



**PREP TIME : 10 MIN**

**COOK TIME : 25 MIN**

**SERVES : 4**

## **Ingredients :**

- **2 tbsp (30 mL) canola oil**
- **1 onion, chopped**
- **1 tsp (5 mL) fennel seeds**
- **1/2 tsp (2 mL) pepper**
- **1/2 cauliflower head, cut into florets (about 5 cups/1.25 L)**
- **1 large sweet potato, peeled and cut into chunks (about 1 lb/500 g)**
- **1 jar (341 mL) VH<sup>®</sup> Coconut Yellow Curry**
- **1/2 cup (125 mL) chicken stock**
- **1 bunch baby spinach leaves, trimmed**
- **1/2 sweet red pepper, cut into short thin strips or cubes**

## **Directions :**

- 1. Heat oil in large deep saucepan set over medium-high heat. Add onion, fennel seed and pepper; cook, stirring, for 3 minutes.**
- 2. Stir in cauliflower and potato until well coated with onion.**
- 3. Pour in VH<sup>®</sup> Coconut Yellow Curry and chicken stock. Bring to boil. Reduce heat; simmer, covered, until vegetables are tender, 15 to 20 minutes. Stir in spinach and red pepper until spinach is wilted and red pepper is just fork tender, about 2 minutes.**

## **TIPS:**



## Curried Vegetarian Stew

*Serve this fragrant vegetarian stew over Basmati or Thai Jasmine rice. One cup of raw rice will serve about 4 people.*

*For a Minted Yogurt Topping, stir together 1/2 cup (125 mL) yogurt, 3 chopped green onions, 2 tbsp (30 mL) chopped fresh mint and a pinch of salt. Serve a dollop with stew for extra flavour.*