

Pj's Sweet root vegetable curry and rice

(Curry rice – half the amount we make so freeze some)

1 ½ large sweet potatoes
½ large onion
3 parsnips
6 carrots
1 litre vegetable stock
1 ½ tablespoons tomato puree
¾ tablespoon medium curry powder
¼ teaspoon cumin powder
1 tin chickpeas.

Method

- Peel and chop all vegetables into small pieces and place in saucepan.
- Add tomato puree, curry powder, cumin powder and vegetable stock.
- Gently simmer for 20 minutes and then add the chickpeas and cook for a further 10 minutes.

We liquidise into a puree/sauce and mix with the cooked rice, this helps the children with eating rice!

The curry could be eaten without liquidising but would need thickening (e.g. cornflour)