LET'S EAT!

VEGETABLE CURRY

40 minutes

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Allergens: sulphites, celery, mustard

What is it?

A super healthy dish, which you can make as mild or as spicy as you prefer! It can be a nice break in the week to go with a meat free meal, especially one as flavourful as this!

MAKE IT FUN!

We have included a range of veggies in this recipe, but challenge yourself to use whatever veg that you have in the fridge. Its a great way to reduce waste and save money!

What you'll need:

	For 2 people	3 people	4 people
Spinach	60g	90g	120g
Garlic clove (chopped)	1	1	1
Large carrot (diced)	2	3	4
Onion (diced)	1/2	1	1
Cauliflower	1/4	1/2	3/4
Medium curry powder	1 tsp	1 tsp	1 ½ tsp
Chick peas	80g	120g	150g
Peas	80g	110g	130g
Chopped tomatoes	150g	200g	250g
Vegetable stock	1 cube	1 cube	2 cube
Mango chutney	1 tbsp	2 tbsp	2 tbsp
Rice	150g	210g	260g

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:





Step 1:

In a frying pan, add 2 tsp of oil and gently fry your chopped garlic, diced onion and diced carrot. Stir over a gentle heat for around 10 minutes and set aside. In a separate saucepan of water, simmer the cauliflower until just cooked (still a little crunchy), then drain and set aside.

Step 2:

Use your saucepan again to mix the curry powder, chopped tomatoes and vegetable stock cube and cook for 10 minutes until the stock has disolved.





Step 3:

Boil the rice in a saucepan of water for around 10 minutes. Check that the rice is cooked by tasting a small amount, it should be soft and fluffy but not sticky. Drain most of the water and keep the rice in the pan over a very low heat, add the peas and the drained chick peas to the rice.

Step 4:

Add the cauliflower and spinach to the sauce, place over a medium heat and stir until the spinach has wilted, add the carrot and onion mix to the sauce and stir it all together simmer for a couple of minutes then serve with the drained rice and pea mix and a scoop of chutney!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!