

Coconut Curry

Season: All

Serves: 24 tastes in the classroom
or 4 serves at home

Fresh from the garden: any seasonal vegetable you have growing

Recipe source: Thank you to Joy who participated in a school food roundtable with the Centre for Multicultural Youth.

This tasty curry recipe is a versatile dish that works beautifully with whatever seasonal vegetables you have growing in the garden. In summer, try adding green beans, eggplant, or zucchini for a fresh lift, while winter vegetables like cauliflower and carrots make it hearty and comforting.

Equipment:

metric measuring spoons,
cups and scales
colander
2 large pots
clean tea towels
chopping board
cook's knife
small knife
large bowl
wooden spoon

Ingredients:

2 cups rice
2 tbsp oil
3 medium onions, chopped
5 cloves garlic, chopped
½ tsp cumin seeds
400 g crushed tomatoes
400 ml coconut milk (or cream)
2 tbsp sambar powder (or any curry powder)
½ tsp turmeric powder
vegetables of choice, chopped
salt to taste

What to do:

1. Rinse rice, then boil for 15 - 20 minutes.
2. Heat oil in wok, add chopped garlic, onions and cumin seeds and fry for 2 minutes.
3. Add the crushed tomatoes and simmer on medium to low heat for 7 minutes.
4. Add the coconut milk / cream, turmeric, curry powder and salt to the tomato mixture, and mix until combined, then take off heat.
5. While the curry is cooling, saute chopped veggies for 10 minutes, then add to curry.
6. Serve with rice and enjoy!

