

Vegetable curry

Equipment

Large saucepan

Chopping board

Wooden spoon

Knife

Bowl

Ingredients

1 tbsp. olive oil

2 Brown onion thinly sliced

4 Potatoes cut into cubes

1 tsp. curry powder

½ cup vegetable stock

270ml can coconut milk

400g can diced tomatoes

1 Carrot diced

1 Turnip diced

250g Cauliflower

2 cups frozen peas

1 bunch spinach

Method

1. Peel and chop the potatoes into cubes, peel and slice the onions.
2. Heat the oil in a saucepan over medium heat.
3. Add the onion. Cook, stirring until the onion is soft, about 5 mins.
4. Add the potato, carrot, turnip, cauliflower and curry powder, stir to coat in spice.
5. Add the tomato and stock.

6. Cover and cook for 20 mins.
7. Add coconut milk and simmer uncovered, over medium heat for 10 mins.
8. Add peas and cook uncovered for a further 5 mins or until all veg are tender.
9. Serve with cooked rice.