

STEP 6

- Put the rice into a pan and cover with double the quantity of cold water (700g).
- Bring to a boil then reduce the heat, cover and simmer for 12 minutes.



STEP 7

- Stir the mango chutney, yogurt, spinach (it will wilt and shrink) and a little salt into your curry sauce.

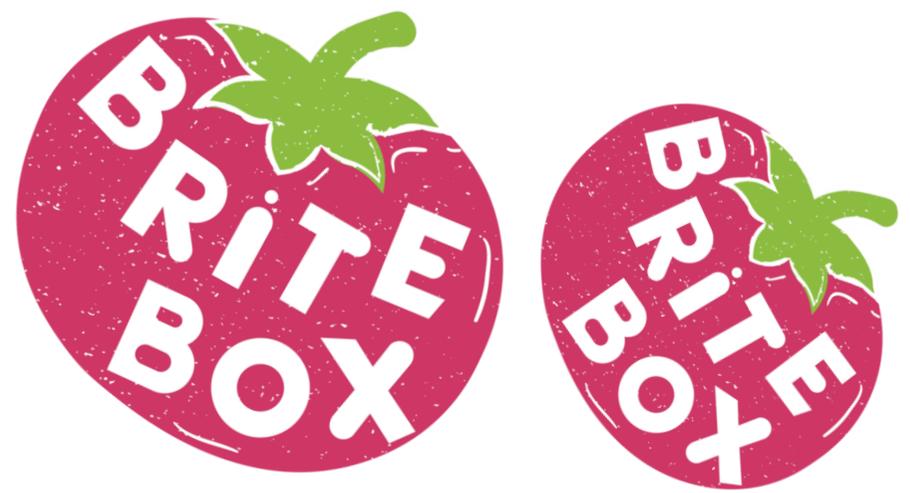


STEP 8

- Drain the rice and serve with the veggie tikka masala.
- Add a little fresh coriander to garnish. Enjoy your Friday night Fakeaway!



NOTE This week's recipe is adapted from Chris Bavin's original version. Check out Chris's book for more excellent Fakeaways!



VEGGIE TIKKA MASALA & BASMATI RICE



INGREDIENTS

1 tbsp veg oil*
1 large/2 small onions finely sliced
3 cloves of garlic grated/finely chopped
5cm piece of fresh root ginger, peeled, grated/finely chopped
1 tsp sugar*
100g spinach
2-3 carrots, chopped
1 cauliflower, cut into small pieces
1 tbsp mango chutney
100g natural yogurt
350g Basmati or long grain rice

EQUIPMENT

Sharp knife, chopping board, grater (small holes side), large frying pan with lid, saucepan with a lid, wooden spoon.

ALLERGENS: Dairy (yogurt).

SERVES 5

400g tin of chopped tomatoes plus 2/3 of a tin of water
400g tin of chickpeas
Fresh coriander to garnish

SPICE MIX

2 tsp mild curry powder
1 tsp ground coriander
1 tsp ground turmeric
1 tsp chilli powder
1 tsp cumin powder
OR use 2 tbsp Tikka Curry Powder instead of this spice mix

*not provided

STEP 1

- Chop the cauliflower into small florets and the carrots into small cubes.
- Finely slice the onions. Grate or chop the garlic and ginger.



STEP 2

- Add the oil to the frying pan over a low heat and cook the onions slowly for 10 mins until slightly golden.



STEP 3

- Add the spices to the onions and fry for 1 minute. Stir in the garlic and ginger and cook for 30 seconds.



STEP 4

- Add the chopped tomatoes, water and 1 tsp of sugar and simmer on a low heat for 5 mins.



STEP 5

- Add the cauliflower, carrots and chickpeas to the pan.
- Mix well, cover the pan with a lid or foil and cook on a low heat for 25 minutes until soft.

