

Fruity Curry

Ingredients

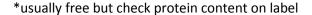
Spray of olive oil

- 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.



^{**} 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).