

Vegetable Curry

Ingredients

1 tablespoon oil

2 tablespoons sultanas

75g/3oz low protein mix

2-3 tablespoons curry powder to taste

1 tablespoon turmeric

600ml/1 pint vegetable or chicken stock*

900g of vegetables in total e.g.

Cauliflower, cut into florets**

Carrots, cut into sticks

Parsnip, cut into sticks

Courgettes, sliced

Celery, sliced

Leeks, sliced

Apple, sliced

* check protein content on the label

** may need to count as exchanges



Method

1. Place the cauliflower, carrots and parsnips in a large saucepan with the oil. Cook for 5 minutes on high.
2. Stir in the low protein mix, curry powder and turmeric.
3. Add the remaining ingredients and stir in the stock.
4. Cover and cook for 9 minutes on high.
5. Serve with low protein rice.