

Vegetarian Curry

Serves 4 / Cost around £4.00 /

You will need:

250g bag unsalted peanuts

One large onion

Two tablespoons cooking oil

One courgette

One red pepper

Two cans own brand chopped tomatoes

Three tablespoons tomato puree

Medium curry powder to taste (recommended - three tablespoons)

To accompany - 400g basic rice

Instructions:

1. Whizz peanuts in blender until roughly chopped.
2. Chop courgette and pepper.
3. Chop onion & fry in oil till soft and golden
4. Add courgette and pepper, stir and fry for 3 minutes.
5. Add chopped nuts and stir quickly till nuts start to brown.
6. Add chopped tomatoes, tomato puree and curry powder. Stir well and let simmer on lowest heat.
7. Cook rice as per packet guidelines.