

Quick vegetable curry

<p>Ingredients</p> <ul style="list-style-type: none">• 1 tbs sunflower oil• 1 onion, finely sliced• 2 tbs mild curry paste• 400g canned chopped tomatoes• 600g cauliflower, cut into florets• 150g baby spinach• 1 tbs chopped coriander, plus extra leaves to serve• Low-fat yoghurt, to serve	<p>Equipment</p> <ul style="list-style-type: none">• knives• chopping boards• measuring cups & spoons• large saucepan
<p>What to do</p> <ol style="list-style-type: none">1. Heat the oil in a large saucepan over medium heat, add onion and cook over medium heat for 2-3 minutes until softened.2. Add curry paste and cook, stirring, for a further 1-2 minutes. Add tomatoes, cauliflower and 200ml water, bring to the boil, then reduce heat to low, cover and simmer for 10 minutes or until cauliflower is tender.3. Remove from the heat and season with salt and pepper. Add spinach and chopped coriander, then stir through until spinach is just wilted. Serve topped with coriander leaves and yoghurt.	