



Warming Curry



Packed full of goodness, warmth and flavour to cheer up any day. These sunshine Caribbean flavours are great on their own or add meat or meat substitute. You can also add whatever fresh or tinned veg you have in your cupboard



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Celery – vegetable stock cube

Equipment

Two saucepans, knife, chopping board, wooden spoon, scales, measuring jug.

Ingredients

- 2 tablespoons oil
- 1 large onion, grated
- 1-2 tablespoons of curry powder
- 1 x 400ml tin coconut milk
- * 1 x vegetable **stock cube** mixed with 150ml of hot water
- 1 x 400g tin chopped tomatoes or 6 medium fresh ones chopped
- 1 x 400g tin red kidney beans (or other beans)
- 70g Rice per person

Suggested veg:

- 700grams (g) prepared butternut squash or pumpkin, cut into small chunks (about 2.5cm)
- 200g green beans fresh or tinned
- 2 red peppers, deseeded, chopped in strips

Optional Extras

- 1 tablespoon sugar
- Splash of lemon juice / vinegar
- 2 garlic cloves, grated, or from a jar
- A meat (such as chicken or lamb) or a meat substitute.
- Add more spices (a teaspoon (tsp.) of chilli or 2 tsp. of paprika, a tsp. of turmeric, 2 tsp. cumin)

Helpful Tips

- You can use any vegetables you have to hand in this dish.

Method

 Serves 4



1

Grate the onion; grate the garlic; chop the squash into small chunks; prepare the peppers



2

Heat oil in a large saucepan, add the onion, cook over a low heat for 10 minutes until nicely soft but not browned



3

Add the garlic and stir in the curry powder. If using, add the meat, meat substitute, fish or lentils at this stage



4

Add the coconut milk, sugar, lemon juice, stock and butternut squash, cover and simmer gently for 10 minutes, stirring now and then



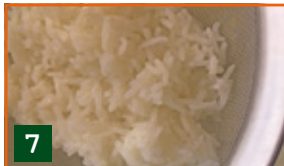
5

Wash the rice thoroughly and put in a pan of salted boiling water



6

Add the green beans, tomatoes, beans and peppers to the pan, put on the lid and simmer for a further 10 minutes or until the butternut squash is just tender



7

When the rice is soft (after about 10 minutes), drain it well with a sieve



8

Serve the rice and top with curry. Enjoy

