

Tomato, squash & spinach curry



A lovely vegetarian curry if you can resist adding chicken or lamb.



Ingredients

- 1 Small Butternut Squash
- 5 Tomatoes (split into quarters)
- 100g Chopped Spinach
- 1 Sliced Onion
- Steamed Basmati Rice
- 2 Tablespoons Madras Curry Paste
- Olive Oil

Method

Cook the sliced onion until softened in the oil. Add all of the madras curry paste and cook for 3 mins. Add the butternut squash and tomatoes with 200ml of water and stir.

Allow the mixture to simmer for 15 minutes to allow for the flavours to mix and cook through. Add the spinach and serve in a couple of minutes with the basmati rice.