

Sunshine Vegetable Curry

SERVES 6-8

A warming curry that is simple and quick to make, as well as being easy to vary depending on which vegetables are in season. Delicious served with your favourite grains or naan bread and pickles or a dip made with Oatly oat fraiche, chopped coriander and garlic.

Nutrition Information:

(Approximate nutrition information per serving with couscous)

Energy (kcal)	663
Fat (g)	22.7
Saturates (g)	2.5
Carbs (g)	84
Sugar (g)	10.6
Fibre (g)	18.3
Protein (g)	20.1

INGREDIENTS:

1 large onion
3 garlic cloves
300 g sweet potatoes
300 g cauliflower
150 g of kale
2 cans of chickpeas (500 g drained weight)
Rapeseed oil to fry
A pinch (yellow) curry powder/garam masala
2 tbsp tomato puree
Salt and pepper to season
300 ml vegetable stock
500 ml Oatly Creamy Oat
2 tbsp mango chutney



METHOD:

1. Start by preparing the vegetables. Finely chop the onions and garlic. Peel the sweet potatoes and cut both the sweet potatoes and cauliflower into bite-sized pieces. Wash and roughly chop the kale. Rinse and drain the chickpeas.
2. Heat a little of the oil in a large saucepan and fry the onions gently for 5 minutes along with curry powder/garam masala.
3. Add the garlic, sweet potato and cauliflower, chickpeas and tomato puree and fry for another 5-8 minutes. Season with salt and pepper.
4. Add the vegetable stock and Oatly Creamy Oat and simmer until the vegetables are just soft, about 10-15 minutes. Remove from the heat, stir in the kale and mango chutney and leave it to stand for a couple of minutes (allowing the kale to warm through and wilt slightly) and then serve.