



Slow Cooker Vegetable Curry

Everyone should have a vegetarian recipe to keep going back to that the whole family loves. We should try to go meat free for one day each week, this meal is a great filler that is wonderfully versatile, enabling you to chop and change the vegetables to suit tastes and seasons.

If you don't own a slow cooker, there are a number of guidelines you can work with to ensure this dish comes out just as well from the oven:

- Use about a third more stock than this recipe states
- Change step 3 to pre-heating your oven to 163 degrees Celsius and cook your covered dish in the oven for approximately 1 hour 15 minutes, or until the veggies are soft

Serves 2

Ingredients

- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1 onion, sliced
- 2 curry leaves
- 2.5cm piece fresh ginger, finely chopped
- 2 fresh chillies, deseeded and chopped (optional)
- 2 tbsp Indian curry paste
- 2 carrots, sliced
- 115g mangetout
- 1 large cauliflower, cut into florets
- 3 tomatoes, peeled and chopped
- ½ tsp ground turmeric
- 150-225ml hot vegetable stock
- freshly ground black pepper
- brown rice, to serve

Method

1. Heat the oil in a large saucepan. Add the cumin seeds and cook, stirring occasionally for 1-2 minutes, until they give off their aroma and begin to pop. Add the onion and curry leaves and cook, stirring occasionally for approximately 5 minutes, until the onion has softened. Add the ginger and chillies (optional) and heat through, stirring occasionally for 1 minute.
2. Stir in the curry paste and cook, stirring for 2 minutes. Add the carrots, mangetout and cauliflower. Cook through for 5 minutes, follow this by adding the tomatoes and turmeric, season to taste with freshly ground black pepper. Cook for 3 minutes, then add 150ml of the hot vegetable stock and bring to the boil.
3. Transfer the mixture to the slow cooker. If the vegetables are not fully covered by the stock, add more hot stock, cover and cook on LOW for 5 hours.
4. Once cooked, remove and discard the curry leaves. Serve immediately with brown rice.

