



EASY CURRY SAUCE

INGREDIENTS

100g frozen onions
150g frozen mixed vegetables
1 garlic clove – peeled and halved
2 heaped dessertspoons curry powder
1 teaspoon turmeric
1/2 teaspoon mixed herbs & parsley
1 teaspoon tomato puree
1 dessertspoon plain flour
1 vegetable **stock** cube
200ml reduced fat coconut milk
200ml water
ground black pepper

EQUIPMENT

large saucepan, sharp knife,
chopping board, wooden spoon,
dessertspoon, teaspoon,
can opener, measuring jug, hand blender

SERVES: 4

PREP TIME: 10 minutes
COOK TIME: 20-25 minutes

ALLERGENS: celery, mustard, soya,
cereals containing
gluten (stock cube)

METHOD

- 1 Place the onions, mixed vegetables and garlic into the saucepan. Add the spices, herbs, puree, stock cube and flour and mix everything together (this will ensure that the flour won't go lumpy when you add the liquid).
- 2 Add the coconut milk and water to the pan, stir well, then place on the hob and bring to the boil. Reduce the heat and simmer for 20-25 minutes until the vegetables are soft and the sauce has thickened.
- 3 Once the sauce has cooked, allow to cool slightly and then blend until smooth. If the sauce a little thick, try adding a little extra water.
- 4 Serve the sauce with a chicken biryani or some Bombay roasted cauliflower and steamed rice. Alternatively why not serve with some homemade potato wedges for healthier version of 'chips n curry sauce'!

HANDY HINTS!

- * why not add some cooked sliced chicken or cooked butternut squash and chickpeas to make an easy homemade curry.
- * This sauce can be frozen – why not make a large batch, portion out and freeze for a later date!



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