Indian Vegetable Curry
RECIPE

Indian Vegetable Curry



TIME	50 mins
INGREDIENTS	12 items
MAKES	4 servings

This delicious Indian Vegetable Curry is packed with veggies and chickpeas!

INGREDIENTS

- 2 x Ben's Original™ Basmati Microwave Rice 220g
- 1 tbsp. vegetable oil
- 200g butternut squash, peeled and cut into small cubes
- 2 medium carrots, cut in 1cm slices
- 1 medium onion, chopped
- 1 can diced tomato
- 2 cloves garlic, finely chopped
- 1 tbsp. ginger, finely chopped
- 3 tsp. curry powder
- 1 serrano pepper, finely chopped if desired
- 400g cooked chickpeas OR 1 can chickpeas, rinsed and drained may be substituted for the cooked chickpeas

- 200g chopped fresh green beans, cooked
- 1 tablespoon chopped fresh coriander

INSTRUCTION

1. In a deep frying pan heat oil over medium-high heat. Cook and stir butternut squash, carrots and onion for 4 to 5 minutes or until beginning to brown.
2. Stir in tomato, garlic, ginger, curry powder and serrano pepper. Heat to boiling then reduce heat. Cover and simmer 15 to 20 minutes or until squash is almost tender, stirring occasionally.
3. Meanwhile, heat Ben's Original™ rice as directed on package. Divide rice and curry among 4 dinner plates.

NUTRITION

Amount Per Serving

- Added Sugar (g) 0
- Dietary Fibre (g) 11.19
- Energy (kCal) 403.71
- Energy (kJ) 1688.25
- Protein (g) 14.06
- Saturated Fat (g) 0.86
- Sodium (mg) 365.93
- Total Carbohydrate (g) 62.62
- Total Fat (g) 8.17
- Total Sugar (g) 7.91

Categories:

Basmati, Food of the World, Make your own Takeaway, Stove Top, Vegeterian, Veggie favourites , 45 MIN +.

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Slow Cooker Chicken Tikka Masala

Cooking time

185 mins

Ingredients

8 items



Tikka Salmon

Cooking time

25 mins

Ingredients

9 items



Cheat's Biriyani

Cooking time

35 mins

Ingredients

11 items

Source URL: *https://uk.bensoriginal.com/rice-recipes/butternut-squash-and-chickpea-curry*