

Vegetable Curry serves 3/4

what you need

75g rice per person.

1 tin carrots

1 tin lentils

1 tin peas

1 stock cube

Optional ingredients:

1 tin of chicken breast

herbs/spices (turmeric, cumin, chilli or ginger)

curry powder

curry sauce instead of stock

kidney bean

what to do

Cook the rice. To do this, place the rice into a saucepan and fill with water to cover the rice by 2-3cm. Heat until the water boils, stirring the rice whilst doing so. When the water starts to boil, turn the heat down to its lowest setting and replace the lid, allowing a small gap for the steam to escape. The rice should take approximately 20-25 minutes to cook.

Prepare the stock. To do this, add 1 stock cube to 450-500ml boiling water and stir well to dissolve. Pour the stock into a large saucepan.

Drain the carrots, lentils and peas (as well as any other vegetables that you have) and add to the stock. Cook on a medium heat for 20 minutes. The lentils should absorb some of the stock and thicken the mix.

Add any herbs or spices and stir well.

If you have a tin of chicken add it to the mixture. Follow the instructions on the tin with regards to cooking/reheating.

A simple, quick recipe for a delicious vegetable curry! This recipe does not require the addition of curry sauce, however, if you have a jar to hand, skip out the stock cube stage and just use the curry sauce instead. Play around with any herbs or spices you may have to adjust the flavour.

