

Winter Vegetable Curry and Rice



Ingredients (serves 2)

- 1 onion
- 1 clove garlic
- 1 large potato
- 1 carrot
- 1 x teaspoon (5ml) oil
- 2 x tablespoons (15ml) curry paste
- 300ml water
- 1 can chopped tomatoes (400g)
- 1 can chickpeas or kidney beans (410g), drain off the liquid
- 3 handfuls of fresh spinach or 3 cubes of frozen spinach
- 100g rice (brown rice is really tasty and healthy)




Equipment

- Knife
- Chopping board
- Garlic press
- Saucepan x2
- Measuring spoons
- Measuring jug
- Wooden spoon
- Can opener
- Sieve

Method

1. Prepare the vegetables into small pieces on your chopping board
 - peel and crush the garlic
 - peel and dice the onion (about 1 cms pieces)
 - peel and dice the carrot and potato (about 1 cms cubes) or leave the skin on if you like it - very tasty and healthy
2. Heat your oil in a pan until it sizzles gently
3. Add the onion, garlic, potato and carrot to the oil, stir with a heat proof spatula for 5 minutes till soft but not burnt!
4. Stir in the curry paste, the tin of tomatoes (and the juice), drained chick peas and water.
5. Simmer (small bubbles) for 20 minutes until the potato is soft.
6. While your curry is simmering, half fill your other pan with cold water. Place on the hob and bring up to the boil.
7. Carefully add your rice and cook for 15-20 minutes until soft.
8. Drain through a sieve over the sink.
9. Stir in the spinach to the curry sauce and cook for 5 minutes.
10. Serve the curry with the rice.

Together We Cook

	<p>Serving Ideas</p> <p>Add a table spoon of plain yogurt and a sprinkle of fresh coriander.</p> <p>Chop up an apple and add to your curry before your serve it-sounds odd but is delicious and like having some fresh chutney!</p> <p>Instead of rice try a Naan Bread to eat with your curry.</p>
	<p>Variations</p> <p>The curry is full of winter veggies, carrots, onions, potato. You could also try parsnip. butternut squash, sweet potato or cabbage</p>
	<p>Leftovers</p> <p>The curry will freeze well, just make sure it's cold before it goes into a sealed, labelled box or bag and place in the freezer ready for another day.</p> <p>When you want to eat it defrost in the fridge for 3-4 hours. Reheat until it's very hot.</p>