

Vegetable Korma

Year 12

Work in pairs

Ingredients

2 tsp vegetable oil	½ cup vegetable stock
½ brown onion, sliced	2 tomatoes, diced
2 tsp garam masala	150g green beans, sliced
½ tsp ground turmeric	150g (½ 400g can) canned chickpeas, rinsed and drained
1 clove garlic, crushed	300g butternut pumpkin, cut into 2cm dice
1 chilli	200ml coconut milk
2 curry leaves	2 pita breads
1cm fresh ginger, grated	2 T natural yoghurt
100g Orange sweet potato, cut into 2cm dice	1 T mango chutney
½ celery stick, diced	
1 carrot, peeled and sliced diagonally	

Method

Preheat oven to 180°C.

Heat oil in a frypan then sauté onion for 5 minutes.

Add garam masala, turmeric and garlic, ginger, chilli, curry leaves and cook for 1 minute

Add carrots, celery, sweet potato and stock and bring to the boil.

Reduce heat, cover and cook for 5 minutes.

Add beans, chickpeas, pumpkin, tomatoes and coconut milk *and bring to the boil.*

Reduce heat and simmer uncovered for 10 minutes.

Place the pita bread in the oven for about 10 minutes or until heated through.

Serve the vegetable korma with the pita bread, yoghurt and chutney.

