

THE KITCHEN CLUB

Learn to cook, eat well for life



Golden Harvest Vegetable and Chick Pea Curry

Serves 8

This golden autumnal curry is a mild dish absolutely bursting with the exciting flavours of warming spices and seasonal vegetables and squashes. These rainbow hued vegetables coupled with the array of spices provide holistic health benefits, helping to maintain healthy bodies and boost our immune systems, ready for the Winter.

Nutritional information per 420g portion :

calories	fat	saturates	sugars	salt
324Cal	14.5g	4.9g	11.5g	0.5g
	21%	25%	13%	8%

of an adult's reference intake

Equipment

- Apron
- Non Slip Mat
- Sharp knife
- Chopping board
- Colander
- Vegetable Brush
- Vegetable Peeler
- Garlic Press
- Small bowl x 2
- Measuring jug
- Kettle
- Measuring spoons
- Large Saucepan
(or deep frying pan)
- Hob
- Wooden spoon
- Can opener
- Serving Dishes

Ingredients

- 3 tbsp vegetable oil
- 1 red pepper
- 1 yellow pepper
- 2 small sweet potatoes
- 1 small butternut squash
- 2 medium carrots
- 1 medium courgette
- 100g or handful green beans
- 1 small aubergine
- 2 red onion
- 2 garlic cloves pressed
- 2 tsp minced ginger
- ¼ tsp chilli powder or paprika (optional)
- 2 tsp ground turmeric
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp garam masala
- 1 tbsp Korma Curry Paste
- 200ml vegetable stock
- 1 x 400g tin chickpeas
- 1 x 400g chopped tomato
- 1 tin coconut milk
- 1 bunch fresh coriander
- Naan bread or rice to serve

Nutrients

Sweet Potato is a good source of: *Vitamin C and D* which aids our immune system ; *Iron* which helps carry oxygen in our blood ; and *Magnesium* which is beneficial to our bones, heart and muscles. Sweet Potatoes are known as a **superfood** as it has a large variety and quantity of vitamins and minerals. These are concentrated just below the skin so it's best to eat it with the skin on to gain all the benefits of these minerals and vitamins.

Butternut Squash is high in fibre which helps remove the waste from our tummies. It is a good source of Vitamin A and along with carrots may help maintain healthy eyesight. It has lots of Vitamin C which boosts our immune system and also helps absorb important minerals for healthy bones and skin.

Carotenoids - Sweet Potato, Butternut Squash and Carrots have carotenoids which is what gives it its beautiful orange colour. Carotenoids help lower inflammation and promote healthy growth and development in children. They also help maintain healthy eyes for good eyesight. Carotenoids boost our immunity and protect our skin.

Method

1. Wash all the vegetables well to remove any residual pesticides and dirt.
2. Scrub the sweet potatoes with a vegetable brush (or peel the skin off if you prefer). Dice into 1 inch cubes.
3. Peel the butternut squash. Deseed and dice into 1 inch cubes.
4. Dice the carrots, courgette and aubergine into 1 inch cubes.
5. Deseed the red and yellow peppers and cut into 1 inch slices.
6. Cut the green beans into 1 inch lengths.
7. Roughly chop the coriander – leaving a few stems whole for garnishing (optional).
8. Peel and chop the onion as fine as possible.
9. Using a garlic press, press out the garlic into a small bowl, then add the minced ginger to this.
10. Measure all the spices into a small bowl.
11. Make 200ml vegetables stock.
12. Over a medium heat hob, heat the vegetable oil in a saucepan or deep frying pan and cook the onion, garlic and ginger until pale golden brown. Then add the spice mix. Stirring all the time, cook for another 2 minutes.
13. Add the sweet potato, butternut squash and carrots into the spice paste and cook for 5 minutes. Then add the rest of the vegetables and cook for a further 2 minutes.
14. Add 200ml vegetable stock and the can of chopped tomato. Add the Korma Paste and stir in well. Bring to the boil, then reduce the heat and simmer gently for 10 minutes and until vegetables are soft.
15. Add the can of chickpea and cook for 5 minutes.
16. Add coconut milk and heat through, but don't let the coconut milk boil otherwise it can split.
17. Turn the heat off and scatter the coriander leaves and stir.
18. Serve in a bowl and garnish with lime and fresh coriander.
19. Serve with rice or naan bread and a green salad.

Allergens: Celery and gluten (in most stock powders), spices might be produced and/or packed in an environment where allergens such as nuts, peanuts, soya or mustard are present. **Mustard** in Korma Paste. **Wheat ;gluten and Milk** in Naan Bread if serving as accompaniment. Presence of allergens can vary between brands – always check product labels.

Carbohydrates - Give us energy	Protein - Builds our bodies	Good Fats in small quantities - Keep our bodies working	Fibre – Sweeps out tummies.	Spices – help our bodies to repair and stay healthy
				
Sweet Potato	Chick Peas	Coconut Milk	Butternut Squash	Spices

Try something different next time: Use other pulses, such as butter beans ; kidney beans or lentils. Pulses are a good source of protein (good for growing children) and fibre, which sweeps our tummies and keeps our digestive system healthy.

Skills you have learnt with this recipe:
 You have scrubbed ; peeled ; cut ; diced ; measured ; sautéed ; simmered, wilted.