

## Vegetable Curry

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Serves 4

### **Ingredients:**

15ml/½ tbsp - virgin olive oil

2 - cloves garlic, peeled and crushed

15ml/½ tbsp – turmeric

15ml/½ tbsp - ground cumin

?- cauliflower, broken into small florets

100g/4oz - carrots, diced

300ml/½ pint - water or stock

½ - large onion, chopped

1.2ml/¼ tsp - chilli powder

2.5ml/½ tsp - ground ginger

300g/12 oz potatoes, peeled and diced

100g/4 oz - red lentils

225-300g/9-12 oz - rice, cooked

2.5ml/½ tsp – coriander

### **Method: -**

Heat the oil in a large saucepan and cook onion until transparent, add the



garlic and all the spices.

Cook for 1 minute to release the flavours.

Add the cauliflower, carrots, potatoes, lentils and water or stock.

Add extra water if necessary.

Cover the pan and simmer for 30 minutes until vegetables are cooked.

Serve with rice.

You may substitute other vegetables: courgettes, peppers, tomatoes, swede, beans or peas.

This curry is quite mild, if you like it hotter, then add extra spices.

Vegetables are useful sources of vitamins, fibre and minerals, but the amount of nutrients they provide will vary according to their freshness.

It is important to know that many vitamins contained in vegetables, vitamin C in particular, are water-soluble. This means that they not only dissolve during the cooking process, but also if the vegetables are immersed in cold water for too long. It is better nutritionally to quickly rinse and chop before they go into the pot, rather than to prepare them in advance and leaving them to soak.

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