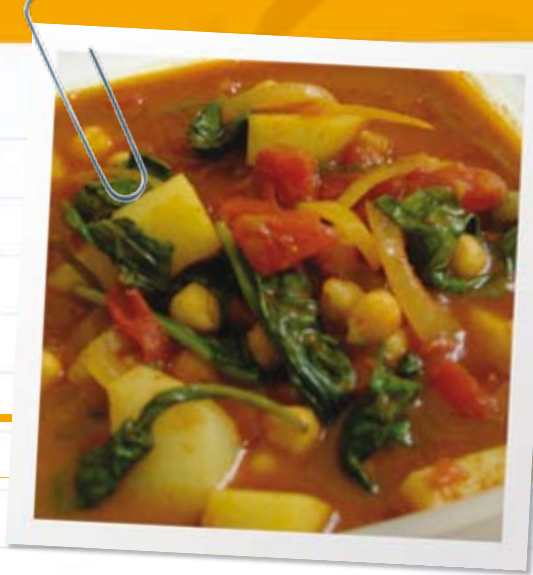


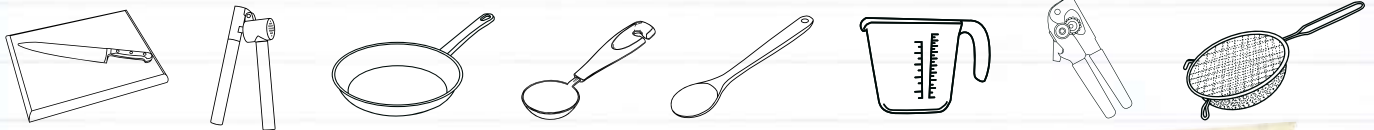
Vegetable Curry



Ingredients

- | | |
|-----------------------------|----------------------------------|
| 1 onion | 300ml water |
| 1 clove garlic | 400g can chopped tomatoes |
| 1 large potato | 410g canned chickpeas, (drained) |
| 1 x 5ml spoon oil | 3 handfuls of fresh spinach |
| 2 x 15ml spoons curry paste | |

Equipment



Method

1. Prepare the vegetables:
 - peel and slice the onion;
 - peel and crush the garlic;
 - peel and cut the potato into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potato and water.
4. Drain the chickpeas and add to the pan.
5. Add the tomatoes, then simmer for 20 minutes, until the potato is tender.
6. Stir in the fresh spinach, and allow to cook for a further 2 minutes.
7. Serve.

Top Tips

- Serve with boiled rice, naan bread and a side salad.
- Replace the tomatoes with thinly sliced courgettes, peppers or okra.
- Cook plenty and you can freeze some for a rainy - or busy - day!

Skills

- Using the hob
- Combining ingredients together
- Stir-frying
- Weighing and measuring

