

LET'S MAKE VEGETABLE CURRY

(Serves 5)



INGREDIENTS

Remember to check for allergens before you start cooking.

2 tins of mushrooms, chopped in half	2 tablespoons of tomato puree
1 tin of carrots	1 carton of passata
1 tin of green beans	1 tin of coconut milk
1 small courgette, sliced	1 tablespoon of curry paste
2 peppers, deseeded and sliced	1 teaspoon of garam masala
2 medium sweet potatoes, chopped into small pieces	1 teaspoon of turmeric
2-3 small to medium onions, chopped and diced	1 teaspoon of garlic powder
1 bag of spinach	1 teaspoon cumin
1 tin of chopped tomatoes	½ teaspoon of chilli powder (mild, medium or hot depending on which you prefer)
2 tablespoons vegetable oil	1 teaspoon of mixed herbs

METHOD

1. Wash and chop or slice the fresh vegetables.
2. Open and drain the tinned vegetables and chop large chunks into small pieces.
3. Add water to a saucepan, bring to the boil, add sweet potato and onions. Simmer until soft.
4. Add the peppers and courgettes.
5. Add in the rest of the vegetables (except the spinach) and cook for 5 minutes.
6. Add the spices and move the vegetables around the pan until coated.
7. Add the curry paste, chopped tomatoes and passata, stir. Cook for further 5 minutes.
8. Add the coconut milk and spinach and stir in.
9. Simmer until the spinach has wilted.
10. Put the spinach on top of the vegetables and cook for a further 15 minutes on medium heat, until the vegetables are softened.
11. Serve with rice, naan bread or chapati.

Tip: Try with frozen vegetables or different beans and pulses. The coconut milk can be replaced with natural yoghurt.



Accompanying recipes can be viewed by scanning QR code. QR Readers can be downloaded at iStore or Google Play.

Visit: <http://tiny.cc/saccvegetablecurry>
<https://sandwelladvocacy.org/caring-cooks-project>



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