

CHEF TRISHA HENNESSY

TUESDAY NIGHT CLUB RECIPES



Fragrant Vegetable Curry.

Serves 4.

This is a fabulous curry. When we want a little lighter food in our day.

Ingredients

- 1 tablespoon rapeseed oil.
- 1 sweet potato, peeled & cubed.
- 1/2 butternut squash, peeled & cubed.
- Small head of cauliflower, cut into florets.
- 1 onion, peeled & finely chopped.
- 3 cloves garlic, finely chopped.
- 1/2 thumb size piece of ginger, finely chopped.
- 1 tablespoon curry powder.
- 1 tablespoon turmeric.
- 3 tablespoons mango chutney.
- 1 tin cherry tomatoes.
- 1 can coconut milk.
- Salt & pepper.
- 1 tin chickpeas.
- Juice of 1 lime.
- 6 basil leaves, torn.
- 40 grm bag spinach leaves.
- To garnish- chopped coriander.

Method

1. Heat the oil in a pan & over a gentle heat sweat(I.e. cook without colour) off the onion,garlic, ginger, sweet potato, butternut squash for a few minutes.
2. Then add the curry powder & turmeric & cook out for 3-4 minutes.
3. Next add the mango chutney & cauliflower & give everything a good stir.
4. Add tin of cherry tomatoes & salt & pepper.
5. Bring to boil & simmer gently for 10 minutes.
6. Next toss in the can of coconut milk, being careful not to let it boil.
7. Add tin of drained & rinsed chickpeas, torn basil ,lime juice & baby spinach.
8. Pull off the heat & let it settle & infuse all the flavours , for a few minutes.
9. Finish with some chopped coriander & serve with brown rice.