



Active Education in Health & Wellbeing

Pepper, Onion, Bean & Fresh Spinach Balti served with Pilau Rice and Indian Spiced Bombay Potato.

150g Easy cook long grain rice
2 tsp ground turmeric
1 tsp ground coriander
2 tsp ground cumin
1 tbsp olive oil
1 x 1cm diced small onion
2 cloves crushed garlic
1cm piece of fresh ginger, crushed
1 x 1cm diced Green and Red pepper
1 tin chopped tomatoes
1 x 400g tinned three bean mix, rinsed and drained
1 small bag fresh spinach leaves
500g cooked new potatoes
3 tbsp natural yoghurt
chopped fresh coriander
1 vegetable stock cube

Method

Get yourself prepared (remember... 'mise en place'). Do all your chopping, slicing & dicing before you start cooking! Only when you've done that, may you continue...

- Start cooking the rice in a saucepan of boiling water adding 1 tsp Turmeric
- Heat wok with oil and garlic, ginger and onions and stir fry for one minute
 - Add peppers
- Stir then add a little water cover wok with lid for 10 seconds (what do you get?...steam!)
 - Add 1 tsp turmeric, ground coriander and 1tsp cumin to release flavour
 - Add a splash of water if sticking (NOT more oil) and cover for 10 seconds
 - Add chopped tomatoes, vegetable stock cube and stir well for 2 minutes
 - Add mixed beans and stir well for 2 minutes
 - Add fresh spinach leaves and stir well until wilted
 - Add fresh coriander
- Heat the potatoes in a large saucepan with oil and fry until golden brown adding a the rest of the cumin.
- Divide the cooked rice over 4 plates. Make a well in the rice and spoon in the Balti. Arrange the potatoes around the edge
 - Gently splash yogurt over the dish
 - Enjoy...!

