

**Veggie curry : easy to make but extremely exotic ... : Change4life /
[produced by COI for the Department of Health].**

Contributors

Great Britain. Department of Health.
Great Britain. Central Office of Information.

Publication/Creation

[London?] : [Dept. of Health], 2010.

Persistent URL

<https://wellcomecollection.org/works/mg3na6jm>

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veggie curry



Easy to make but extremely exotic!

Serves: 4

Preparation time: 15 minutes

Cooking time: 35 minutes

Rough cost for recipe: £4.80

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veggie curry

WHAT YOU NEED

1 x 400g tin of chopped tomatoes

1 x 200g tin of chickpeas, drained

200g long grain rice (brown or white)

150g marinated tofu pieces (you can find these in the fridge or freezer sections)

150g cauliflower or broccoli, broken into small 'trees'

50g frozen peas

2 carrots, sliced

1 large onion, chopped

1 apple, chopped and with the core removed

1 garlic clove, crushed or really thinly sliced

2 tablespoons Balti curry paste

1 tablespoon vegetable oil

2 stock cubes

300ml (½ pint) boiling water

WHAT YOU DO

STEP 1 First put the rice on to cook. Put it in a large pan of boiling water and simmer it gently for 25-30 minutes if you're using brown rice, and 10-15 minutes if it's white. While the rice is cooking, heat the vegetable oil in a large saucepan and add the onion, apple and garlic. Stir-fry for 2 or 3 minutes, then add the curry paste and mix in.

STEP 2 To make the stock, pour the boiling water into a jug and crumble the stock cubes in. Give it a stir, then add the stock to the pan of curry.

STEP 3 Add the carrots, tomatoes, cauliflower, chickpeas and tofu and put the lid of the pan half on. Simmer it all gently for 25-30 minutes and keep checking it. Add a little extra water to the mixture if it looks as though it's getting too dry, as it is in picture 3.

STEP 4 Now stir the peas in, heat it all for a couple more minutes then turn the heat off and season with pepper. Drain the rice and put a big spoonful on each plate, along with a portion of curry, and serve.

