

## FATE BUTTERNUT BALTI

### Ingredients

#### For the Balti

- 1 tablespoon oil
- 300g onion, roughly chopped
- 2 cloves garlic, chopped
- 2 teaspoons turmeric powder
- 3 teaspoons ground cumin
- 4 teaspoons ground coriander
- 4 teaspoons paprika
- 3 teaspoons red chillies, finely chopped
- 500g butternut squash, peeled, deseeded and roughly chopped
- 300g peppers, a mixture of red and green, roughly chopped
- 300g fresh ripe tomatoes, chopped, or 400g tin tomatoes
- 2 tablespoons tomato purée
- 250ml water
- Salt and pepper to season
- 2-3 tablespoons roughly chopped fresh coriander

#### To Serve

- Lemon to squeeze
- Fate Naan bread
- Fate Mint Raita
- Or Low protein rice

#### Method

1. Place a large pan over a high heat, add the oil. When the oil is hot, add the chopped onion. Cook for 5 – 10 minutes till softened and starting to brown.
2. Turn the heat down a little and stir in the garlic, turmeric, cumin, ground coriander, and paprika. Cook for about 5 minutes to cook the spices, stirring occasionally.
3. Add the chopped chillies, and the tomatoes and the purée. Stir well.
4. Add the butternut squash and the peppers. Season well with salt and pepper and add a little water to keep the Balti from being too dry, but not too much. Balti mixtures should have a little bit of sauce, but they are quite dry compared to a lot of curry dishes.



5. Leave to cook for 20 – 30 minutes until the vegetables are cooked and the flavour develops. Add more water as and when needed.
6. Stir in the chopped fresh coriander at the last minute before serving. Serve with a squeeze of lemon, warm Fate Naan Bread and Fate Mint Raita. Alternatively serve with low protein rice.

Recipe provided by Fate