



Mixed vegetable curry

Serves 2

Preparation time 20 minutes

Cooking time 50 minutes

Ingredients

110g/4oz/1/2 cup brown rice, rinsed
1 small onion, peeled and finely chopped
1 tbsp extra virgin olive oil (Aus 3/4 tbsp)
1 fat clove garlic, peeled and crushed
1 tsp fresh ginger, grated
1/2 red chilli, deseeded and chopped (for medium heat)
1 tsp ground cumin, 1/2 tsp ground coriander
1/2 tsp turmeric, Large pinch cayenne pepper
450g/1lb ripe tomatoes, 300ml/10fl oz/1 1/4 cups water
1/2 medium cauliflower (140g/5oz), broken into small florets
Handful of green beans (75g/2 1/2oz), cut into 2.5cm/1in lengths, Large handful baby spinach leaves
9–10 gratings nutmeg
Small bunch coriander, chopped, to serve

To make your Mixed vegetable curry

1. Put the rice on to cook.
2. Put the onion and olive oil in a wok or deep frying pan and cook over a low heat for 10 minutes. Add the garlic, ginger, chilli and spices and cook gently for a further 10 minutes.
3. Meanwhile, skin the tomatoes. Cut a cross in the top of each tomato and put in a large heatproof bowl. Pour over enough boiling water to cover and leave for 10 seconds. Remove the tomatoes from the water using a slotted spoon, and peel off the skin when they are cool enough to handle. Discard the seeds and roughly chop the tomato flesh.
4. Add the chopped tomatoes and water to the onion mixture. Raise the heat to medium, bring up to a simmer and cook for 10 minutes. Allow to cool slightly then transfer to a liquidiser and blitz until smooth.
5. Put the cauliflower and sauce in a saucepan over a medium heat. Bring up to a simmer and cook for 10 minutes. Add the beans and cook for a further 3–4 minutes, until the beans are tender. Stir in the spinach and cook for 1 minute, until just wilted. Season with the grated nutmeg.
6. Drain any excess water from the rice. Serve the curry on a bed of rice, with the coriander sprinkled over.