



## Vegetable Curry

1 onion	1 clove garlic
1 carrot	30 grams sweetcorn
1 stick celery	30 grams green beans
1 small pepper	30 grams peas
1 courgette	1 tin chickpeas
1 tin of tomatoes or passata	400 mls vegetable stock
1 tsp rogan josh curry paste	1 tbsp oil

## Method

Peel and chop the onion and the garlic and place into a saucepan with a the oil. Fry gently until the onion is soft.

Chop the celery and the carrot and add to the saucepan and cook for a further 5 mins.

Chop the courgette and pepper and add to the pan and cook for another 5 mins.

Add the tomato/ passata and stock and stir in the curry paste. Stir in the remaining veg and cook for a couple of minutes before adding the chickpeas. Cook until fully heated throughout.