



Make your own...

Vegetable Curry

Ingredients:

- ✓ 1 onion
- ✓ 1 tin tomatoes
- ✓ 1/2 cauliflower
- ✓ 1 chicken or veg stock cube
- ✓ 2 medium potatoes
- ✓ 1/4 pint boiling water
- ✓ 1tbsp curry powder
- ✓ Small tin garden peas or 3oz frozen peas
- ✓ 1tbsp oil
- ✓ Plain yoghurt

Instructions:

1. Finely chop the onion.
2. Heat the oil in a saucepan.
3. Add the onion and cook on a medium heat until softened.
4. Peel and cube the potato and break the cauliflower into florets.
5. Add the potato and cauliflower to the pan.
6. Stir in the curry powder.
7. Add the tinned tomatoes, stir and then simmer for 5 minutes.
8. Stir the stock cube in the boiling water until dissolved.
9. Add the stock to the pan along with the frozen peas (if using).
10. Stir all ingredients well and cook for a further 15 minutes until the vegetables are tender. If using tinned peas, add them approximately 5 minutes before the end of cooking just to heat through.
11. Add seasoning to taste and stir through plain yoghurt.

Top tip: A variety of vegetables can be used in a curry - use what you have and experiment!



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