

Vegetable Madras

Ingredients

- 1 medium cauliflower, divided into florets
- 100g green beans
- 1 tablespoons oil
- 1 large onion, sliced
- 2 tablespoons Madras Curry Powder
- 2 tablespoons tomato purée
- 150ml vegetable stock
- 1/2 teaspoon Sea Salt
- 150ml single cream or yoghurt
- 400g tin chick peas, drained and rinsed
- 350g tomatoes, skinned, deseeded and chopped

Method

1. Heat the oil in a frying pan and fry the onion until softened.
2. Add the Curry Powder and cook gently for 30 seconds, stirring.
3. Stir in the tomato purée, stock, salt and the cream or yoghurt.
4. Add the chick peas and tomatoes.
5. Bring to the boil and simmer uncovered, for 5 minutes, stirring occasionally.
6. Add the cooked cauliflower and green beans and mix to combine before serving.
7. Cook the cauliflower and green beans in boiling, salted water for 8-10 minutes or until tender.
8. Drain and reserve.