

Vegetable Curry.

Ingredients

1 onion

1 clove garlic

1 large potato

1 tsp oil

2x15ml tbspn curry paste of your choice

300ml water

400ml tin chopped tomatoes

Small tin chick peas

3 handful's of fresh spinach

1 red pepper

1 courgette



1. Wash, peel and chop the vegetables, crush the garlic and cut the potato into 1cm cubes.
2. Fry the onion and the garlic in the oil. Add the pepper and courgette and cook for a further minute.
3. Stir in the curry paste potato and water.
4. Drain the chick peas and add to the pan.
5. Add the tomatoes then simmer on a medium to low heat for 20 minutes until the potato is tender.
6. Stir in the fresh spinach and allow to cook for a further 2 minutes.
7. Serve with rice or naan bread.