



Vegetable curry

This curry makes a quick weekday meal. Leftovers taste great the next day.



Time to prepare: 20 minutes



Time to cook: 20 minutes



Serves 6



Suitable for vegetarians

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 tablespoons red curry paste
- 1/2 pumpkin, chopped into bite-sized pieces
- 1 carrot, chopped
- 1 cup of vegetables, chopped e.g. cauliflower, broccoli, frozen peas or beans
- 1 can chickpeas or lentils, drained
- 1 can lite coconut milk
- 1 cup vegetable stock or water

Method

1. Heat oil in a large frying pan. Add onion, garlic and curry paste. Cook for 1 to 2 minutes, stirring often.
2. Add coconut milk, stock (or water), pumpkin, carrot, vegetables and chickpeas or lentils.
3. Simmer for 20 minutes or until vegetables are tender.
4. Serve with rice.

Notes

You can buy vegetable stock powder at supermarkets. Mix 1 tsp into 1 cup of warm water to make 1 cup of vegetable stock. If the curry is too thick for your liking, add a little water. Use any mixture of vegetables you have on hand such as corn kernels (frozen, canned or fresh), kumara, capsicum or parsnip.

You might also like...



Easy butter chicken

Make this all-time favourite curry at home with this quick and tasty recipe. It's easy and low in fat so extra good for your family.

(/eat/recipes/easy-butter-chicken)



Curried vegetable fritters

Tasty and filling, these fritters make a quick and easy lunch or on-the-go breakfast. Make a batch in the weekend and freeze for during the week.

(/eat/recipes/curried-vegetable-fritters)