



4

SERVES/MAKES



COOKING TIME:
< 30 min



COOKING STYLE:
Stove

LANCEWOOD® CREAMY BUTTERMILK VEGETABLE CURRY

INGREDIENTS:

15 ml butter
15 ml canola oil
1 onion, halved & sliced
500 ml **LANCEWOOD® Buttermilk**
45 ml flour
410 g canned Indian style tomatoes
30 ml sugar
500 g butternut, cubed & cooked
300 g broccoli florets, cooked until just soft
250 g tightly packed baby spinach leaves
410g canned butterbeans or chickpeas, well drained
Salt & freshly ground black pepper to taste
45 ml fresh coriander, chopped

METHOD:

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Heat the butter and oil together and fry the onion until soft. In a separate bowl, beat the buttermilk and flour together until smooth. Add the tomatoes and sugar and mix well. Stir into the onions and heat through. Add the butternut, broccoli, spinach, beans or chickpeas and seasoning and heat through. Add the coriander just before serving. Serve with basmati rice and naan bread or roti.

HINTS & TIPS:

Brown 500 g chicken breasts cut into strips together with the onion for a non-vegetarian option.

PRODUCTS USED:

NEW



Buttermilk

ENJOY!