Vegetable curry with brown rice
(serves 2 — 4 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!

This easy veg curry is a good meal for when you want to treat the kids and is a healthier alternative to a takeaway.

Ingredients:

1 tsp vegetable oil, 1 medium onion, chopped, 1 garlic clove, crushed, 1 tbsp curry paste, 1 green pepper, deseeded and chopped, 400g can chopped tomatoes, 200g cauliflower, broken into florets, 410g can chickpeas (canned in water) rinsed and drained, 200ml reduced-salt vegetable stock, 100g wholegrain brown rice, 50g frozen peas, 2 tbsp chopped fresh coriander (optional), a pinch of freshly ground black pepper

Method:

1. Heat the vegetable oil in a large saucepan. Add the onions and garlic and cook, stirring for 3-4 minutes. Stir in the curry paste and cook for a few seconds.

2. Add the carrot, pepper, tomatoes, cauliflower, chickpeas and stock. Simmer partially covered for 25-30 minutes, adding a little extra stock or water if needed. At the same time cook the rice in a large pan of gently boiling water for about 30 minutes.

3. Add the peas and coriander (if using) and heat for 2-3 minutes. Check the seasoning, adding a little pepper if needed. Serve the curry and rice.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO FEEL 100%?