

Tomato, Squash & Spinach Curry

Ingredients

1 large onion, halved and sliced

Oil

2 tablespoons Madras Curry paste*

1 small butternut squash, about 500 g, cut into chunks

5 tomatoes, quartered

100g spinach, roughly chopped

Serve with low protein rice

*check protein content on the label

Method

1. Cook the onion in 1 tablespoon oil for 5 minutes until softened. Add the curry paste and cook for 3 minutes. Add the squash, tomatoes and 200ml water, stir well.
2. Cover and simmer for 15 minutes until the squash is just cooked and the tomatoes have broken down. Stir through the spinach and leave for a couple of minutes to wilt.
3. Season and serve with low protein rice.

