## Vegetable Curry.

## Ingredients

1 onion

1 clove garlic

1 large potato

1 tsp oil

2×15ml tbspn curry paste of your choice

300ml water

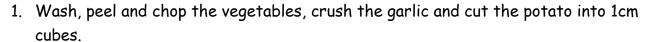
400ml tin chopped tomatoes

Small tin chick peas

3 handful's of fresh spinach

1 red pepper

## 1 courgette



- 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.

