Vegetable Curry Recipe

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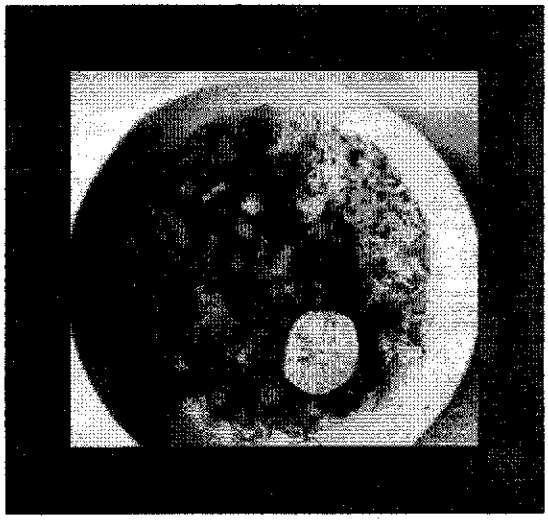

INGREDIENTS:

1 onion
4 cloves of garlic
4cm of ginger
1 pinch of chilli flakes (optional)
1 tin of chopped tomatoes
2 carrots
1 butternut squash
1 teaspoon of curry powder
1 teaspoon of salt
1 teaspoon of sugar (optional)
1 tin of coconut milk
2 tablespoons of cooking oil
1 tin of chickpeas (drained)
1 handful of spinach

EQUIPMENT:

1 large pan with lid
1 wooden spoon
1 sharp knife and chopping board

1. Peel and chop the onion, garlic and ginger.
2. Heat the oil in a saucepan and add the onion, garlic, ginger and chilli (if using). Stir for a few minutes until it has all softened and turned slightly brown.
3. Add the tomatoes and stir, cook for a further 3-4 minutes.
4. Peel the carrots and chop into matchstick pieces, then wash and chop the butternut squash into small cubes (you don't really need to peel it!) and add both vegetables to the mixture.
5. Cover with 1 tin full of cold tap water (maybe more, as the squash needs to be well covered with water) and stir.
6. Add the curry powder, salt and sugar (if using). Stir well and cover with the lid. Let the mixture cook for 15 -20 minutes on a medium heat, stirring occasionally, until the squash is cooked and tender (test with a sharp knife). If the mixture dries out, add more tap water and stir.
7. Add the coconut milk, drained chickpeas and spinach, stir and cook for a further 3-4 minutes.
8. Serve with any bread or cooked rice you like!