Healthy Recipe:
Tomato, Butternut Squash & Spinach Curry

Ingredients (Serves 4)
1 Large Onion, peeled and sliced
2tbsp Madras Curry Paste
1 Small Butternut Squash, cut into chunks
5 Tomatoes Quartered
100g Spinach Leaves
Touch of Vegetable Oil
Seasoning

Method
1. Sauté the onion in a little oil for 5 minutes until soft.
2. Add the curry paste and sauté for a further 3 minutes mixing well.
3. Add the chunks of squash, tomatoes, and 200ml water or vegetable stock ideally.
4. Cover and cook slowly for 15 minutes, until the squash is soft, and the tomatoes have broken down.
5. Stir in spinach at the last minute until it wilts.
6. Check seasoning and Serve.