



Vegetable Curry (Serves 4)

This curry is full of flavour, and very simple to make. It's incredibly versatile and works great with most veg just use up whatever veg you have available.

Ingredients

Curry paste

- 1 tbsp curry powder
 - 1 tbsp soy sauce
 - 2 tbsp peanut butter
 - 1 tsp honey
 - 1 tsp chilli flakes or chilli powder
 - ½ tin coconut milk
 - 200ml water
- 1 tsp oil
 - 1 can chickpeas, drained (can be swapped for other beans or chicken)
 - 1 onion, diced (or red pepper or omitted)
 - 200g frozen broccoli (or any green veg available)
 - 4 carrots, peeled, chopped (or peppers)
 - 300g rice, to serve

Method

1. In a bowl mix curry powder, soy sauce, peanut butter, honey and chilli flakes together to make a paste
2. Add oil to a pan and cook onion until soft
3. Add paste to pan and cook for 2 minutes
4. Add vegetables and chickpeas to pan and mix well
5. Stir in coconut milk and water and increase heat to bring to a simmer
6. Once simmering, reduce heat to medium and cook for 20 minutes, until vegetables are soft
7. To cook the rice, place rice in a saucepan with 700ml of water
8. Bring to the boil, cover and simmer gently for 10-12 mins, add more water if necessary
9. Drain and fluff up with fork before serving

Nutrition

This curry is a great alternative to a takeaway as it's low in fat and saturated fat. As part of a healthy diet we should aim to cut down on the amount of saturated fats in our diets as saturated fats can raise our cholesterol levels, which can increase the risk of heart disease.

Nutrition per portion - 461g

Energy 530kcal	Fat 12.9g	Saturates 2.8g	Sugars 17.1g	Salt 1g	Protein 18.4g	Carbs 79.2g	Fibre 13.8g
27%	18%	14%	19%	17%	37%	30%	-

% of an adult's reference intake

Please Note: Altering the ingredients will change the nutritional content of the meal
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