Indian vegetable curry

Ingredients

2 tablespoons vegetable oil
2 onions cut into wedges
2 tablespoons spice paste
Vegetables e.g. potatoes pumpkin green beans celery silver beet
½ cup natural yoghurt
1/2 cup (125ml) water

Method

Wash peel and chop, vegetables

Heat 2 tablespoons vegetable oil in a saucepan over a medium heat. Add 2 onions, cut into wedges, 2 tablespoons spice paste. Cook for 2-3 minutes or until softens slightly.

Add vegetables (not silver beet. Cook, covered for 15 minutes. Stir through yoghurt with 1/2 cup (125ml) water Cook for 15 minutes.

Add silver beet leaves, cook, covered, 2-3 minutes. Season.