

SWEET POTATO, CAULIFLOWER & TOMATO CURRY

From our garden: cauliflower, flat leaf parsley

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe first so you understand how to prepare the ingredients.
2. Focus on your peeling and knife skills.

Equipment

- chopping board
- large knife
- small knife
- peeler
- measuring spoons
- colander
- can opener
- wooden spoon
- large saucepan with lid
- tea towel
- serving bowls and spoons

Ingredients

- 1 large sweet potato
- ¼ cauliflower
- 1 brown onion
- 1 clove garlic
- 1 tsp hot Madras curry
- 4 tbsp olive oil
- 1 x 800g can chopped tomatoes
- Flat leaf parsley to garnish

What to do

- Peel and chop the sweet potato into small cubes.
- Wash the cauliflower and cut into small florets.
- Peel and finely chop the onion and garlic.
- Heat the olive oil in a saucepan over a medium heat. Add the onion, garlic and curry powder and cook for 5 minutes or until the onion is softened.
- Add the sweet potato and cook for 5 minutes.
- Add the tomatoes and cauliflower.
- Stir with a wooden spoon and cover with the lid and reduce the heat to a simmer. Set the timer for 20 minutes.
- Rinse the parsley. Dry the herbs by rolling in a tea towel, chop roughly, set aside.
- Transfer the hot curry to the serving bowls. Sprinkle the chopped parsley over the top and serve.