

AUBERGINE AND COURGETTE CURRY

Serves 4

INGREDIENTS

- aubergine x 1, diced
- courgette x 1, diced
- cherry tomatoes x 200g
- red onion x 1, sliced
- garlic cloves x 2, crushed
- curry paste x 200g
- chopped tomatoes x 400g
- vegetable stock cube x 400ml
- fresh parsley x 20, chopped
- butter/oil
- sea salt
- black pepper
- ground almonds
- basmati rice, natural yogurt, mango chutney, poppadoms and nana bread

METHOD

- pre-heat the oven at 200°C
- prepare the aubergine, courgette, red onion, garlic and vegetable stock
- put the aubergine, courgettes and cherry tomatoes into a roasting tin
- drizzle with olive oil, season with sea salt and black pepper and roast for 30 minutes at 200°C
- heat butter/oil over a medium heat in a saucepan/casserole pot
- add the onion, garlic, a pinch of salt, cover with a lid and sauté for 10 minutes, until soft
- add the curry paste and cook for 5 minutes
- add the chopped tomatoes, the vegetable stock and stir well
- simmer for 20 minutes until the sauce has thickened
- add the roasted vegetables to the sauce, stir well and cook for 5 minutes
- remove from the heat, add the fresh coriander and season to taste with salt and pepper
- serve with basmati rice, natural yogurt, mango chutney, poppadoms and nana bread

TIP

- add a tablespoon of ground almonds if you want to thicken the sauce