

Keema Curry

Ingredients (Serves 1)

1 Tablesp Sunflower Oil
1 Onion (peeled and chopped)
1 Clove of Garlic (peeled and crushed)
2.5cm Piece of Fresh Ginger (peeled and chopped finely)
125g Minced Beef
1 Tablesp Medium Curry Paste (or curry powder)
230g Tin of Chopped Tomatoes
50g Frozen Peas
150ml Water

Method

1. Heat the oil in a saucepan, and fry the onion, garlic and ginger until soft.
2. Add the mince and brown quickly.
3. Add the curry paste and cook for 1 minute more.
4. Add the remaining ingredients.
5. Cover and simmer for 15 minutes before serving.
6. Serve with boiled rice and naan bread.

- **Additional vegetables may be added at stage 4 e.g. peppers, courgettes, mushrooms etc.**
- **For a hotter curry add chilli, fresh or powdered**
- **For a sweeter curry add mango chutney**

Curried Sweet Potato Soup

(Serves 4)

Ingredients

1 tbsp vegetable oil
1 onion, chopped
1-2 tsp Thai curry paste, red or green
1 litre vegetable stock
 $\frac{1}{4}$ can reduced fat coconut milk
Handful of coriander, roughly chopped
Mini naan bread to serve
750g sweet potato, grated

Method

1. Soften the onion in hot oil for 4-5 mins.
2. Stir in the curry paste and cook for 1 min more until fragrant
3. Add the grated sweet potato and stock
4. Bring to the boil and simmer for 5-10 mins until the sweet potato is tender
5. Remove from the heat and stir in the coconut milk and seasoning
6. Cook a little then blend until smooth
7. Sprinkle with coriander and serve with warm naan breads

Balti Chicken

Ingredients (serves 4)

- 1 Tablsp Sunflower Oil
- 3 Chicken Breasts (diced)
- 4 Green Cardamom Pods
- 2 Teasp Cumin Seeds
- 2 Onions (peeled and sliced)
- 2 Cloves of Garlic (peeled and chopped)
- 1 Teasp Chilli Powder
- 1 Teasp Garam Masala
- 90ml Water
- 1 Tin of Chopped Tomatoes
- 2 Tablsp Coriander (chopped)

Method

1. Heat the oil in a pan and add the cardamom and cumin, fry until the seeds pop.
 2. Add onion, garlic and chicken and cook for about 5 minutes.
 3. Add remaining ingredients except the coriander and simmer for about 20 minutes,
 4. Stir in the coriander and serve with rice and naan bread.
- **For a convenience version stir fry chicken, add a jar of curry sauce of your choice and cook through, additional vegetables and sultanas may be added to enhance flavour, texture and portion sizes**

Veggie Burgers

Ingredients (serves 4)

130g Split Red Lentils
1 Onion (peeled and chopped)
1 Bay Leaf
 $\frac{3}{4}$ Teasp Ground Cumin
2 Tomatoes (chopped)
115g Unsalted Peanuts (chopped)
100g Wholemeal Breadcrumbs
Black Pepper
2 Tablsp Parsley (chopped)
1 Egg (beaten)

Method

1. Put the lentils in a pan with plenty of water, onions, and bay leaf, cumin and tomatoes.
2. Bring to the boil and simmer until the lentils are soft, about 30 minutes.
3. Drain, remove the bay leaf, and beat the lentils until smooth.
4. Mix the peanuts and breadcrumbs together. Beat half this mixture into the lentil puree.
5. Add the pepper and parsley and stir in the beaten eggs.
6. Divide into 4 flat cakes. Coat with the remaining peanut and breadcrumb mixture.
7. Grill or bake until heated through and crisp on the top.
8. Serve in a toasted bun with salad, spicy potato wedges and salsa.

Apple and Cinnamon Scones

Serves 12

Ingredients

250g plain flour
4 tbsp caster sugar
2 teaspn baking powder
 $\frac{1}{2}$ teaspoon bicarbonate of soda
 $\frac{1}{2}$ teaspoon salt
50g butter
1 apple peeled, cored and grated
125mls milk
2 tbsp milk
2 tbsp caster sugar
 $\frac{1}{2}$ teaspoon cinnamon

Method

1. Preheat oven to 220 C
2. Mix flour, sugar, baking powder, bicarbonate of soda, and salt into a large bowl.
3. Rub in butter until crumbly
4. Add grated apple and milk
5. Stir to form a soft dough
6. Turn dough out onto a lightly floured surface. Knead and form 2 x 6 inch circles.
7. Place on a greased baking tray
8. Brush tops with milk, sprinkle with sugar and cinnamon
9. Score each into 6 wedges or stamp out into round scones
10. Bake for 15 mins or until browned and risen then serve

Extracted from Allrecipes.com