



Happy Valley School
Kate Sparrow,
SAKG Kitchen Specialist

Cauliflower, Pumpkin & Potato Curry

Serves half the class



Equipment

knife
chopping board
wooden spoon
bowls
measuring spoons
measuring jug
large pot
saucepan
ladle

Ingredients

2 tablespoons oil
2-4 spring onions or onions, finely sliced
4 tablespoons mild curry paste
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)
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:

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.