

VEGETABLE CURRY WITH YOGHURT AND TURMERIC

‘A plateful of vegetables with a heavenly sauce’



INGREDIENTS TO SERVE 2

- 250 g Pur Natur kitchen yoghurt
- 600 g vegetables
 - broccoli
 - cauliflower
 - green asparagus
 - cherry tomatoes
 - baby spinach
- 3 cloves of garlic, finely chopped
- 1 tablespoon turmeric
- black pepper
- sea salt
- olive oil

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Cut the cauliflower, broccoli and asparagus into large chunks. Cook them until al dente in water with a little salt.

Pour some olive oil into another pan and place on a moderate heat. Add the finely chopped garlic, turmeric and a generous sprinkling of black pepper. Allow to simmer gently for a minute or so. Add the raw baby spinach and stir well. Once the spinach has wilted, mix in the yoghurt and the rest of the vegetables: broccoli, cauliflower, asparagus and tomatoes. Season with a little salt.

Stir carefully and allow to simmer for about another 5 minutes.

About turmeric or curcuma

Part of the ginger family, turmeric is also called cheap saffron. It does more than just colour dishes, also imparting its individual, mild, warmly aromatic flavour. Turmeric is one of the main ingredients of curry. Its healing properties have long been known in Asia. It contains the cancer-inhibiting substance curcumin. No other ingredient in the kitchen is so good at controlling inflammation. To enable it to be absorbed properly by the body, it is important that you first dissolve the turmeric in oil and then add black pepper. This has a spectacular effect on the uptake of curcumin. Turmeric is easy to find in the shops.



Recipes: Pascale Naessens

Photo: Heikki Verdurme