

KORMA CURRY



CHICKEN
& VEGGIE
KORMA



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An Indian restaurant or take away classic, this rich and creamy delicately spiced curry is perfect for children and families. This recipe makes the curry entirely from scratch using authentic Indian spices but when making again you could replace the dry spices with 3 tablespoons of shop bought korma curry paste.

This recipe uses chicken and lots of veggies (butternut squash, red pepper and peas). To make a larger quantity of curry to feed larger families just add more of the veggies.

Serves 4 - 6. Serve the curry with rice.

INGREDIENTS:

- 1 tablespoon sunflower oil
- 1 onion
- Half a butternut squash
- 1 red pepper
- 300g chicken thigh fillets (skinless, boneless)
- 30g fresh ginger (or a piece the same size as your thumb)
- 3 cloves garlic
- 1 x Korma Spice Mix (2 tsp ground cumin, 2 tsp ground coriander, 1 heaped tsp garam masala, 1/2 tsp turmeric 1/2 tsp ground pepper)
- 1 teaspoon mild chilli powder, optional
- 1 x tablespoon tomato puree (from last weeks box)
- 1 chicken stock cube, dissolved in 400ml boiling water
- 75g ground almonds (or about 8 tablespoons)
- 150g frozen peas (or 3-4 handfuls)
- 100ml single or double cream
- 1 lemon, juiced



No need for kitchen scales if you don't have any. If weights are given we have suggested other ways of measuring

In your box we have included Mild Chilli Powder, it is only mild but it's up to you whether to include it in your curry. Use an extra teaspoon or two for hotter curries!

EQUIPMENT NEEDED:

Chopping Board, Grater
Vegetable Peeler, Vegetable Knife
Teaspoon, Tablespoon
Large Saucepan with a Lid
Measuring Jug, Wooden Spoon
Citrus Juicer if you have one



VEGETARIANS/VEGANS

To make the curry vegetarian replace the chicken with a tin of chickpeas and the chicken stock cube with a vegetable stock cube. For a vegan curry replace the cream with coconut milk. All of these items should be in your box!

MAKING AGAIN?

Vary your veggies! Add any you like or have in. Curries are delicious with carrots, parsnips, sweet potatoes, pumpkin, green beans, broccoli, cauliflower, sweetcorn and spinach. Add tougher root vegetables at the beginning of the cooking time and leafier greener ones towards the end. You could **replace the chicken** with prawns or white fish, add 5 minutes from the end of the cooking time. Add tofu, chickpeas and/or lots more veggies for a **vegetarian curry**.

METHOD:

1. Start with gathering all the equipment you need and wash your hands well.

2. Prepare all your veggies:

- Peel and slice the onion into 1 cm pieces
- Peel the butternut squash by holding the top and securing the bottom end on the chopping board, and peeling downwards. With a large knife cut off the ends and slice the squash into 2 cm slices. Cut each slice into 2 cm chunks, removing any seeds when you find them. *This is a challenging task for younger children and should only be done by adults or competent older children with a large sharp knife*

- Slice the pepper in half, using your hands remove the seeds and stalk. Slice the pepper into 2 cm chunks.

3. Cut the chicken into 3 cm pieces. **WASH the chopping board, knife and your hands very well after handling meat.**

4. Grate the ginger on the fine side of a grater, the peel will come away and can be discarded. Peel the skin off the garlic cloves and grate finely.



5. Now you are ready to start cooking your curry! Heat a tablespoon of oil in a large saucepan. Add the chopped onions and fry on a gentle heat for 10 minutes, stirring from time to time so they do not burn.

6. Whilst the onions are cooking, make up your stock by dissolving a stock cube in about 400 ml of hot water. If you don't have a measuring jug this is about one and a half mugs in volume. Also weigh the ground almonds with scales or measure out with a tablespoon.



7. After the onions have cooked for 10 minutes add the butternut chunks and chicken pieces, and cook for 5 minutes stirring everything around regularly.



8. Now add the red pepper pieces, the grated ginger and garlic and all the dry spices. Cook for 2 minutes whilst gently stirring everything around. **Do not leave the pan or the spices may burn.** Add the chickpeas now if you are making the vegetarian curry.

9. Pour in the stock and tip in the ground almonds. Give everything a very good stir and bring to a simmer (bubbles appearing at the surface). Turn down the heat and place the lid on the pan. Cook the curry for 25 minutes until the veggies are fully tender. Stir the curry from time to time scraping the bottom of the pan so nothing catches and burns.



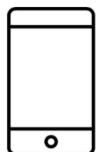
10. Stir through the peas, if you don't have scales just add 3 to 4 handfuls. Pour in around 100ml of cream, which you can work out depending on the carton size i.e if 300ml, you need about one third of the carton. Cook the curry for a final 2 minutes, adding a little water if it looks too thick.



11. Cut the lemon in half and squeeze out the juice. Use a citrus juicer if you have one, if you not squeezing by hand is fine! Stir through half the juice, taste the curry and add more lemon juice until you are happy with the flavour.



12. Serve the curry with white or brown rice, eat and enjoy!



Need some extra help? Then do call me on 07902 802982 and I can talk you through any curry making problems, we could even link up with a video call!
Louisa x



Watch the Video! To help you make this dish at home the Healthy Lifestyles Team have videoed the recipe for you to watch. It can be seen on the WISH HEREFORDSHIRE site, along with lots of other healthy and tasty recipes: <https://www.wisherefordshire.org/growinglocal>



Korma is a dish that originates from INDIA



 **Can you draw your curry? Or perhaps want to share your photos making, serving or eating it? Please email your curry masterpieces to louisa@growinglocal.org.uk. We would love to see them!**



Growing Local CIC deliver Cook and Gardening Workshops to Schools, Community Groups, Families and Adults. Do sign up to our email newsletters and follow us on Twitter, Facebook and Instagram to hear about future Workshops & Events around Hereford. Email louisa@growinglocal.org.uk

