

Vegetarian Curry

Ingredients

Curry paste

1 tsp cumin seeds
1 tsp fennel seeds
1 tsp coriander seeds
1 onion
2 cloves garlic
2cm piece of fresh ginger
1 tsp cinnamon
1 tsp ground turmeric
1 tsp paprika
1 tsp chilli - optional

2 tbsp oil
1-2 Quorn Fillets or pack of tofu
150ml water
chicken stock cube
Vegetables :- Handful of green beans or 5 mushrooms
1 small bounty bar or equivalent
Tablespoon of cream

Equipment

All equipment is provided by school.

**** Remember to bring a container from home to put your food in ****

Method:

1. Dry fry the cumin, coriander and fennel seeds.
2. Add into a food processor with onion, garlic and ginger and the rest of the spices and blend until you have a smooth paste.
3. Fry the quorn or tofu in a frying pan
4. Add the mushrooms (if using).
5. Stir in the curry paste and cook for 3 minutes.
6. Add the hot water and crumble in the stock cube. Stir.
7. Add green beans (if using)
8. Simmer the sauce for 10-12mins until the sauce has thickened.
9. Then add cream and chopped bounty bar, simmer and season to taste.