



LIFELINE RECIPES

September 2022



Create a tasty, spicy vegetarian dish with mushroom and curry in less than half an hour. Trust us when we say its delicious!

METHOD

Heat the oil in a large saucepan, add the onion and potato. Cover, then cook over a low heat for 5 mins until the potatoes start to soften. Throw in the aubergine and mushrooms, then cook for a few more mins.

Stir in the curry paste, pour over the stock and coconut milk. Bring to the boil, then simmer for 10 mins or until the potato is tender.

Stir through the coriander and serve with rice or naan bread.



GREENMILL
IN STOCK ON SITE ON TIME

MUSHROOM & POTATO CURRY

PREPERATION TIME:

10 mins

COOKING TIME:

20 mins

SERVES:

4

INGREDIENTS

1 tbsp oil

1 onion, roughly chopped

1 large potato, chopped into small chunks

1 aubergine, trimmed and chopped into chunks

250g button mushrooms

2-4 tbsp curry paste (depending on how hot you like it)

150ml vegetable stock

400ml can reduced-fat coconut milk

chopped coriander, to serve