



Cauliflower, Spinach and Potato Curry

Ingredients

2 tablespoons Olive Oil
1 Onion sliced
Korma Curry Paste
800g Tin chopped tomatoes
1 cup vegetable stock
500g potatoes
300g cauliflower florets
Chopped Spinach
400g tin chickpeas
Parsley

Method

Heat the oil in a high sided frying pan
Add the onion and curry paste and cook until onion softens
Take care to not burn the curry paste
Add the chopped tomatoes and vegetable stock
Bring to a boil, then reduce heat, cover and simmer.
Meanwhile steam the potatoes in the steamer basket for 10 minutes
Add the cauliflower florets and steam until tender
Add the spinach and steam for one minute
Chop the parsley
Remove the strainer basket and add the vegetables to the curry sauce
Add the drained tin of chickpeas
Combine gently and place in serving dish.
Garnish with chopped parsley to serve

Equipment

Knife
Chopping board
Saucepan
Bowl

From the Market

Vegetables: Virgara's, N&M Tsimiklis, Patlin Gardens, Golden BC, Hart's Vegetables, Alnda Farm,
Aays Fresh herbs, Brookman Farm

Olive Oil: Hardings Fine Foods, Rodger Fryer, Bald Hill

Eggs: Rosies Free Range Eggs, Rhodes