

Low-fat Butternut Squash Curry

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This fragrant curry is a real cinch to make and is low in fat, too. Packed full of sweet vegetables and a rich, deep curry sauce, this curry is perfect for vegetarians although meat-eaters will enjoy the flavours too. Serve it spooned over plain fluffy rice or with a naan bread.

Ingredients:

1 butternut squash
1 red onion
4 large tomatoes, peeled and deseeded
400g tin chickpeas, drained and rinsed
3 tbsp. low fat natural yoghurt
2 tbsp. mild curry paste
300ml vegetable stock
1 tbsp. vegetable oil
Handful freshly chopped coriander

Directions:

1. Peel, deseed and chop the butternut squash into 2.5cm chunks. Finely slice the red onion.
2. Heat the vegetable oil in a frying pan and cook the butternut squash for 2-3 minutes until beginning to brown.
3. Add the onion and the curry paste and cook for another 2-3 minutes more.
4. Pour the stock over and simmer the mixture for 15-20 minutes before adding the tomatoes and chickpeas. Simmer for another five minutes.
5. Take the curry off the heat and then stir in the yoghurt and half the chopped coriander. Finish by sprinkling the remaining coriander over the top of the curry.

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