

VEGETABLE CURRY

Family size 4 – 6

Ingredients

- 1 sweet potato diced
- 1 lrg onion diced
- 3 carrots diced
- 4 potatoes diced
- 2 stks celery diced
- 1 veg stock cube dissolved in 1 pt water
- 1 dessert sp mild curry pwdr
- 50g Balti paste (1/4 jar)
- 1 tin coconut milk

Method

- Cook onions, celery, potatoes & carrots in stock
- Add Balti paste, curry powder, & coconut milk
- Blend slightly until the texture of dhal
- Simmer for about 30 mins
- Serve with rice or naan bread