

Vegetable Masala Curry, Naan Bread & Onion Bhajis

Plain Naan Bread

1. Add the flour, baking powder and salt to a bowl, mix then stir in the yoghurt.
2. Knead in the bowl until all the ingredients are mixed together well.
3. Place dough onto a floured surface, knead for about 5 minutes.
4. Place dough into a oiled bowl and allow to sit for roughly an hour.

While the dough is being left for an hour, you can start to cook the Vegetable Masala Curry (see below)

5. After an hour, take dough and divide into 6 balls.
6. Flatten each ball onto a floured surface with a rolling pin to about $\frac{1}{4}$ thick, and roughly 6 inches long.
7. Then onto the fun stuff – first toss each naan into a oiled non-stick frying pan for roughly 3-5 minutes (you should see brown spots and it will bubble slightly).
8. Place in the oven on a medium heat for 2 minutes to finish off (this will make the naan puff up).
9. Serve straight from the oven.

Vegetable Masala Curry

1. Add the chopped onion and garlic to a medium sized pan and sauté with a splash of oil for a few minutes.
2. Stir in the diced carrot and potato.
3. Take the sliced chilli, garam masala and mixed herbs, add to the pot.
4. Reduce heat and add 200ml vegetable stock, chopped tomatoes and the yoghurt. Simmer for 45 minutes minimum.

Now would be a good time to cook the onion bhajis, finish off the Naan and boil the rice.

5. Occasionally stir and add more water if necessary.
6. Add the frozen broccoli at least 5 minutes before serving to allow time to cook.
7. Serve with boiled rice.

Onion Bhajis

1. Separate the onions and mix in a bowl with the spices, flour and salt.
2. Add the oil and water and mix everything together until fully coated.
3. Heat oil in a pan and once hot, add a table spoon size of the bhaji mixture to the pan.
4. Fry on both sides until golden brown. Mop up any excess fat with kitchen roll.
5. Put on a baking tray in the oven on a low heat until they are ready to be served.

Serve all at once and eat like kings!

Katsu Chicken Curry with rice	Apple and Ginger Dim Sum
500g chicken 100g breadcrumbs 100g flour 1 egg, beaten	120g plain flour 100ml hot water
Sauce 1 onion, chopped 1 clove of garlic, chopped 2tbsp flour 1tbsp curry powder 500ml vegetable stock 1tbsp soy sauce 2tsp honey 1/2tsp chilli powder	Filling 1 apple, peeled, cored and finely chopped 5g ginger, finely chopped 1tsp cinnamon 1/2tsp sugar 100ml water
280g rice	Custard 1tbsp custard powder 1tbsp sugar water a few drops of vanilla flavouring
Total cost: £2.84	Total cost: £0.64