



Kai for the whānau

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Curries





Curries



CAPSICUM



PARSNIP



SWEET POTATO



CHILLI



TOMATO



ONION



CARROT

Tips for cooking curries

1. When adding garlic to a pan, only cook for a few minutes so it doesn't burn.
2. When cooking dry spices, add small amounts of water for more moisture.
3. Add some root veggies for some extra flavour and bulk.



Sweet pumpkin curry

Serves 4 | Prep time: 10 mins | Cook time: 1 hr

Ingredients:

- 1 medium sized pumpkin (butternut or kent), cut into bite sized pieces
- 2 cups of spinach
- 1 onion, sliced
- 1 tbsp curry powder
- 1 tbsp of olive oil
- 1 cube of vegetable stock
- 1 400g tin of chickpeas
- 1 cup water
- ¼ cup lite coconut milk

Step 1

Prepare ingredients. Cut pumpkins into bite sized pieces and slice the onion.



Step 2

In a small bowl mix together the stock cube and water.



Step 3

Drain the liquid from the chickpeas and rinse with water.



Step 4

Heat oil in a pan to a medium heat then add onion and curry powder and cook for 2 minutes.



Step 5

Add the pumpkin and spinach to the pan.



Step 6

Add the stock and coconut milk.



Step 7

Add the chickpeas and cook for about 45 minutes or until the pumpkin is soft.



Step 8

Serve on its own or with brown or basmati rice.



Pacific chicken curry

Serves 4 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:

- 1 onion
- 1 tsp minced garlic
- 1 tsp ginger paste
- ½ cabbage, sliced
- 1kg frozen veggies
- 500g skinless chicken thigh or breast
- 1 tin lite coconut milk
- 2 tbsp curry powder
- 1 cube vegetable stock

Step 1

Prepare ingredients. Cut chicken into bite sized pieces.



Step 2

Dice the onion.



Step 3

Slice the cabbage into long strips



Step 4

Heat oil in pan to medium heat. Add onion, garlic and ginger and cook for 2 minutes.



Step 5

Add curry powder, stock and chicken. Cook for about 10 minutes or until chicken is cooked through.



Step 6

Add the frozen vegetables and cabbage. Cook for another 5 minutes.



Step 7

Add the coconut milk and stir through. Turn the heat down to low and let the curry simmer for 10 minutes.



Step 8

Serve with brown or basmati rice.





Ika curry

Ika refers to fish in the Tongan, Cook Islander and Maori languages
 Serves 4 | Prep time: 10 mins | Cook time: 20 mins

Ingredients:

- 500g white fish fillets, cut into bite sized pieces
- 500g bag of frozen vegetables
- 2 tomatoes, diced
- 1 onion, sliced
- 1 tbsp garam masala
- 1/2 tsp turmeric
- 1 tbsp olive oil
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 cup warm water
- 1/2 cup lite coconut milk

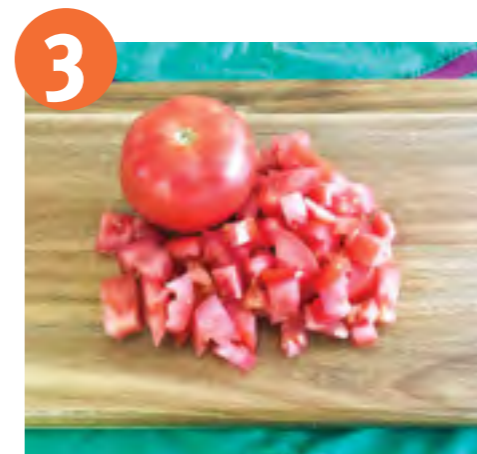
Step 1
Prepare ingredients.
Cut fish into bite sized pieces.



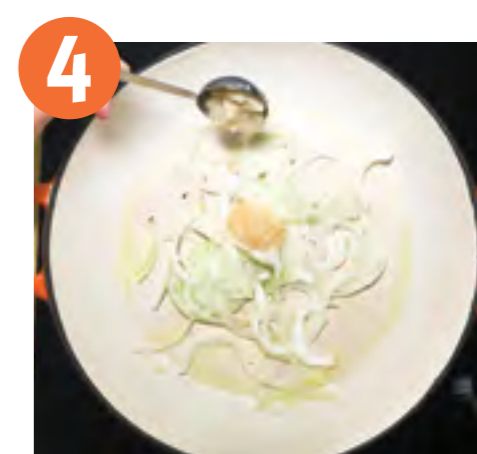
Step 2
Slice the onion.



Step 3
Dice the tomatoes



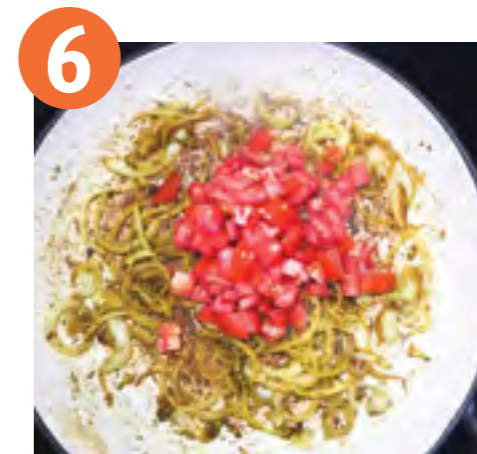
Step 4
Heat oil in a pan on a medium heat and add onion, garlic and ginger.



Step 5
Add garam masala and turmeric. Cook for 1 minute.



Step 6
Add tomatoes and cook for 2 minutes.



Step 7
Add water, coconut milk and fish. Cook until fish is cooked through.



Step 8
Add the frozen vegetables and cook for another 5 minutes.



Step 9
Serve with brown or basmati rice.

