

# HEALTHY MEAL RECIPES



## Vegetable curry

### Ingredients (Serves 4)

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 eating apple, cored and chopped
- 1 garlic clove, crushed
- 2 tablespoons Balti curry paste
- 2 carrots, sliced
- 400g can chopped tomatoes
- 150g cauliflower or broccoli, broken into florets
- 200g canned chickpeas, drained
- 150g marinated tofu pieces
- 300ml (½ pint) vegetable stock
- 200g brown long grain rice (or use white long grain rice)
- 50g frozen peas, thawed

### Equipment

Large saucepan, knife, chopping board, smaller pan and measuring spoons.

### Method

1. Heat the vegetable oil in a large saucepan. Add the onion, apple and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few seconds.
2. Add the carrots, tomatoes, cauliflower or broccoli, chickpeas, tofu and stock. Simmer, partially covered, for 25-30 minutes, adding a little extra stock or water if the curry looks like it is getting too dry.
3. At the same time, cook the brown rice in gently boiling water for 25-30 minutes, or until tender. (If you are using white rice, it will only take 12 minutes to cook.)
4. Add the peas to the curry and heat for a few moments. Season with some pepper, if needed. Drain the rice thoroughly and serve with the curry.

**Preparation time:** 15 minutes

**Cooking time:** 35 minutes

Approximate cost for recipe: £4.80

Approximate cost per serving: £1.20

### Handy hints

- You could easily substitute Quorn pieces instead of the marinated tofu.
- Instead of chickpeas use 200g potatoes, cut into small chunks.