

Vegetable Curry

Workstation:4

Equipment

Measuring cups
Measuring spoons
Scales
Chopping boards
Non slip mats
Knives
Peeler
Spanish grater plate
Saucepan

Ingredients

1 tbsp olive oil
1 brown onion, peeled and diced
300 grams of pumpkin, peeled and diced
170 grams of carrot, peeled and diced
300 grams of potatoes, peeled and diced
1 tbsp curry powder
2 cloves of garlic minced
1 tin crushed tomatoes
100 mls of coconut cream
1 tin chickpeas rinsed and drained
100 grams of frozen peas
1 cup of fresh coriander finely chopped

Method

1. **Measure, peel and dice** onion, pumpkin, carrots and potato
2. **Heat** the oil in a large pan over a low heat and add the onion.
3. **Fry** gently for 5-10 minutes until softened.
4. **Add** the pumpkin, carrot, potato, curry powder and garlic and continue to **fry** for 5 minutes, **stirring** often.
5. **Add** the tinned tomatoes, coconut cream, chickpeas and peas.
6. Bring the mixture up to a **gentle simmer** and cook, covered, for about 20 minutes or until the vegetables are tender. Stir the mixture often to avoid it burning on the base of the pan. (If curry becomes too thick add water about 1 cup to thin mixture)
7. Once cooked, **remove** from heat
8. **Add** coriander.

