













# Recipe Card







## Very Veggie Curry

### Ingredients

-  1/2 head of cauliflower, cut into florets
-  1 small zucchini, cut into 2cm cubes
-  1 small sweet potato, cut into 2cm cubes
-  1 small capsicum, deseeded and sliced
-  1 onion, sliced
-  400g tin of chickpeas, drained
-  400g tin of tomatoes (no added salt)
-  2 tbsp curry powder
-  125ml (1/2 cup) vegetable stock (no added salt)
-  1 small can (-200ml) of light coconut milk
-  75g (1/2 cup) frozen peas
-  Salt & pepper

### Optional

-  3x Kaffir lime leaves (optional)
-  1 pack microwave basmati rice (optional)
-  2 tbsp greek yoghurt (optional)
-  Fresh coriander (optional)

### Equipment List

3.5 litre slow cooker  
Microwave  
Stirring spoon  
Ladle

Sharp knife  
Chopping board  
Can opener  
Measuring cups  
Measuring spoons



Preparation  
10 mins



Cooking  
8 hours

Servings  
4



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## Method

- 1 Place all the vegetables, vegetable stock, kaffir lime leaves and curry powder into the slow cooker.
- 2 Season with salt & pepper and mix.
- 3 Cover with the lid and set slow cooker on low for 8 hours or high for 4 hours (check occasionally).
- 4 When vegetables are cooked add coconut milk and frozen peas, mix well. When the time is over, mix thoroughly and add in the frozen peas. Let simmer for 2-3 minutes.
- 5 Serve with rice, yoghurt and fresh coriander (optional)

## Additions

- No slow cooker? No worries same process but on the stove (keep a closer eye on it)
- Create something completely different by choosing a different curry paste
- Mix up the vegetables OR use pre-chopped and frozen vegetables
- Mix up the protein - try mixed beans or meat
- Use quinoa or pasta instead of rice
- Use as leftovers or freeze up to 3 months.
- Serve with naan, chopped fresh herbs, red chilli or greek yoghurt



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### Nutrition Information

Approx. per serve

Energy .....	1700kJ
Protein .....	19g
Total fat .....	7g
Saturated fat .....	4g
Carbohydrate .....	62g
Fibre .....	15g
Sodium .....	370mg