

Butternut and Bean Curry *by Derval O'Rourke*

This one pot dish is full of healthy and tasty ingredients. It's the perfect meat free meal with the beans providing lots of protein and vitamin B.



INGREDIENTS

Serves 4

- 1 tbsp olive oil
- 4 garlic cloves, crushed
- 1 onion, finely chopped
- 1 thumb sized piece of fresh ginger, grated
- 2 cardamon pods
- 1 tbsp cumin seeds
- 1 tbsp star anise
- 1 butternut squash, peeled, deseeded and diced
- 400 g tin of chopped tomatoes
- 2 tbsp soy sauce
- 1 tbsp honey
- 400g tin mixed beans, drained and washed
- a handful of coriander leaves
- 4 tbsp flaked almonds
- 4 tbsp yoghurt (optional)

METHOD

- Heat the oil in a large pan over a medium heat. Add the garlic, onion, chilli and ginger and cook for about 5 minutes.
- Stir frequently and add a splash of water if the pan gets dry.
- Stir in the spices and cook for 2 minutes.
- Add the butternut and aubergine and cook for 2 minutes, stirring frequently.
- Add the tomatoes, soy sauce and honey and stir well.
- Cover the pan and simmer for about 30 minutes, stir occasionally.
- When the vegetables are tender, stir in the beans and heat through.
- Divide the stew between serving bowls. Sprinkle over the coriander and flaked almonds. Top with a dollop of yoghurt and serve with brown basmati rice.