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**Vegetable, beef & bean curry** (serves 6)

*The idea of this recipe is to show how you can boost your vegetable intake and reduce meat portions in a family dish. Beans are great for adding protein and fibre… you can modify the spices (and omit the coconut milk) to make it like a Bolognese or a chilli, so versatile and so healthy – the vegetables are almost invisible so it’s great for fussy eaters!*

2 tbsp oil (eg coconut, rapeseed or olive)

450g Minced round steak (or turkey / pork steak)

2 medium onions

2 large carrots

1 large courgette

3 Peppers (any colour)

2 tins cannellini beans

½ tin (200ml) coconut milk (freeze the remainder)

3 tsp mild curry powder (or your own combination of herbs /spices)

2 tbsp tomato puree

1 tbsp Soy sauce

½ beef stock cube in 100ml hot water

Freshly ground sea salt & black pepper to taste

1. Start by preparing all the vegetables. Wash all the veg in cold water. Peel and quarter onions and peppers and chop finely in a food processor (or by hand if you prefer!). Set aside in a bowl.
2. Peel carrots and use food processor again, this time with the grating disc to grate carrots and courgettes.
3. Heat 1tbsp oil in a large pan or wok, add minced beef and stir-fry until browned all over. Remove from the pan and set aside.
4. Heat the other 1tbsp oil and add onion and pepper mixture, fry for a couple of minutes then add the grated carrots and courgettes. Stir well over a medium heat for a couple more minutes.
5. Add curry powder and stir in well, then add tomato puree, coconut milk, stock and soy sauce.
6. Stir in the mince and drained cannellini beans. Simmer for 15-20 minutes. Taste and season to your liking.
7. Garnish with a sprig of fresh herbs and a little sprinkle of grated Parmesan cheese if you wish.