

## Cashew Curry

For 4:

150g Cashew Nuts

300g protein such as lean beef strips, chicken, fish or shellfish (I'm using prawns)

1 onion sliced

2 garlic cloves crushed

1 pepper sliced

2-3 baby potatoes cubed

½ cauliflower diced

Handful of baby spinach

Or any selection of vegetables of your choice such as mushrooms, corn, squash etc.

1 can of chickpeas, drained

1-2 tbsps. of Red Thai Curry paste or curry paste of choice.

300g Natural low fat Greek Yoghurt

½ Cucumber

5-6 leaves of fresh Mint

Brown Rice to serve

### Method

1. Put the cashews in a blender jug, just cover with water, and blend on high power until smooth. If you want the cream a little thinner, just add some more water – if your blender isn't very powerful you can soak the cashews in the water for an hour or two first to soften them
2. Grate the cucumber, but the gratings into the middle of a clean tea towel, wrap up and squeeze as much water out of the cucumber as possible. Put the dried cucumber into the yogurt with some fresh chopped mint (or a tsp of mint sauce) and set aside
3. Prepare your vegetables and meat, using some low-calorie oil, over medium heat gently sweat the onion until soft. Add the garlic and cook for 30 seconds.
4. Next add in your curry paste and gently fry for 1-2 minutes to awaken the flavours. This step is important to get flavour into the curry, but also over medium heat so it doesn't burn.
5. Next add in the cashew cream, once stirred through, add a little water or stock, we want to make it a little thinner than we want our final dish so that when it cooks it will reduce to the perfect consistency.
6. Next add your vegetables and meat in line with the cooking times, for my selection, I will add the potatoes first and let them cook through in the sauce over medium heat. Keep adding water if the sauce is thickening too quickly.
7. Once potatoes are soft, add the cauliflower, and the peppers and cook for 5 minutes, we want to keep some texture with these.
8. Finally, add the prawns and the chickpeas and gently cook through for 2-3 minutes
9. Just before serving, add the spinach.
10. Serve with rice and yoghurt on the side.

