

Root vegetable curry

Any combination of root vegetables would work well in this healthy and filling dish.



Serves: 4

Time: 1 hour 25 minutes

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 fresh green chilli, seeded and finely chopped
- 1 clove garlic, finely chopped
- 2.5cm piece fresh root ginger, finely chopped
- 2 tablespoons plain flour
- 2 teaspoon each of ground coriander, ground cumin and turmeric
- 300ml water
- 200g passata or 1 tin of chopped tomatoes
- 750g mixed root vegetables such as sweet potato, swede and celeriac, peeled and chopped
- 2 carrots, thinly sliced
- Freshly ground black pepper, to taste
- Chopped fresh coriander, to garnish

Method

1. Heat the oil in a large saucepan.
2. Add the onion, chilli, garlic and ginger and sauté for 5 minutes, or until soft.
3. Stir in flour and ground spices and cook gently for 1 minute, stirring.
4. Gradually stir in the water, and then add the passata or tomatoes, diced root vegetables and carrots.
5. Season with black pepper and mix well.
6. Bring to the boil, stirring, then lower the heat, cover and simmer for about 45 minutes, or until the vegetables are cooked and tender. Stir occasionally.
7. Top with chopped coriander.

Tip: Serve with boiled rice or couscous.

Nutritional Information

| Each serving provides | Amount in grams |
|-----------------------|----------------------------------|
| Energy | 1032 kilojoules/245 kilocalories |
| Fat | 4.8 |
| Saturates | 0.7 |
| Sugar | 20 |
| Salt | 0.31 |

Typical values per 100g: Energy 223kJ/53kcal

The nutritional information stated above is based on each serving of Root Vegetable Curry and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).