

Year 6 'Cooking for Fun'

Vegetable Curry

Ingredients

2 tblsp Olive oil	2 tblsp Curry paste
4 Small onions	2 tsp curry powder
300g dried lentils	1 tsp garam masala
2 tins of chopped tomatoes	1 tsp coriander powder
2 courgettes	Pinch of salt
1 small pot of live yoghurt	150g basmati rice
165ml Coconut milk	

Method

1. Weigh out 300g dried lentils in to a saucepan. Cover the lentils with boiling water. Bring the lentils to the boil. Now they are boiling reduce the heat so that the water is just simmering then put the lid on.
2. Chop up the onions and the courgettes. Pour the oil into a large sauce pan and turn on the heat.
3. Add the onions to the pan.
4. Stir the onions for one minute
5. Add the courgettes and stir
6. Stir in the curry paste and other spices, allow to cook gently for 2 minutes
7. Add the tinned tomatoes and cook for 1 minute
8. Add the coconut milk and yoghurt and stir, allow to cook gently for 2 minutes

9. Take half the mixture and liquidize then add back to the remainder of the mixture
10. Drain the lentils and add to the curry
11. Taste and season if needed
12. Cover and simmer gently
13. Boil the kettle
14. Measure out the rice and put it in a saucepan
15. Add the boiled water to cover the rice
16. Boil the rice and water for 3-4 min with lid on and then turn it off (absorption method)
17. Clean up kitchen
18. Dish up and taste