

THE LARDER PRESENTS..



REMEMBER: ALWAYS WASH YOUR HANDS THOROUGHLY BEFORE TOUCHING AND PREPARING FOOD

VEGETABLE JALFREZI



1 Hour



Serves 4



- 1 tbsp vegetable oil
- 2 onions (peeled and chopped)
- 1 garlic clove (peeled and pressed, or chopped finely)
- 1-2 tsp curry powder
- 1 carrot (washed, peeled and chopped)
- 1 green pepper (washed, deseeded and chopped)
- 1 x 400g tin chopped tomatoes
- 3 handfuls cauliflower (washed and chopped into florets)
- 1 x 400g tin chickpeas (rinsed and drained)
- 1 vegetable stock cube
- 1 cup of water (off the boil)
- 1 cup white rice
- 1 cup courgette (washed and diced)
- 2 tbsp fresh coriander (to serve, optional)
- 4 tbsp natural yoghurt (to serve, optional)

- Cup (Measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Veg Peeler
- Wooden Spoon
- Two Saucepans
- Colander for draining (optional)
- Hob

EQUIPMENT



INGREDIENTS

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK



METHOD



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**

1. Gather together all the equipment and ingredients.
2. Prepare ALL vegetables (peel and slice/crush garlic; peel and slice onion; wash, peel and chop the carrot; wash and chop courgette into slices or cubes, wash, deseed and slice pepper; wash and chop cauliflower into florets).
3. Turn the hob to a medium heat and place a saucepan over the hob.
4. Pour oil into the saucepan and heat the oil slowly.
5. Add onion and garlic to the hot oil in saucepan (CAREFUL NOT TO SPLASH OIL).
6. Gently fry the onion and garlic for 3-4 minutes until soft and lightly golden.
7. Sprinkle in the curry powder `to taste` to coat the onions and garlic and cook for a few minutes.
8. Add the carrot, pepper, cauliflower, courgette, chickpeas, 1 cup of water (just off the boil) and crumble in the stock cube.
9. Add tinned tomatoes and stir well.
10. Bring to the boil and simmer (partly covered) gently for 25-30 minutes (stirring occasionally). Add a little extra water if needed.
11. At the same time, cook the rice in a large saucepan of gently boiled water. NOTE: Check packet instructions for cooking time, it will usually take approx. 15 MINUTES.
12. Add coriander (if using) to the curry and heat for 2 minutes.
13. Check the seasoning, adding a little black pepper if needed.
14. Serve the vegetable curry with the rice, topping each portion with 1 tbsp of natural yoghurt (optional).

THE LARDER TOP TIP:

- Cool any leftovers quickly and refrigerate, covered, for up to 3 days. Make sure you re-heat thoroughly before serving.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING,
COOKING AND ENJOYING THE RECIPES

KIDS
in the
KITCHEN



PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



THE
LARDER

LANCASHIRE AND REGION
DIETARY EDUCATION RESOURCE

LARDER.ORG.UK

THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD

THELARDERLANCASHIRE @LARDERLANCS @LARDER_LANCS