:45**

## Instructions

1. Add all ingredients into large saucepan and simmer for about 30-45mins, till pumpkin/carrot soft. (If adding meat you may wish to add it first and fry it briefly in 1-2 teaspoon olive oil then add all the rest).
2. Whilst sauce cooking, cook rice in rice-cooker or saucepan (add 2 cups of water for each cup of rice). If cooking stove top bring to a low simmer and cover with lid. Rice cookers are great.
3. Mix yoghurt with ginger and a pinch salt + ground pepper and place back in fridge till serving.
4. We have it in large shallow bowls, with a rim of rice, filled with sauce, a large blob of coconut

## Ingredients

1. Curry Sauce: We love Patak's or Sharwood's Tikka Masala (medium spice) or Butter Chicken (medium spice).
2. 1 can chick peas, drained. (or 1 can brown lentils): (we use  $\frac{1}{2}$ ; and  $\frac{1}{2}$ ).
3. 1 packet (70g) ground almonds.
4. 1 cup chopped spinach (can be fresh or frozen).
5. 1 cup pumpkin, diced 2cm chunks.
6. 2 carrots diced 2cm chunks.
7. 1 capsicum diced 1-2cm chunks.

yoghurt on top and coriander sprinkles.

Wholesome spicy goodness&hellip;

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8. about 1 extra cup of water to stop it burning while it simmers.

9. 1 cup coconut yoghurt&nbsp;

10. 1 teaspoon finely chopped ginger root(fresh or from jar).

11. 1 cup rice (we use sunrise brown rice, medium grain): I would allow  $\frac{1}{2}$  cup uncooked rice for each person as&nbsp;a rough guide).