# Vegetarian Curry

## Ingredients

**Curry paste**
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 tsp coriander seeds
- 1 onion
- 2 cloves garlic
- 2 cm 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
- 150 ml 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 10-12 mins until the sauce has thickened.
9. Then add cream and chopped bounty bar, simmer and season to taste.