

# Creamy Vegetable Curry

These vegetables are cooked in a mildly spiced curry sauce with yogurt and fresh cilantro stirred in just before serving.

## NUTRITIONAL INFORMATION

Calories .....423    Sugars .....24g  
Protein .....16g    Fat .....19g  
Carbohydrate ...50g    Saturates .....7g



20 mins

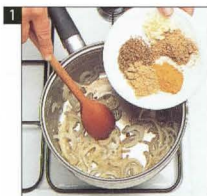


25 mins

SERVES 4

## I N G R E D I E N T S

2 tbsp sunflower oil  
1 onion, sliced  
2 tsp cumin seeds  
2 tbsp ground coriander  
1 tsp ground turmeric  
2 tsp ground ginger  
1 tsp chopped fresh red chile  
2 garlic cloves, chopped  
14 oz/400 g canned chopped tomatoes  
3 tbsp ground coconut mixed with  
1½ cups boiling water  
1 small cauliflower, broken into florets  
2 zucchini, sliced  
2 carrots, sliced  
1 potato, diced  
14 oz/400 g canned garbanzo beans,  
drained and rinsed  
¾ cup thick plain yogurt  
2 tbsp mango chutney  
3 tbsp chopped fresh cilantro  
salt and pepper  
fresh herbs, to garnish  
freshly cooked rice, to serve



**1** Heat the oil in a skillet and cook the onion until softened. Add the cumin, coriander, turmeric, ginger, chile, and garlic and cook for 1 minute.

**2** Add the tomatoes and coconut mixture and mix well.

**3** Add the cauliflower florets, zucchini, carrots, potato, and garbanzo beans,

and season to taste with salt and pepper. Cover and simmer for 20 minutes, until the vegetables are tender.

**4** Stir in the yogurt, mango chutney, and fresh cilantro and heat through gently, but do not boil. Transfer to a warm serving dish, garnish with fresh herbs, and serve with freshly cooked rice.