

West Indian Curry (serves 4)

A beautiful, caribbean-indian, inspired curry. This vegan dish uses aubergine and potato with plenty of seasoning and spice!

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To use a peeler safely.

Ingredients:

- 1 Aubergine
- 2 potatoes
- 2 spring onions
- Handful of fresh coriander
- 3 pineapple slices
- 1 red pepper
- Handful of baby plum tomatoes
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 thumb of ginger
- 150ml coconut milk



What we need to do:

- Using a fork, hold the potatoes with the fork pressed in the top. You can then safely peel the potatoes.
- Meanwhile, bring a pan of water to the boil.
- With an adults help, quarter the potatoes into strips and use the claw method to safely slice them into cubes.
- Add the potato chunks to the pan.
- Slice the aubergine into rounds or quarters and add into a bowl.
- Add the cumin and turmeric seasoning, mixing to cover the aubergine. Peel and chop some ginger to also add in.
- Heat a frying pan with oil and add in the aubergine once hot. Cook for 10 minutes, flipping.
- Remove and drain the potatoes if softened, set aside.
- Slice up the peppers, pineapple and halve the tomatoes.
- Add the potatoes, peppers, pineapple and tomatoes to the frying pan and cook for 5 minutes, mixing with the aubergine.
- Finish with 150ml of coconut milk, mix and allow the curry to simmer over a low heat.
- Whilst simmering until thickened, slice and chop the spring onions and herbs. You can use scissors and a jug for both if preferred.
- Serve the curry with a handful of both the coriander and spring onions on top!