




MIXED VEGETABLE AND BEAN CURRY



Why waste money and calories on an Indian takeaway when you can knock up this reduced-fat version?

-  Serves 3
-  Prep 15 minutes
-  Cook 25 minutes



Each 307g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
252	40.4g	12.0g	11.2g	2.3g	0.4g	7.7g	0.71g	2

Ingredients

half tsp oil

1 small onion, chopped

1 large potato, cubed (250g)

1 tbsp medium curry paste or powder

200g cauliflower, cut into florets

50g frozen peas

400g tin reduced-sugar and salt baked beans

Method

- Step 1**
Heat the oil in a medium pan. Add the onion and potato and fry for 3–4 minutes, until beginning to soften. Add the curry paste and continue to fry for 1 minute.

- Step 2**
Pour over 300ml water, cover and simmer for 8–10 minutes until the potato is almost tender.

- Step 3**
Add the cauliflower and peas and continue to boil for 5–6 minutes, stir through the baked beans, heat through and serve with pitta bread and raita.

Recipe tips

- ✓ You could use a tin of mixed beans in chilli sauce in place of baked beans.
- ✓ Try using a sweet potato in place of ordinary potato.
- ✓ Freezing instructions: Suitable for freezing once cooked. Then defrost in the fridge or microwave and reheat until piping hot throughout.