

## Yr 7 - Indian Curry - work in pairs

### Ingredients

1 Onion  
1 Clove garlic  
1 Large potato  
Splash of oil  
200ml Water  
400g Tin chopped tomatoes  
400g Tin chickpeas  
3 handfuls fresh spinach  
SPICES - 1 tsp cumin, 1 tsp coriander,  $\frac{1}{2}$  tsp garam masala,  $\frac{1}{4}$  tsp chilli powder,  $\frac{1}{4}$  tsp turmeric.

### Equipment

- Large saucepan
- Wooden spoon
- Jug
- Chopping board
- Sharp knife
- Peeler
- Garlic press
- Foil tray

### Method

1. Slice the onion
2. Peel and crush garlic with garlic press
3. Wash and cut potatoes into bite size pieces
4. Fry the onion and garlic in large saucepan in the oil for 2 minutes.
5. Stir in curry spices and stir for 1 minute
6. Add potatoes and water - simmer for 10 minutes. 7. Add tomatoes and chickpeas then simmer again for 10 minutes until potato is slightly soft.
8. Stir in spinach and cook for 2 more minutes.
9. Add  $\frac{1}{2}$  of the curry to each foil tray and leave to cool with no lid on.
10. When cooled, put lid on and put in fridge