



EASY

WIGGLY
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VEGETABLE CURRY

(with aromatic pilau rice & parathas)



METHOD

TO MAKE THE CURRY

1. Heat a little olive oil in a saucepan, add the onion and garlic and sweat until soft.
2. Stir in the curry paste, then add the potato and squash, water, tomatoes and chickpeas.
3. Bring to the boil and simmer until the potatoes are tender (approx 20 minutes).
4. Stir in the spinach and serve garnished with a spoonful of yoghurt and coriander.

Serve with rice and naan breads.

INGREDIENTS (serves 4)



Olive oil

1 Onion, peeled and sliced

1 Garlic clove, peeled and crushed

2 tbsp Curry paste

1 Large potato, peeled and cut into 1cm cubes

200g Squash, peeled and cut into 1cm cubes

300ml Water

1 tin Chopped tomatoes

1 tin Chickpeas, drained

3 handfuls Fresh spinach

Natural yoghurt

Fresh coriander, chopped

NUTRITION INFORMATION

per 100g

Energy	241kJ/57kcal
Fat	1.6g
of which saturates	0.2g
Carbohydrate	7.4g
of which sugars	2.3g
Protein	2.3g
Salt	0.12g