

# Classic Curry

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

## Ingredients

- 1 clove garlic
- 1 dsp spoon oil
- 200g lamb, chicken or quorn
- ½ small cauliflower or other vegetables
- ½ a chilli pepper
- 1 tbsp curry powder or curry paste
- 200ml yogurt or tinned tomatoes
- Pinch black pepper

## Equipment

Chopping boards, knives, frying pan, fish slice, measuring spoons, garlic press, spoon.

A vegetarian version of curry can be made using chick peas instead of meat. Great curry vegetables are spinach, mushrooms and peas



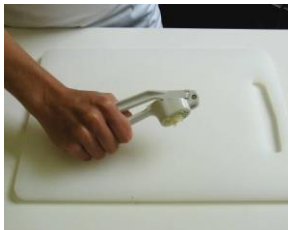
## Method

1. Prepare the garlic, chilli, onion and cauliflower:
  - peel and crush the garlic;

de-seed and slice the chilli;

Peel and dice onion

Use bridge and claw grip



- break the cauliflower into florets.

2. On a different chopping board, using a fresh knife, cut the meat into cubes.



Wash hands and equipment after touching raw meat

Check with  
an adult  
before  
using the  
cooker

4. Fry onion until soft. Stir in the garlic and chilli.



5. Add the meat and cauliflower, cover and slowly cook for about 10 minutes.



6. Mix the curry powder or paste into the yogurt.



7. Increase the heat and stir in the yogurt mix to the frying pan.



8. Allow to cook for a further 10 minutes.



9. Chop the coriander and stir into the korma.



Serve with a portion of  
boiled rice or naan  
bread