

Together We Cook



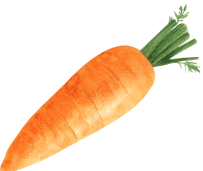
Winter Vegetable Curry and Rice

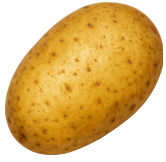


Serves 2

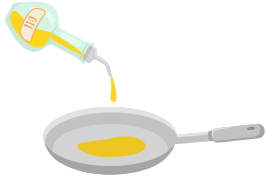


Ingredients

	1 onion
	1 clove of garlic
	1 carrot



1 large potato



1 teaspoon oil



2 tablespoons curry paste



300ml water



400g can chopped tomatoes



400g can chickpeas or kidney beans





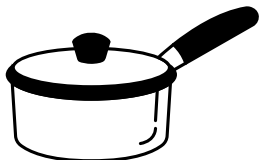



3 handfuls fresh spinach or 3 cubes frozen spinach



100g brown rice

Method

1		Peel and chop the onion, carrot and potato into 1cm cubes Crush the garlic
2		Gently heat the oil in the frying pan
3		Add onion, carrot, potato and garlic to the pan then heat for 5 minutes
4		Add the curry paste , chopped tomatoes , drained chickpeas or beans and water Keep stirring for 20 minutes
5		Half fill a pan with water then boil it
6		Add the rice to the water Simmer for 15-20 minutes
7		Stir in the spinach to the curry Cook for 5 minutes
8		Drain the rice Serve with some curry on top

Serving ideas



- Some plain yoghurt and fresh coriander look and taste great
- Chop and add apple to the curry at the same time as the spinach



Variations



1. Try adding parsnip, butternut squash, sweet potato or cabbage
2. Eat with Naan bread instead of rice



Leftovers



- Chill then freeze in a sealed bag or box
- Defrost in the fridge for 3-4 hours
- Reheat until very hot

