



PREP TIME : 10 MIN

COOK TIME : 18 MIN

SERVES : 4

Ingredients :

- ***2 cups (500 mL) broccoli florets***
- ***2 cups (500 mL) cauliflower florets***
- ***2 cups (500 mL) baby carrots***
- ***1 sweet yellow pepper, sliced***
- ***1-1/2 cups (375 mL) chickpeas, drained and rinsed***
- ***1/2 cup (125 mL) vegetable broth***
- ***1 jar (341 mL) VH[®] Chicken Tikka Masala***
- ***3/4 cup (175 mL) packed baby spinach leaves***

Directions :

1. ***Combine broccoli, cauliflower, carrots, yellow pepper, chick peas, broth and VH[®] Chicken Tikka Masala in saucepan. Bring to a boil. Reduce heat and simmer for about 10 minutes or until vegetables are tender.***
2. ***Stir in spinach and cook for 2 to 3 minutes or until spinach is slightly wilted.***

TIP:

Serve over rice or naan bread for a hearty meatless meal!

Quick and simple to prepare, this vegetarian Indian dish will surely satisfy.