

# Carrot Curry

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



## About

Carrot curry with rice is a staple Indian dish cooked during the harvesting seasons of spring-autumn. Carrots are easy to grow and harvest, and can be stored for several days in the pantry before making another meal out of them. To shorten the preparation time and reduce costs, carrots can be bulk harvested (or bulk bought), finely diced, pre-boiled and stored in the freezer in meal size portions and used when required. Extra ingredients can be added for more flavour and spice, or this recipe can be enjoyed on its own. Carrots are naturally rich in beta-carotene which is readily and quickly assimilated into the human body if carrots are cooked until softened. The beta carotene together with other essential vitamins and minerals are 14% better absorbed into the human body compared to when carrots are consumed raw. Cooking carrots not only releases the flavour but also hidden pockets of nutrients that would otherwise be wasted.

Hope you enjoy!

- Asma, CEO Marks Gate Relief Project



**Barking &  
Dagenham**

## Ingredients (per person)

125g fresh carrots  
76g fresh brown onions  
0.9 g or a pinch of cumin seeds (about 7-9 seeds)  
1.8g turmeric powder  
1.8g paprika powder  
1 clove of fresh garlic (peeled)  
¼ teaspoon salt or to taste  
20g long grain rice  
1 tsp oil

## Equipment needed

Knife  
Chopping board  
Saucepan  
Deep stock pot  
Medium saucepan  
Spatula  
Colander/Sieve  
Vegetable Peeler

## Method (steps)

To prepare the carrot curry:

1. Wash, peel and dice the carrots into fine slices.
2. In a stock pot, add 1/4 cup of water and boil the carrots until softened. Do not drain the water once the carrots have been boiled.
3. In a sauce pan, add a 1tsp oil and let it heat. Add a pinch of cumin seeds and finely chopped garlic to the hot oil. Saute the garlic and cumin until they turn brown.
4. Add finely sliced onions and saute until the onions change colour to brown.
5. Add the turmeric, paprika, salt and pre-boiled carrots. Saute for 5 minutes and serve hot. STEP 6: Garnish with chopped coriander or chopped parsley, as preferred.

To prepare the rice:

1. Bring 60ml of water to boil and add a pinch of salt and butter.
2. Add in the rice. Cover and cook on low heat for 7 minutes or until the rice is soft and fluffy.

## Additions

- 3 Strands of Saffron can be added to the boiling water when preparing the rice. This gives a unique flavour to the steamed rice.
- Garnish the carrot curry with chopped coriander or parsley
- Add some chickpeas, lentils or other tinned beans/pulses to add a protein kick!

