

* Price as of March 2015

FoodWise TLC

Vegetable Curry and Rice

Serves: 4
Cost: *£1.00 per person



Ingredients

- 400g potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 250g cauliflower, broken into florets
- 1 onion, chopped
- 1 tbsp oil
- 2 tbsp curry paste or curry powder
- 400g tin chopped tomatoes
- 150g low fat yoghurt
- 410g tin chickpeas, drained and rinsed
- 2 tbsp freshly chopped coriander (optional)

Method

1. Cook the potatoes and carrots in a large pan of boiling water for 5 minutes, add the cauliflower and cook for 5 minutes more, then drain the vegetables.
2. Meanwhile, brown the onion in the oil. Stir in the curry paste or powder and cook for 1 minute, then add the tomatoes and yoghurt.
3. Mix the vegetables and chickpeas into the curry sauce and cook for 10 minutes. Serve topped with chopped coriander (optional).

** Most vegetables can be used in this recipe so you can swap if there is a vegetable not to your liking or if you have any vegetables that needs using up!*