

Pepper, spinach & coconut curry with crispy kale

A quick low-calorie, vegetarian curry recipe with crispy kale, sweet peppers and fragrant coriander.

SERVES 4

INGREDIENTS

- *Sunflower oil*
- *2 red onions*
- *2 green peppers*
- *250g kale*
- *2 tbsp olive oil*
- *2 tbsp balsamic vinegar*
- *3 tbsp tikka masala paste*
- *400ml reduced-fat coconut milk*
- *200g spinach*
- *½ bunch chopped coriander*
- *Rice*
- *Lime wedges*

NUTRITIONAL INFO (per serving)

- *Calories: 272kcal*
- *Fat: 19.4g (7.4g saturated)*
- *Protein: 6.1g*
- *Carbohydrates: 15.1g (12.7g sugars)*
- *Fibre: 6.5g*
- *Salt: 0.7g*



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METHOD

1. *Heat the oven to 220°C/200°C fan/gas 7.*
2. *Heat a splash of sunflower oil in a large deep frying pan.*
3. *Thinly slice the onions, deseed and chop the peppers, then fry for 10 minutes until softened and starting to colour.*
4. *Spread the kale over 1-2 large baking sheets, drizzle over olive oil and the balsamic vinegar, then sprinkle a little sugar over.*
5. *Roast for 3-4 minutes until crisp and sticky. Season with salt.*
6. *Add the tikka masala paste to the pan with the vegetables in it and cook, stirring, for 2 minutes.*
7. *Add coconut milk and spinach, stir and simmer for 3-4 minutes until the spinach has partially wilted.*
8. *Stir in the coriander, then serve with the crispy kale, rice and, if you like, lime wedges.*

