

Curried Vegetables

Calories: 190 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 50.00 g Cauliflower (cut into pieces)
- 40.00 g Cucumber (cut into pieces)
- 0.50 tsp Curry Powder
- 30.00 g Eggplant (cut into pieces)
- 1.00 clove Garlic (diced)
- 30.00 g Green Beans (cut into pieces)
- 1.00 tbsp Olive Oil
- 0.50 cup Water

Instructions

1. Heat oil in saucepan and fry garlic until transparent.
2. Add curry powder and stir through.
3. Add vegetables and water.
4. Cook briefly, approx 5-10 mins and serve (don't over cook).