



# Vegetable Stew with Go On

Warm up with this tasty vegetable stew made with Alpro Go On

## Preparation

1. Heat the oil and fry the onion together with the garlic, ginger and chilli until the onions are translucent. Add the spices (garam masala or ras el hanout, curry powder and tumeric) and cook for 1-2 minutes to release the aromas. Add the diced vegetables, tomato passata, water and coriander.
2. Bring to a simmer and let it cook for 20-30 minutes on a low heat until the potatoes are soft. Stir frequently.
3. Add the spinach leaves and Alpro Go On to the stew and simmer for a further 2 minutes.
4. Season with pepper, a pinch of salt and a little lime juice.



4 portions



35min



## Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 4cm ginger, grated
- ½ red chilli pepper (optional), deseeded and finely chopped
- 1½ tbsp garam masala or ras el hanout
- 1 tbsp curry powder
- 1 tsp tumeric
- 900g vegetables: potato, pumpkin and sweet potato, peeled and diced into small cubes
- 500ml tomato passata
- 400ml water
- A small bunch of fresh coriander, including stalks, chopped
- 200g fresh spinach
- 220g Alpro Go On Plain
- Lime, juice only
- Pepper and pinch salt

# Made with

Go On Plain

