

## THE LARDER PRESENTS..



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

## VEGETABLE JALFREZI



3 Hours



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 (peeled and chopped)
- 1 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
- 1 cup of water (off the boil)
- 1 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)

## EQUIPMENT



## INGREDIENTS

# METHOD



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THOROUGHLY BEFORE TOUCHING  
AND PREPARING FOOD**

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

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