



1 Cook an Indian fake-away

Slow down time to make a delicious meal.

What you need

- 1 onion, chopped
- 1 clove garlic, crushed
- 2 tsp turmeric
- 2 tsp garam masala
- 2 sweet potatoes, diced
- ½ a butternut squash, diced
- 1 tin coconut milk
- 1 tin chopped tomatoes
- 200ml vegetable stock
- 1 handful of fresh spinach
- Salt and pepper
- Fresh coriander

- Chopping board
- Knife
- Frying pan
- Slow cooker, saucepan or casserole dish
- Bowls to serve

Instructions

1 Gently fry onion, garlic and spices in a pan. Put them in your slow cooker, saucepan or casserole dish, along with the sweet potato and butternut squash. Add the coconut milk, chopped tomatoes and stock.

2 If using a slow cooker, cook on the low setting for three hours. If using the hob, simmer gently for 30 mins, stirring occasionally until the veg is soft. Or if cooking in a casserole dish, cover and place in the oven at 180°C for around 45 minutes.

3 Add the spinach and cook until it wilts. Sprinkle with chopped coriander and serve with rice or naan bread. Add salt and pepper to taste.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy



How does it work?

Slow cooking is a technique that cooks food over a long period of time by heating food gently at a low temperature. It can be done in a slow cooker – an electrical crock pot that sits on the counter – on the hob or in the oven. Cooking on a low heat has several advantages. One is convenience – you can prepare food in the morning and there will be a yummy meal ready in the evening. Giving food a long time to cook allows the flavours to become richer, and the lower temperatures preserve more of the healthy nutrients. Slow cooking can also make less expensive, tougher cuts of meat more tender and tasty. The key is a pot with a tightly fitting lid, which creates a seal. Instead of escaping the pot, steam turns back into water on the inside of the lid and runs back down, making sure that the food stays deliciously moist.