

THE LARDER PRESENTS..



VEGETABLE JALFREZI



3 Hours







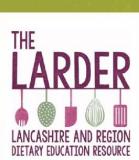
- 2 onions (peeled and chopped)
- l garlic clove (peeled and pressed, or chopped finely)
- 1-2 tsp curry powder
- 1 carrot (peeled and chopped)
- l green pepper (washed, deseeded and chopped)
- 1 x 400g tin chopped tomatoes
- 3 handfuls cauliflower (washed and chopped into florets)
- 100g chickpeas (soaked in water overnight)
- 1 vegetable stock cube
- l cup of water (off the boil)
- l cup white rice
- 1 courgette (washed and diced)
- 2 tbsp fresh coriander (to serve, optional)
- 4 tbsp natural yoghurt (to serve, optional)

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

- Cup (Measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Veg Peeler
- Wooden Spoon
- 1 Saucepan (for rice)
- 1 Pan with fitted lid (for curry)
- Colander for draining (optional)
- Hob
- Thermal Cooking Bag
- Tea Towel (to wrap the pan)







THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD THELARDERLANCASHIRE 20 @LARDERLANCS 20 @LARDER_LANCS



METHOD

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

- 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 9. cubes, wash, deseed and slice 10 pepper; wash and chop cauliflower into florets).
- courgette, chickpeas, 1 cup of water (just off the boil) and crumble in the stock cube.
- 2. Turn the hob to a medium heat and place saucepan over the hob.
- Add tinned tomatoes and stir well.
 Bring to the boil and simmer (partly covered) gently for 10 minutes (stirring occasionally). Add a little extra water if needed.
- 3. Pour oil into the saucepan and heat the oil slowly.
- 11. Wrap the pan in a towel and place inside the Thermal Cooking Bag. Seal and leave to cook for approx. 3 hours.
- 4. Add onion and garlic to the hot oil in saucepan (take extra care not to splash yourself with hot oil).
- 12. Approx. 15 minutes before serving, cooking the rice according to the packet instructions in a large saucepan of boiled water.
- 5. Gently fry the onion and garlic for 3-4 minutes until soft and lightly golden.
- 13. Add coriander (if using) to the curry 2 mins before serving.
- 6. Sprinkle in the curry powder to coat the onions and garlic and cook for a few minutes.
- 14. Serve the vegetable jalfrezi with the rice, topping each portion with 1 tbsp of natural yoghurt (optional).
- 7. Add the carrot, pepper, cauliflower,

THE LARDER TOP TIP:

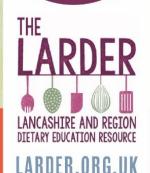
 Cool any leftovers quickly and refrigerate, covered, for up to 3 days. Make sure you re-heat thoroughly before serving.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING COOKING AND ENJOYING THE RECIPES



PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD THELARDERLANCASHIRE (SOME) @LARDERLANCS (COMPARED DESCRIPTION OF THE LARDER DESCRIPTION