



FOOD WORKS

Curry

(Makes 6-8 portions)

Ingredients

For the roasted veg:

- 1 large, sweet potato, peeled & cubed (2cm)
- 1 cauliflower, cut into florets
- 2 carrots, peeled & cubed (2cm)
- 2 tbsp oil

Choose one optional protein:

- 1 tin (400g) butterbeans/chickpeas
- 250g cooked lentils
- Cubed and fried tofu
- Leftover cooked chicken



For the oil infusion and base:

- 3 tbsp oil
- 2 cloves
- 1 bay leaf
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 3 cardamom pods (lightly crushed)
- 2 large onions, sliced

For the sauce

- 1 tsp ginger paste/ginger powder or grated fresh ginger
- 1 tsp ground turmeric
- ½ tsp chilli powder (adjust to taste)
- ½ tsp paprika
- 1 tsp ground coriander
- 1 tin (400g) chopped tomatoes
- 1 tin (400g) coconut milk
- Salt to taste

Alternatives

Use up those extra ingredients in your cupboard/fridge and save yourself a trip to the shop.

For the roasted veg, you can use:

- Potato, pumpkin, butternut squash, parsnip, broccoli, romanesco, swede, courgette, green beans, peppers or celeriac.

For the oil infusion, you can use:

- 1.5tbsp of your favourite curry paste (Madras, tikka).
- Fry it for 1 min after the onions.

Instead of chopped tomatoes, you can use:

- 500g of passata or 4-5 fresh tomatoes chopped

Instead of coconut milk you can use:

- 150ml double cream (add at the end) or 200g plain yoghurt (Stirred in off the heat)

Got leftovers? Toss them in!

- Spinach or kale can be stirred into the finished curry
- An apple or pear can be cubed and roasted with the veg for a subtle sweetness
- A spoonful of tomato paste or chutney can be stirred in for extra richness
- Nuts/seeds can be toasted in a pan and sprinkled on top.

Method

Roast the veg

- Preheat the oven to 180°C (fan assisted).
- Toss cubed sweet potato, cauliflower florets, and carrots with 2 tbsp oil.
- Spread on a baking tray and roast for 15-20 mins until starting to soften and brown at the edges.

Infuse the oil

- In a large, deep pan or pot, heat 3 tbsp oil over medium-low heat.
- Add cloves, bay leaf, mustard seeds, cumin seeds, and cardamom pods.
- Let them sizzle gently for 60-90 seconds until fragrant (do not let them smoke or burn).

Cook the onions

- Add sliced onions to the spiced oil.
- Increase the heat to medium and cook, stirring often, for 8-10 minutes until very soft and golden.
- Add a splash of water if they stick.

Bloom ground spices

- Add ginger, turmeric, chilli powder, paprika, and coriander.
- Stir constantly for 1 minute until they smell toasty.

Build the sauce

- Pour in the chopped tomatoes and coconut milk. Stir well.
- Add your tinned beans or cooked lentils.
- Bring to a simmer, then cook for 15-20 minutes, stirring occasionally.

Combine and finish

- Taste and add salt as needed.
- Gently fold in the roasted vegetables. Heat through for 2-3 minutes.
- Serve with rice, naan, flatbread or extra cooked lentils.