

1. Put the oil, onion and garlic in a bowl, cover and cook on **HIGH** for 2mins.
2. Add the apple and chopped vegetables, cover and cook on **HIGH** for 4-5 mins.
3. Stir in the stock, flour, curry paste, tomato puree, lemon juice, coconut and meat (if using) Cover and cook on **HIGH** for 5 mins stirring occasionally.
4. Serve with rice, jacket potato or naan bread.

1 medium onion, finely chopped
1 garlic clove, crushed
1 tbsp oil
200gm seasonal vegetables (fresh or frozen) chopped
1 medium eating apple, cored and chopped
2 tsp wholemeal flour
180ml vegetable stock
1 tbsp curry paste
2 tsp tomato puree
25gm creamed coconut, chopped
2 tsp lemon juice
NB. you can add 100gm of cooked chicken or turkey to the recipe at stage 3 use 100gm less veg if adding meat.

Main

'What's Cooking!' Recipe Card**CREAMY CURRY****Food Fact:-**

This recipe is very quick to make and is a good alternative to shop bought or take away curries that contain high levels of fat and salt.

Preparation time 12 MINS**Cooking time 11 MINS**

Serves 4 - 5