


Today's Favourite

VEGIE CURRY

 27 serves of vegies per recipe

Ingredients

2 cups rice	2 carrots, peeled and cubed
1 eggplant, cut into thick slices	1/2 butternut pumpkin, peeled and cubed
Salt	1 red or green capsicum, seeded and chopped
1 tablespoon olive oil	1 cup cauliflower, or broccoli florets or green beans
2 cloves garlic, crushed	425g can chopped tomatoes
1 small piece ginger, peeled and sliced	1 cup reduced-fat coconut milk
1 large onion, chopped	2 tablespoons chopped herbs (e.g. basil or oregano)
2-3 tablespoons red or green curry paste (according to taste)	
2 potatoes, peeled and cubed	

Method

Cook rice following packet directions. Sprinkle eggplant with salt and leave for 30 minutes. Rinse, pat dry well on paper towels and cut into cubes. Heat oil in a large saucepan and add garlic, ginger and onion cooking gently to soften. Stir in curry paste over low heat. Add vegetables and canned tomatoes and stir well. Cover tightly and bring to the boil, then simmer until vegetables are tender, 20-40 minutes depending on size. Add coconut milk and simmer for a further 5 minutes. Add herbs and stir well.

Serves 6.

