

LighterLife butternut squash and vegetable curry

In this delicately scented low calorie curry recipe, the butternut squash is flavoured with a selection of aromatic spices and cooked gently until tender. You can make this dish as hot or as mild as you wish. The spicy yoghurt accompaniment has an extremely cooling effect.

Preparation: 15 minutes

Cooking: 25 minutes

Serves: 2

Nutrition per serving:

361 kcal 18g protein 59g carbs 8g fat



Ingredients:

- 300ml vegetable stock or LighterLife Savoury Broth
- 1 red onion, thinly sliced
- 2 large garlic cloves, crushed
- 2 teaspoons each ground cumin, coriander, turmeric, hot paprika and chilli powder
- 1 small butternut squash, peeled and cut into small chunks
- 1 carrot, cut into matchsticks
- 1 x 400g (14oz) can chickpeas, rinsed and drained
- 1 red pepper, deseeded and diced
- 1 small cauliflower, cut into florets
- 85g (3oz) brown basmati rice
- few sprigs of coriander, chopped
- pinch of ground cumin
- freshly ground black pepper
- 115ml (4fl oz) low-fat natural yoghurt

Method:

1. Put 2 tablespoons stock in a hot saucepan. Add the red onion, garlic and spices and heat gently, stirring well, for 5 minutes. Add the squash, carrot and chickpeas with 200ml (7fl oz) broth, and cook over a low heat for about 10 minutes, until the vegetables are just tender.
2. Add the red pepper and cauliflower with the rest of the stock and cook for another 10 minutes or so, until all the vegetables are tender.
3. Meanwhile, cook the brown rice in a saucepan with 200ml (7fl oz) boiling water for about 15 minutes or until tender. Drain well.
4. Spoon the rice on to two serving plates, top with the curry and garnish with chopped coriander.
5. Add a pinch of ground cumin and a grinding of black pepper to the yoghurt and serve with the curry.

Tip: To intensify the heat of the curry, use 4 teaspoons each of hot paprika and cayenne or chilli powder, and add 2 teaspoons garam masala.

Vary the vegetables according to what you have available. Experiment with aubergine, yellow and green pepper, tomatoes, mushrooms, fresh root ginger and fresh chillies, until you find a combination of ingredients you like.

Take the heat out of the curry and make it more soothing and creamy by stirring the yoghurt gently into the curry at the end of cooking.