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SWEET POTATO, GREEN BEANS AND CAULIFLOWER CURRY (VE)

This is a vegan dish taken from *The 28-Day Immunity Plan*.

Serves 2

Per serving: 436 calories, 2.6g fat
(excl. accompaniments)

Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

110g basmati rice
1 vegetable stock cube
1 small onion, chopped
1 clove of garlic, crushed
1 fresh green chilli, finely chopped
2.5cm piece of fresh ginger, finely chopped
rapeseed oil spray
150ml vegetable stock
1 teaspoon garam masala
½ teaspoon ground coriander
½ teaspoon ground cumin
225g sweet potatoes, cut into 2.5cm chunks
120g green beans, trimmed and cut into 2.5cm lengths
225g cauliflower, broken into small florets
½ red pepper, deseeded and cut into small pieces
150g tomato passata
1 banana

METHOD

1. Cook the rice in boiling water with a vegetable stock cube according to the packet instructions. When cooked, drain well and keep hot.
2. Place the onion, garlic, chilli and ginger in a large non-stick pan sprayed with rapeseed oil, cover with a lid and fry for 5 minutes over a gentle heat. Add a little of the vegetable stock if the pan becomes too dry.
3. When the onion is soft, add 50ml of the stock, sprinkle the spices into the pan and cook for a further minute, stirring continuously. Add the sweet potato, beans, cauliflower and red pepper to the pan and cook over a moderate heat for 2 - 3 minutes, stirring continuously. Pour in the remaining vegetable stock and the passata. Cover the pan and cook gently for 10 minutes.
4. Slice the banana and add to the pan. Cook for a further 10 minutes or until the vegetables are tender.
5. Serve with the rice and raita made from low-fat natural yoghurt mixed with chopped cucumber and a little fresh mint.