

# Creamy Vegetable Korma

1 serving= 2g protein

*This curry is full of flavour it freezes really well and goes really nicely with low protein flatbreads too.*

Serves: 2



## Ingredients

- 1 tbsp olive oil
- 1 onions, finely chopped
- 1 garlic cloves, crushed
- 1 red chilli, chopped finely
- 2 tsp of grated root ginger
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 x 400g can chopped tomatoes
- 400ml coconut milk\*
- 1 tsp tomato puree
- 150ml water
- 800g mixed vegetables (cauliflower\*\*, carrots, courgette, broccoli\*\*, aubergine, pepper all chopped)
- 2 tbsp chopped fresh coriander
- Salt and Pepper
- Lime wedges and coriander
- **Loprofin Rice**



Serving Suggestion



## Method:

1. Heat the oil in a saucepan over a medium heat and fry the onion and garlic for about 10 minutes, until golden brown.
2. Stir in chilli and ginger and cook for a further minute.
3. Add the garam masala and turmeric to the pan and cook for another minute, stirring.
4. Add the tomatoes, tomato puree and water and stir.
5. Reduce the heat and simmer for 20-25 minutes, until the sauce is reduced and thickened.
6. Add the mixed vegetables to the pan and slowly bring to boil, stirring occasionally.
7. Reduce the heat and simmer gently for about 15 minutes until the vegetables are tender.
8. Remove from the heat and stir in the coconut milk. Scatter over the coriander and lime wedges.
9. Cook the **Loprofin Rice** as per packet instructions and serve.

\* Check the protein content on the food label

\*\* This vegetable, if taken in large amounts, adds a significant amount of protein to the diet and needs to be counted as part of your exchanges