

Easy coconut curry

A sweet and spicy dish



SERVES: 4

PREPPING TIME: 10MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 500g vegetables e.g.
 - 1 large potato or sweet potato
 - 3-4 carrots
- 2 teaspoons ginger
- 1 tablespoon curry powder
- 1 carton of passata (or 1 can chopped tomatoes)
- 1 tin of chick peas
- 150ml water
- 1/2 stock cube
- 100g creamed coconut

DIRECTIONS

1. Peel & dice vegetables into small cubes (approx 1cm)
 2. Peel & grate (or finely chop) ginger. You can use powdered ginger instead.
 3. Drain and rinse chick peas.
 4. Put all ingredients into a pan (except coconut) & bring to boil. Simmer with lid on for 30 mins until cooked.
- NB. Add a splash more water if too dry.
5. Turn off heat. Chop & add in coconut, mix until it has melted in.
 6. Serve with rice

TIP - You can use any vegetables

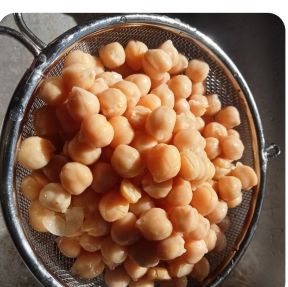
e.g. peppers, peas, butternut squash etc.

Step-by-step

Easy coconut curry



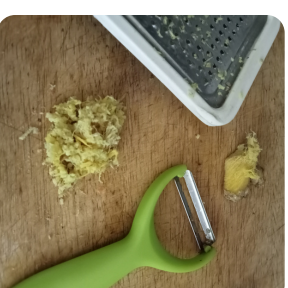
1. Peel & dice vegetables into small cubes (1cm)



3. Drain and rinse chick peas.



4. Put all ingredients into a pan (except coconut). Bring to boil & simmer with lid on for 30 mins.



2. Peel & grate (or finely chop) ginger. You can use powdered ginger instead



5. Turn off heat. Chop & add in coconut, mix until it has melted in.



6. Serve with rice or similar.