

## 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"> <li>1. In a large wok or pan add oil and cook the onions gently until they soften and are clear</li> <li>2. Add all other vegetables and toss to mix</li> <li>3. Add the boiling water</li> <li>4. Chop the curry blocks and add to the wok.</li> <li>5. Stir fry for about 20 minutes until the vegetables are cooked and the sauce has thickened</li> <li>6. Season to taste</li> <li>7. Cook the rice according to the Absorption method on the packet</li> </ol>	