

Difficulty:

Easy



Time:

40 minutes



Vegetable curry

with rice



Allergens: sulphites, celery

What is it?

A super healthy dish, which you can make as mild or as spicy as you prefer! Sometimes it can be a nice break in the week to go with a meat-free meal, especially one as flavourful as this!

**THIS RECIPE
COSTS MAX.**

£3.30

**PER PERSON
(BASED ON ALDI
INGREDIENTS)**

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Spinach	60g	90g	120g
Garlic clove (chopped)	1	1	1
Large carrot (diced)	2	3	4
Onion (diced)	1/2	1	1
Cauliflower	1/4	1/2	3/4
Medium curry powder	1/2 tsp	1 tsp	1 tsp
Chick peas	80g	120g	150g
Frozen peas	80g	110g	130g
Chopped tomatoes	150g	200g	250g
Vegetable stock	1 tsp	1 tsp	1 1/2 tsp
Mango chutney	1 tbsp	2 tbsp	2 tbsp
Rice	150g	210g	260g

You will also need a small amount of oil

Kit list:

- Sauce pans x2
- Frying pan

Make it your own!

We have included a range of veggies in this recipe, but you can use any leftover vegetables that you have in the fridge. It's a great recipe to reduce any waste at the end of the week.

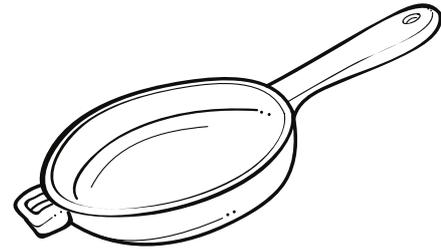
**Celebrate Family
Food**

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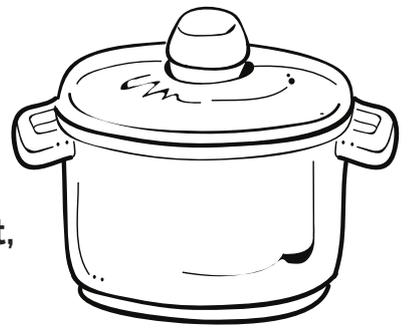
What to do:

Step 1: In a frying pan, add 2 tsp of oil and gently fry your chopped garlic, diced onion and diced carrot. Stir over a gentle heat for around 10 minutes, and then leave to one side.



Step 2: In a separate saucepan, simmer the cauliflower until it is just cooked (still a little bit crunchy), then drain and leave in a bowl for later.

Step 3: Use your saucepan again to mix the curry powder, chopped tomatoes and veg stock cube and cook for 10 minutes until the stock has dissolved. Then leave to one side, in the pan or in a jug if you need to reuse the same saucepan for step 4.



Step 4: Boil the rice in a saucepan of water for around 10 minutes. Check that the rice is cooked by tasting a small amount, it should be soft and fluffy but not sticky. Drain most of the excess water and keep the rice in the pan over a very gentle heat.

Step 5: Add the green peas and chick peas to the rice. Then add the cauliflower from earlier and spinach, and stir until the spinach is cooked (when it starts to wilt).



Serve: Dish up your rice and peas mix first, then spoon on your sauce mixture (tomatoes and stock). Finally add a helping of your carrots and onions mix to top it all off. Add a spoonful of mango chutney, and enjoy!

What did you think of this recipe? Colour in the stars to give it a rating!

