

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

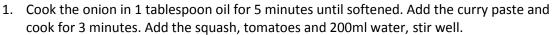
5 tomatoes, quartered

100g spinach, roughly chopped

Serve with low protein rice

*check protein content on the label

Method



- 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.

