

Fruity Curry

Ingredients

Spray of olive oil

1 onion, chopped

1 teaspoon minced garlic

1 tablespoon curry powder

2 x 400g tins chopped tomatoes

125ml/½ cup suitable vegetable stock*

½ cup mango chutney e.g. Sharwoods or Kanpur Garden

800g sweet potato, cut into small cubes**

Serve with low protein rice or low protein couscous.

*usually free but check protein content on label

** may need to count as exchanges



Method

1. Spray a large pan with oil and heat.
2. Cook onion over medium heat for 3 minutes or until soft.
3. Add garlic, and curry powder and cook, stirring, for about 30 seconds. Add the remaining ingredients and bring to the boil.
4. Reduce heat and simmer, partially covered, for about 20 minutes or until sweet potato is tender.
5. Meanwhile, cook the low protein rice or low protein couscous in a large pan of boiling water until tender. Serve the curry over the rice or couscous. (Could use ordinary rice or couscous if on higher exchanges).