

Vegetable Curry

Equipment

1 chopping board
1 x knife
1 x wooden spoon
1 x pot or electric frying pan
Measuring spoons/ cups
1 x Can opener

Ingredients

3 Tbsp	Oil
1	Onion
2 tsp	Garlic
1/4 cup	Rice (per person)
2 Tbsp	Curry paste, or use curry powder or your choice of spices
2 cups	Vegetable stock
1 can	Coconut milk
Several Cups	Vegetables of your choice

Directions

1. Heat oil in a large saucepan and fry onion gently, for 6-8 minutes. Add garlic and curry paste and cook for a further 2 minutes.
2. Add stock, coconut milk, and the vegetables that take longer to cook like potatoes and pumpkin and bring to the boil,
3. Turn down curry to a gentle simmer for 15 minutes.
4. Cook rice in the rice cooker or on a stove top. Add $\frac{1}{4}$ cup of rice per person and double the amount of water as per rice. Cover the rice and bring to the boil.

5. Add other softer vegetables to the curry sauce, simmer for 5-10 minutes or until vegetables are just tender.