Demonstrate your chopping skills

Indian vegetable curry

Serves 4

Method

1 **Preheat** the oven to 190°C/170°C fan/gas mark 5.

2 **Peel** the potatoes and carrot and **cut** into 1 cm dice. **Break** the cauliflower and broccoli into small florets.

3 **Spread** the potatoes, carrot, cauliflower and broccoli a single layer on a baking tray. **Bake** in the preheated oven for 15–20 minutes, until soft.

4 Meanwhile, **peel**, **halve** and **slice** the onion. **Cut** the green beans in half. **Peel** and **crush** the garlic. **Peel** and **grate** the ginger. Put all the spices in a small bowl.

5 **Heat** the oil in a saucepan set over a medium heat. **Add** the onion and green beans and **sauté** for 10 minutes. **Add** the garlic and ginger and **cook** for 1 minute.

6 **Stir in** the spices and cook for 1 minute. **Add** the tomato passata and desiccated coconut. **Simmer** for 15 minutes.

7 **Add** all the baked vegetables along with the peas and cashew nuts. **Bring to the boil**, then **reduce** the heat and **simmer** for 5 minutes.

8 **Stir in** the crème fraîche and sugar and **heat** for a further 2 minutes.

9 **Serve** in warmed serving dishes. **Chop** the coriander and use to **garnish**.

🧺 Ingredients

- 2 medium potatoes
- 1 medium carrot
- ¼ head of cauliflower
- ¼ head of broccoli
- 1 medium onion
- 100 g green beans
- 5 garlic cloves
- 25 g fresh ginger
- 1 teaspoon chilli powder
- ½ teaspoon garam masala
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground turmeric
- 2 tablespoons oil
- 400 ml tomato passata
- 2 tablespoons desiccated coconut
- 100 g frozen peas, thawed
- 50 g cashew nuts
- 2 tablespoons crème fraîche
- pinch of caster sugar
- fresh coriander, to garnish

🍴 Equipment

Plates and bowls for ingredients, weighing scales, large baking tray, peeler, chopping board, chopping knife, garlic crusher, grater, small bowl, large saucepan, teaspoon, tablespoon, large spoon, measuring jug, serving dishes