

Vegetable curry with seeds & spice rice

(Serves 2)

Ingredients

- 1tbsp Oil, Rapeseed (Canola)
- 1 tsp Cumin seeds
- 100g Onions, diced
- 100g Cauliflower, small florets
- 80g Swede, diced
- 80g Sweet potatoes, diced
- 100g Potatoes, diced
- 3 Garlic cloves, crushed
- 10g Ginger, fresh, finely chopped
- 1 tbsp Curry powder
- 1/2 tsp Black pepper
- 50g Green beans, fresh, trimmed
- 50g Peas, frozen, garden
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 Stock pot, (knorr vegetable)
- 700mls Water
- 3 Cardamom pods
- 1/2 tsp Coriander seeds
- 1/2 tsp Oil, Olive, napolini
- ¼ tsp Turmeric, ground
- 100g Rice, basmati, brown
- 1/2 tbsp Sunflower seeds
- 1/2 tbsp Sesame seeds

Preparation

1. Heat the 1 tbsp rapeseed oil in a large lidded pan.
2. Add cumin seeds & onions & fry for 4-5 minutes, stirring occasionally.
3. Add cauliflower, swede, sweet potatoes & potatoes & cook for 3-4 minutes, stirring occasionally.
4. Stir in 2 cloves of the garlic & the ginger, then sprinkle over curry powder & black pepper.
5. Add green beans, peas & tomatoes. Cook for 2-3 minutes.
6. Prepare stock using 1/2 of the stock pot & 300mls of the water.
7. Add stock. Bring to boil & simmer for 25-30 minutes, until stock reduced, stirring occasionally.
8. Whilst curry cooking, prepare stock using remaining 1/2 stock pot & 400mls water.
9. Lightly crush the cardamom pods & coriander seeds.
10. Heat the 1/2 tsp olive oil in a non-stick pan.
11. Fry spices & remaining clove of garlic for 1 minute, stirring all the time.
12. Add rice & stock. Bring to boil.
13. Cover & simmer for 15-20 minutes, until rice tender, stirring occasionally.

14. Toast sunflower & sesame seeds lightly.
15. Remove cardamom pods. Stir seeds into rice.
16. Serve vegetable curry with the rice.

TOP TIP: You can use any variety of vegetables you want in this curry.

NUTRITIONAL VALUES

PER SERVING

Calories 565
Total Sugars 18.82g
Total Fats 16.86g
Saturated Fats 2.4g
Salt 2.4g
Fruit & Veg 4