

LOVE COOKING 4 LESS

Anyone can buy chocolates or flowers so why not impress your loved one this Valentine's Day by cooking them a delicious low fat romantic meal which won't break the bank.



Butternut and chick pea curry Prep: 20 minutes Cook: 25 minutes Serves: 6

Energy	1,815kJ/430kcal
Carbohydrate	69.3g
Sugars	19.1g
Fat	8.9g
Saturated Fat	2.3g
Salt	1.3g



Prices (Aldi, February 2014)

- 2 x 400g cans chopped tomatoes (£0.39 per can)
- 2 x 400g cans chick peas, drained and rinsed (£0.39 per can)
- 300g frozen chopped spinach (£1.50 per pack)
- 2 tbsp curry paste (£1.30 per jar)
- 1 butternut squash, seeded and cubed (£1.24)
- 1 onion, diced (£0.21)
- 3cm piece root ginger, chopped (£0.51)

- 6 seeded tortilla wraps or 6 chapattis (£1.00, currently on special offer)
- Sunflower oil spray (£2.10)

For the salad

- 1 cucumber portion, seeded and diced (£0.45)
- 1 red onion, finely chopped (£0.66)
- 150g low fat natural yogurt (£0.45)
- 2 tbsp chopped mint (£0.80)
- 1 tsp toasted cumin seeds (£1.00)
- Squeeze of lemon juice (£0.35 per lemon)

Method:

1. Spray a large pan with sunflower oil and cook the onion, ginger and squash for 5 minutes until the onion is tender.
2. Add the tomatoes, chick peas and curry paste and simmer gently for 15 minutes until the squash is tender.
3. Add the spinach and simmer for a further 5 minutes, until the spinach has thawed and the curry is piping hot.
4. Turn into a large serving bowl.
5. Meanwhile, stir together the cucumber, red onion, yogurt, mint and cumin seeds. Add a squeeze of lemon juice to taste, then spoon into a serving bowl.
6. Warm the tortilla wraps or chapattis according to packet instructions and serve with the curry and yogurt salad.