



# MIXED VEGETABLE AND BEAN CURRY

## INGREDIENTS

- 1/2 tsp oil
- 1 small onion, chopped
- 1 large potato, cubed
- 1 tbsp medium curry paste or powder
- 300ml vegetable stock
- 200g cauliflower, cut into florets
- 50g frozen peas
- 400g can baked beans

**THIS REDUCED FAT,  
NUTRITIOUS VEGETARIAN  
CURRY IS BOTH FILLING  
AND DELICIOUS**

## DIRECTIONS

- 1. Heat the oil in a medium pan. Add the onion and potato and fry for 3-4 minutes, until beginning to soften. Add the curry paste or powder and continue to fry for 1 minute.*
- 2. Pour over the stock, cover and simmer for 8-10 minutes until the potato is almost tender.*
- 3. Add the cauliflower and peas and continue to boil for 5-6 minutes. Stir through the baked beans, heat through and serve with pitta bread*