



Seven Vegetable Curry

This is a brilliantly tasty recipe for curry. The combination of stir-fried vegetables and lovely coconut milk give this dish a rich and satisfying flavour. Serve it with plain boiled basmati rice or naan breads to scoop up the sauce.

Nutritional information per portion (395g):

calories	fat	saturates	sugars	salt
159.4	7.5g 11%	0.9g 5%	15.2g 17%	0.7g 12%

of an adult's guideline daily amount



Equipment

Weighing scales
Chopping board
Plate
Colander
Vegetable peeler
Sharp knife
Scissors
Can opener
Wok or deep sided frying pan
Saucepan
Wooden spoon

Ingredients

Serves 6

150g green beans
315g carrots
315g courgettes
1 medium aubergine
1 large red pepper
200g sweet potatoes
150g spinach
1½ x 5ml spoons ground cumin
1 x 5ml spoon ground turmeric
1 x 5ml spoon garam masala
2 x green chillies (OR 1 x 5ml spoon chilli powder)
2 x 15ml spoon Balti curry paste
1 x 400g can chopped tomatoes
1 x 400g can coconut milk
2 x 15ml spoons vegetable oil
1 large onion
1 lemon



Top Tips

- Take great care when touching the green chilli, as they are very hot. Make sure you wash your hands when you've finished preparing them.
- This curry is good with some chopped fresh coriander sprinkled on before serving.





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Method

1. Preheat the oven to 160°C/140°C fan or gas mark 3.
2. Trim the green beans and cut them in half.
3. Top and tail the carrots and courgettes. Peel and slice the carrots into strips about 4cm in length.
4. Cut the courgettes into 4cm lengths, and then halve them lengthways so they are about the same shape as the carrots.
5. Peel the sweet potatoes and cut them into 2cm lengths. Do the same with the aubergine.
6. Cut the red pepper in half and remove the seeds and white pith. Slice it into 1cm strips
7. If using fresh green chilli. Cut them lengthways and remove the seeds from the green chilli. Chop into very small pieces. Be very careful when doing this because they are very hot. Wash your hands thoroughly after touching the chilli.
8. You may find it helpful to put your prepared vegetables on the plate once you have chopped them.
9. Turn the hob onto high. Heat 1 x 15ml spoon of oil in the wok or frying pan. Add the sweet potato, aubergine and red pepper. Keep the heat under your wok high, and stir-fry the vegetables by moving them around the pan with the wooden spoon.
10. When they start to brown, add the green beans, carrots and courgettes. Again, keep the heat high and the veg moving! Stir fry them for about 5 minutes.
11. Add the cumin, garam masala, turmeric and green chilli. Turn the vegetables around in the pan so that they become coated with the spices.
12. After 1 minute, add the curry paste and the can of chopped tomatoes. Carefully stir the tomatoes into the vegetables. When they start to bubble, turn the heat down and let the curry cook gently for 10 minutes.
13. Stir in the coconut milk and pile the spinach leaves on top. They will cook down and become part of the sauce.
14. Cook for another 15 minutes or until all the vegetables are soft. Stir frequently to stop any of the sauce sticking to the bottom of the pan.
15. While the curry is cooking, you can prepare the onion garnish. Peel and finely slice the onion. Heat 1 x 15ml spoon of oil in a saucepan. Add the onions and cook them until they are golden brown.
16. When you serve the curry, sprinkle a few of the fried onions on top, and give everyone a quarter of lemon to squeeze over their curry before they tuck in.

Something to try next time

- The beauty of this curry is that you can use any vegetables that you like. Swap the sweet potato with new potatoes, use broccoli or cauliflower instead of the green beans or add frozen peas or sweetcorn.

