

GARDEN TO TABLE

RECIPE: JAPANESE VEGETABLE CURRY WITH RICE - Nami

VOLUNTEER NOTES :

What to collect	Ingredients
Knives	1 onion finely chopped
Boards	1 potato, scrubbed and cubed
Peeler	1 kumara, scrubbed and cubed
Measuring jug	1 turnip, scrubbed and cubed
Wok	2 carrots peeled and cubed
Wooden spoon	2T cooking oil
Measuring spoons	750mL boiling water
	1 packet Japanese curry rue
	Salt and pepper
	3C short grain rice
<ol style="list-style-type: none"> 1. In a large wok or pan add oil and cook the onions gently until they soften and are clear 2. Add all other vegetables and toss to mix 3. Add the boiling water 4. Chop the curry blocks and add to the wok. 5. Stir fry for about 20 minutes until the vegetables are cooked and the sauce has thickened 6. Season to taste 7. Cook the rice according to the Absorption method on the packet 	