

Red Vegetable Curry

Serves: 6

Prep time: 15 minutes

Cook time: 30 minutes



2 ½ serves per portion

Ingredients

1 tablespoon olive oil

1 brown onion, finely diced

2 garlic cloves, minced

3 cm piece fresh ginger, grated

3 tablespoons red curry paste

1 potato, peeled and diced

½ butternut pumpkin, peeled and diced

500g chicken thighs, trimmed, cut into 2cm cubes *OR* 400g can chickpeas, drained

400g can diced tomatoes

400mL can light coconut milk

1 cup mixed frozen vegetables

Brown rice, to serve

Method

HEAT a large saucepan over medium heat. Add oil and onion once hot. Cook onion, stirring, for about 5 minutes or until softened.

ADD garlic, ginger and curry paste and fry until fragrant, about 2 minutes.

Optional: If making with chicken, add to pan now and sear on all sides.

ADD potato, pumpkin, chickpeas (*optional*), canned tomato and coconut milk and stir well.

Reduce heat and simmer for 20 minutes.

ADD frozen vegetables and bring back to a simmer. Cook for a further 5-10 minutes until vegetables have warmed through.

SERVE with brown rice.



Everyday Food

Recipe courtesy of the Country Kitchens team