



Recipe Information

Number of Serves: 6

Preparation Time: 10mins

Cooking Time: 20mins

Soifua Maloloina Vegie Curry

Method

1. Heat oil in large saucepan/wok over medium heat. Add onion and cook, stirring for 5 minutes or until soft
2. Add curry powder and cook, stirring for 1-2 minutes until fragrant.
3. Stir in the tomatoes and stock, bring to boil. Reduce heat to medium-low and simmer for 2 minutes then stir in the light coconut cream.
4. Add cauliflower and chickpeas, simmer for 5 minutes.
5. Add peas, corn and carrots and simmer for a further 5 minutes or until all the vegetables are just tender.

Ingredients

2 teaspoon olive oil
1 onion, finely chopped
2 cloves garlic, crushed
2cm knob ginger, chopped
2 tablespoon curry powder
400g can chopped tomatoes
1 teas vegetable stock powder
1 can light coconut cream
½ large cauliflower
2 x 400g can chickpeas, rinsed, drained
500g frozen peas & corn
Steamed rice, to serve

Soifua Maloloina tips:

- You can use frozen, tinned or other seasonal fresh vegetables.
- You can mix the recipe up by adding other vegetable protein sources – try three bean mix or a can of chickpeas.
- Replace the tofu with lean chicken or beef strips for a meat-based sapaui.
- Approximate Cost per Serve \$1.80

