

UNHEALTHY OPTION



VERY VEGGIE CURRY



VERY VEGGIE CURRY (serves 1)

Approximate cost:	£1.15
Preparation and cooking time:	20 minutes
Equipment needed:	saucepan, chopping board & knife

Ingredients

- 1 tbsp medium curry paste
- 230g canned chopped tomatoes (just over 1/2 a large tin, save the rest for another recipe)
- 150ml hot vegetable stock (1/2 a stock cube dissolved in about 1/2 a mug of hot water)
- 3-4 handfuls of vegetables, such as broccoli, courgettes, peas, green beans or mushrooms, washed and roughly chopped (frozen vegetables are fine)
- 1/2 large can of chickpeas, drained and rinsed (save the rest for another recipe)

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Cooking Instructions

- 1) Heat the curry paste in the saucepan for 1 minute, stirring the paste to warm the spices.
- 2) Add the tomatoes and hot stock. Bring to boil, then reduce the heat to a simmer and add the vegetables.
- 3) Simmer for 5-6 minutes until the vegetables are tender.
- 4) Stir in the chickpeas and heat for 1-2 minutes until hot.
- 5) Serve the vegetable curry with wholemeal pitta bread (warm it under the grill or toaster on the lowest setting) or with cooked rice.

Variations

Use any combination of your favourite vegetables; just adjust the cooking time if necessary.

Try different tinned beans instead of the chickpeas, for example, red kidney beans, butter beans, mixed beans or why not try some tinned lentils?

For the non-vegetarians out there, add 1-2 diced skinless, boneless chicken thighs instead of the chickpeas. Add the chicken at step 1, fry until nearly cooked (about 5-10 minutes, depending on how big the pieces are) and then carry on with the recipe, leaving out step 4.

Suggestions

Double the amounts used in the recipe and have the other portion as a jacket potato filling the next day. Just cool the leftovers, cover and keep in the fridge. Reheat in a saucepan or in the microwave until very hot all the way through.

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