

3-step sweet potato & cauliflower curry

SERVES 4 PREP 20mins COOK 24mins

* CAN BE FROZEN EASY

Low saturated fat



✈ Add a tin of lentils or beans to the sauce to make it go further

- spray oil
- 1 large onion (approx 210g), cut into thin wedges
- 2 garlic cloves, crushed
- 2 tbsp The Co-operative medium curry powder
- 1 tbsp The Co-operative Farms plain white flour
- 850ml stock (made from 1½ low-salt vegetable stock cubes)

- 350g cauliflower florets
- 400g sweet potato, peeled and cut into chunks
- 150g dwarf green beans, trimmed
- black pepper
- 200g The Co-operative brown easy cook long-grain rice, cooked

1 Spray oil in a large saucepan and heat to a high temperature. Fry the onion for 3-4 mins until softened. Add the garlic, curry powder

and flour and cook, stirring, for 1 min.

2 Pour in the stock and whisk until smooth. Add the cauliflower and sweet potato, bring to the boil and simmer for 12-15 mins until the vegetables are tender.

3 Add the beans and cook for 3-4 mins. Season with pepper and serve with the rice.

Calories 385	Fat 5.6g	Sat Fat 1.7g	Sugars 12.3g	Salt 0.6g
approx. per serving				
✓ 3 of your 5-a-day				

The **co-operative**
good with food