

Modified Caribbean Vegetable Curry



Provides 2-4 servings. Preparation time is 60 minutes

Ingredients:

1 Large onion, chopped,
 3 Spring onions, chopped
 300g Butternut squash, chopped
 480g Mixed vegetables (broccoli, carrot, and cauliflower)
 220g Green beans
 1 Medium aubergine
 3 Whole bell peppers, different colours, chopped
 3 Medium fresh tomato, chopped
 2.5 Teaspoons of curry powder
 5 Olive oil sprays
 1.5 Teaspoonful reduced fat coconut milk
 1 Reduced salt vegetable stock cube
 4 Stems fresh thyme
 Half teaspoon powdered black pepper
 2 Cups of Water

Preparation method:

Warm lidded non-stick cooking pot at low heat and spray with 5 sprays of olive oil spray. Sauté onions and spring onions, and add carrots, butternut squash, water and cook for 10 minutes or until soft. Add the rest of the vegetables and cook until tender. Add vegetable stock cube, curry powder, reduced fat coconut milk, thyme, black pepper and leave to simmer for about 10 minutes or until soft.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	30kcal/125kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	0.5 0.1
Carbohydrates (g) <i>of which sugars (g)</i>	4.2 3
Dietary fibre (g)	1.9
Protein (g)	1.2
Salt (g)	0.02

Each 200g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
60kcal 250kJ	0.9g	0.2g	6g	0.03g
3%	1%	1%	7%	1%

of an adult's reference intake