

Let's Cook with Chef...Mark Rowe

Ingredients	Method	Time
5-6 Broccoli stems 1 Carrots 1 sweet potato medium sized One onion One sweet pepper 1 tin of chickpeas 1tbsp curry powder 1tbsp all purpose 1tsp black pepper 1tsp paprika 1tbsp mixed herbs optional	Peel and chop all vegetables (carrots, broccoli, carrot, sweet pepper) Sweet potato needs to be peeled chopped and boiled (bite sized chunks) for 20 minutes until tender Chop half an onion and sweet pepper Sautee onions and peppers in a preheated pan with a teaspoon of oil Add curry powder to pan and form into a paste Add 50ml hot water Add other vegetables including potatoes add remaining seasonings Drain chick peas and add and cook for further 10-15 minutes Serve with food of choice..... naan, breads, pittas, rice	Serves: 4 Prep time: 5 mins Cooking time: 20-35 mins Total time: minutes 35-40 mins
Plate and serve – Bon appetit		



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