



SPICY APPLE CURRY

Ingredients:

- 2 large apples
- 1 small onion
- Dried chilli peppers
- 1-2 Dried Bay Leaves
- 1 tablespoon curry powder
- 2 garlic cloves
- 1 tablespoon brown sugar
- ¼ teaspoon salt
- ¼ cup coconut milk
- 1/3 cup water

Method:

1. Chop the onions
2. Wash and cut apples into quarters. Do not remove seeds or the core. Halve the quarters length-wise
3. Heat the oil over medium heat in a non-stick saucepan
4. Add the onions, bay leaves, dried chilli peppers and saute for a few minutes till onions are softened.
5. Add the curry powder and mix for about 30 seconds, just until you start to smell the spices.
6. Add the apples, garlic, salt and sugar and cook on medium high heat for a few minutes
7. Cook for about 10 minutes - uncovered, stirring occasionally. The apples will start to soften slightly.
8. Add the coconut milk and water and stir through with the apples.
9. Return to the stove for another 5 - 10 minutes covered, until the apples soften



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