



Vegetable Curry with beans and Pink Lady® Apples

Serves 6



Created by : Recipe adapted from the Cooking from the heart recipe book series, developed by Pharma Dynamics

Ingredients:

- ♥ 15 ml (1 tbsp) olive or sunflower oil
- ♥ 1 onion, chopped
- ♥ 2 cloves of garlic, finely chopped
- ♥ 3 carrots, cubed
- ♥ 1-2 green chillies, whole (optional)
- ♥ 3 curry leaves (optional)
- ♥ 2,5 ml (½ tsp) turmeric
- ♥ 15 ml (1 tbsp) curry powder or to taste
- ♥ 5 ml (1 tsp) masala of your choice
- ♥ beans, drained
- ♥ lemon juice and black pepper to taste
- ♥ 3 tomatoes, cubed
- ♥ 2 Pink Lady® apples with the skin, cubed
- ♥ 1 brinjal, cubed
- ♥ 125 ml (½ cup) water
- ♥ 2,5 ml (½ tsp) salt
- ♥ 125 ml (½ cup) each cauliflower florets and green beans
- ♥ ¼ medium cabbage, cut into strips
- ♥ 250 ml (1 cup) cooked beans or tinned

Method:

1. Heat oil over a medium heat in a large pot and fry onion, garlic, carrots, chillies, curry leaves and spices.
2. Add tomatoes and simmer for a few minutes. Stir in apples, brinjal, water and salt.
3. Bring to the boil, reduce the heat and simmer with a lid for 15-20 minutes.
4. Stir in cauliflower, green beans, cabbage and beans and simmer for another 15-20 minutes or until the brinjal is tender. Season with lemon juice and black pepper.
5. Serve as a meal or allow to cool down and pack into a lunch box with fresh avocado cubes. Hard-boiled eggs cut into wedges will also be delicious with the curry flavours

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