

VEGETABLE CURRY AND STEAMED RICE

From our garden: cauliflower, broccoli, flat leaf parsley, snow peas

NOTES TO STUDENTS and VOLUNTEER:

1. Cook the rice in the rice steamer. Please make 4 cups of rice.
2. Read this recipe so you understand how to prepare the ingredients.
3. Focus on your peeling and knife skills.

Equipment

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

Ingredients

- 4 cups long grain rice
- 1 large sweet potato
- ¼ cauliflower
- Bunch broccoli
- 2 carrots
- 1 brown onion
- 1 clove garlic
- Handful of snow peas
- 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 carrots into thin slices.
- Peel and chop the sweet potato into small pieces.
- Wash the cauliflower and cut into small florets.
- Wash the broccoli 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 carrots and cook for 5 minutes.
- Add the tomatoes, broccoli and cauliflower.
- Wash and trim the snow peas and cut on the diagonal.
- Stir with a wooden spoon and cover with the lid and reduce the heat to a simmer. Set the timer for 20 minutes.
- Add the snow peas 5 minutes before serving.
- 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.