

Carrot, kumara & cauliflower rojan josh curry



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Preparation: about 20 minutes
Cooking: about 1 hour 20 minutes
Serves: 4

2 tbs vegetable oil
1 brown onion, cut into thin wedges
350g kumara (orange sweet potato), peeled and cut into 3-4cm pieces
2 carrots, peeled and thickly sliced diagonally
½ cup Rogan Josh curry paste
¼ cauliflower, trimmed and cut into bite-sized florets
400g can diced tomatoes
400g can chickpeas
1 cup light coconut cream
50g baby spinach leaves
125g mini roma tomatoes, halved lengthways
Steamed basmati rice, mango chutney and mint leaves, to serve



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3 minutes. Stir in kumara and carrots and cook, stirring often, for 5 minutes. Add curry paste and cook, stirring, for 2 minutes. Add cauliflower and canned tomatoes. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes.
2. Add chickpeas and coconut cream. Cover and simmer, stirring occasionally, over low heat for 30 minutes. Stir in spinach and mini roma tomatoes. Cook for 5 minutes. Spoon into a serving bowl. Serve with basmati rice, mango chutney and fresh mint leaves.

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