

After School Cookery Club

2nd recipe

Curry

- Meat –e.g. Chicken, beef, lamb, prawns, meat substitute quorn
- Onion
- 1 x Red, green or yellow pepper
- 1 x handful green beans
- 1 x sweet potato
- Tin of chopped tomatoes
- Can of coconut milk or creamed coconut
- Jar of Indian curry paste e.g. Korma (mild), Tikka (medium) **NOT curry sauce!**
- Container

All MEAT MUST be kept in the fridge at school.