

Cauliflower & potato curry

Ingredients (in groups of 3)

1 tbsp vegetable oil
1 large onion - chopped
large piece ginger grated
2 garlic cloves, finely chopped
¼ tsp turmeric
½ tsp ground cumin
½ tsp curry powder, or to taste
½ of a 227g can chopped tomatoes
½ tsp sugar
½ cauliflower - cut into florets
1 potato - cut into chunks
½ small green chilli - halved lengthways
squeeze lemon juice
handful coriander, roughly chopped, to serve

Equipment



Year 6 – Autumn Term

Method

Prep

Cut up onion, potato, cauliflower and chilli into prep bowls
Grate the ginger
Use the garlic press for the garlic
Measure out herbs & sugar in to prep bowls ready for cooking
Divide up the tin of tomatoes

Working in groups of 3 to one wok:

1. Heat the oil in a wok.
2. Cook the onion for 10 mins until soft,
3. Then add the ginger, garlic, turmeric, cumin and curry powder. Cook for 1 min more.
4. Stir in the tomatoes and sugar.
5. Add the cauliflower, potatoes and split chilli
6. Seasoning to taste.
7. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender – add a drop of water if you need to, but it is meant to be a dry curry.
8. When the vegetables are cooked, remove the chilli, if you like, stir in a squeeze of lemon juice and scatter with coriander.
9. Serve with your choice of Indian bread and a dollop of yogurt.



Add some spice to your midweek meal with this one-pan vegetarian main course

Hints and tips

Serve with Naan bread and natural yogurt,

