

Sweet Potato and Aubergine Masala

Total time **75 mins** 20 mins preparation time 55 mins cooking time

Nutritional facts (per portion):

1,171 kJ / 279 kcal

INGREDIENTS

4 portion(s)

2 tbsp	sunflower oil
1	large onion, peeled and thinly sliced
450 g	sweet potatoes, peeled and cut into 2.5 cm / 1 in chunks
1	small aubergine, cut into 2.5 cm / 1 in chunks
2	courgettes, sliced
1	red pepper, deseeded and chopped
2 tbsp	medium curry paste
400 g	(14 oz) tin of chopped tomatoes
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
300 ml	vegetable stock
2 tsp	cornflour
150 g	natural yoghurt
	chopped fresh coriander, to garnish

PREPARATION

Step 1

Heat the oil in a large, deep pan, add the onion and fry gently for 5 minutes. Add the sweet potatoes and cook for a further 5 minutes, stirring occasionally.

Step 2

Add the aubergine and courgettes, frying for 5 minutes more before adding the red pepper. Stir in the curry paste.

Step 3

Add the tomatoes, soy sauce and stock and bring to a simmer. Cover the pan and cook for about 30 minutes or until the vegetables are tender.

Step 4

Mix the cornflour with the yoghurt and stir into the pan. Simmer over a low heat, stirring frequently, until the sauce thickens. Cook for 2-3 minutes more, scatter over the chopped coriander and serve with pilau or plain boiled rice, Indian breads and chutneys.