

QUICK CURRY

A SMALL ONION

TWO CLOVES OF GARLIC

A THUMB SIZED PIECE OF FRESH GINGER

A TEASPOON OF CHILLI POWDER

HALF A TEASPOON OF ROASTED CUMIN

HALF A TEASPOON OF TURMERIC

A TEASPOON OF SALT

A TIN OF TOMATOES

A COUPLE OF TABLESPOONS OF YOGHURT

YOUR CHOICE OF PROTEIN AND VEGETABLES

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METHOD

Put a pan on the cooker on a medium heat and add a splash of oil. While it is warming up, finely chop your onion, garlic and ginger (you could use a food processor for this), then bung them in the pan, turning the heat down as you do.

Let them cook for a few minutes until they are translucent, then add the other spices and salt, give it a good stir, cook for another minute then tip in the tin of tomatoes. Let it bubble for about ten minutes until it is lovely and saucy.

This would be a good time to put on your rice if that is what you are serving with it. When it has turned saucy, add your protein, cover the pan and leave to gently cook.

Paneer will take the longest to cook and need a little water added to the pan otherwise it will be dry and not very nice. Chicken takes about 10 minutes, fish and chick peas about five.

When the protein is nearly cooked, add your veg, stir in the yoghurt and put the lid back on and cook for another couple of minutes.

Voila. Your quick curry is done. Serve with rice, popadums and yogurt. Add a naan if you are feeling fancy.

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