



## Vegetable Curry

Serves 2

- 1 onion
- 1 clove of garlic
- 1 tablespoon cooking oil
- 400g of vegetables (eg carrots, courgettes, cauliflower, peppers, baby sweetcorn, green beans, mushrooms, butternut squash)
- 2 tsp curry powder - mild, medium or hot depending on your preference
- 1 small apple (for a slightly sweeter curry)
- 200g tinned tomatoes (1 small tin)
- 1 vegetable stock cube dissolved in ½ pint of water

1. Chop the onion and crush or finely chop the garlic.
2. Heat the oil in a saucepan and add the onions and garlic. Cook until soft. (5-10 mins)
3. Chop all of the vegetables into bite-size pieces. Add to the pan and cook for 5 minutes.
4. Add the curry powder, stir and cook over a gentle heat for 1 minute.
5. Chop the apple (if using) and add it.
6. Add the tinned tomatoes and stock to the pan.
7. Add a little more water if the curry seems dry.
8. Bring to the boil, lower the heat and simmer for approximately 30 minutes.
9. Serve with rice or daal.