

Indian Vegetable Korma

Ingredients

- 150g green peppers, sliced
- 1 teaspoon mustard seeds
- 100g carrots, peeled and sliced
- 80g sweet potatoes, parboiled and chopped
- ¼ teaspoon cumin powder
- 50g parsnips, parboiled and chopped
- Pinch of coriander powder
- 1 small onion, peeled and chopped
- 1 tablespoon creamed coconut (may need to count)
- 2 tablespoons garam masala
- ½ green chilli, chopped
- 3 tablespoons olive oil
- Fresh ginger, peeled and grated
- 1 clove garlic, peeled and chopped
- 300ml hot water
- 1 vegetable stock cube – check protein content on label
- A pinch of salt
- 350g Loprofin Rice

Method

1. Heat the oil in a pan over a medium heat setting; to check oil is hot enough, sprinkle a few mustard seeds - if they pop the oil is ready. Add the remainder of the mustard seeds and the onion and fry for a couple of minutes; add the chilli, garlic and ginger and fry for 1 minute.
2. Add the garam masala, salt, cumin and coriander powder to the pan and fry for a further minute.
3. Add the carrots, and then add the peppers after a further 2 minutes.
4. Stir fry for another minute and finally add the parsnip and sweet potatoes, stir for a further minute.
5. Mix in the coconut cream, stock cube and 300ml hot water; cover with a lid and simmer on a very low heat for approximately 5 minutes, or until the sauce is thick - the korma should be medium brown in colour.
6. While the curry is simmering add the rice to a pan of boiling water, stirring until the water is brought back to the boil. Stir every couple of minutes throughout cooking to stop the rice sticking together. Drain and rinse with cold water.
7. Serve immediately.

This recipe was provided by Nutricia

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