VEGETABLE *curry*

This nutrient rich vegetable curry is perfect for those evenings when you want to eat something satisfying, delicious and healthy but you don't want to spend too much time in the kitchen.

It is full of fibre which is great for our gut bacteria and keeps us feeling full for longer. If you are watching your weight it is also low in calories! High in B vitamins, folate, vitamin A, C, K and E and loaded with minerals!

I love to have my curry with white basmati rice - 120g is 197kcal. In total this supper a mere 384kcal. Making this dish a perfect weight loss and health promoting dish.

SERVES
5 PEOPLE

PREP TIME
10 MIN

COOK TIME
20 MIN

TOTAL TIME
30 MIN

INGREDIENTS

- 1 teaspoon fresh ginger
- 4 garlic cloves
- 2 small or 1 large red onion
- 300g mushrooms
- 360g baby marrow
- 500ml vegetable stock
- 1 tablespoon curry powder
- 3 peppers
- 20g coriander
- 2 stalks of spring onion
- 200g spinach
- 235g butter beans (drained and rinsed)
- 240g chickpeas (drained and rinsed)

INSTRUCTIONS

1. Finely chop ginger, garlic and onion.

2. Chop mushrooms into quarters, shred the spinach and coriander, cut baby marrow and peppers into bite size and chop spring onion.

3. Dry fry the onion, garlic and ginger in a pan for about 5 minutes adding vegetable stock as needed.

4. Add mushrooms and baby marrow to the pan, put the lid on simmer for 5 minutes.

5. Add curry powder and the remaining vegetable stock and stir well.

6. Add the peppers, spinach, coriander, spring onion and beans, replacing the lid and cooking on low heat for 10 minutes.

NUTRITIONAL INFORMATION

MAKES 5 X 350G PORTIONS

EACH PORTION CONTAINS:

187 KCAL
11G PROTEIN
2.4G FAT
34G CARBS
9G FIBER

Health Concepts
GO WITH YOUR GUT

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