

Happy Valley School Kate Sparrow, SAKG Kitchen Specialist

Cauliflower, Pumpkin & Potato Curry

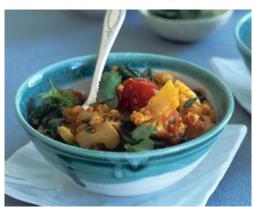
Serves half the class

chopping board

measuring spoons measuring jug



Growing Harvesting Preparing Sharing



Equipment Ingredients

knife 2 tablespoons oil

2-4 spring onions or onions, finely sliced

4 tablespoons mild curry paste wooden spoon bowls

3 x 400g canned chopped tomatoes

4 potatoes, cut into chunks

500g pumpkin, peeled and cut into chunks

500g cauliflower, cut into florets

5 tablespoons coriander or basil, roughly chopped (if available) saucepan

palm sugar or brown sugar to taste

2 stock cubed

Add broad beans, cherry tomatoes, red cabbage or any other vegies you like.

What to do:

large pot

ladle

- 1. Pour 400ml water into a large pot and add 2 stock cubes.
- 2. Add chopped pumpkin, potatoes and tomatoes.
- 3. Bring to boil, reduce heat to low and cover. Simmer for 10-15 minutes.

Meanwhile:

- 4. Heat oil in a saucepan over low heat, add onion and cook for 2-3 minutes until soft.
- 5. Add curry paste and cook stirring for a further minute until fragrant.
- 6. Add to large pot. Add cauliflower florets. Simmer till all is tender.
- 7. Check enough sauce and add water if needed.
- 8. Season with salt and sugar.
- 9. Ladle some curry into a bowl for all team to taste.
- 10. Discuss flavours and adjust if necessary.
- 11. Remove curry from heat. Stir in herbs.
- 12. Serve one ladle per bowl.