

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

3cm piece fresh ginger, grated

3 tablespoons red curry paste

1 potato, diced

½ butternut pumpkin, peeled and diced

600g chicken thighs, trimmed, cut into 2cm cubes *OR* 400g can chickpeas, drained and rinsed

400g can diced tomatoes

400mL can light coconut milk

1 cup mixed frozen vegetables

Brown rice, to serve



Everyday Food

Method

HEAT oil in a frypan over medium heat. Add onion once hot, stirring for about 5 minutes or until onion has 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, 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.

Recipe courtesy of the Country Kitchens team