East End Flat Pack Meals
Recipe supporting the Thrive Under 5 Project

NHS Greater Glasgow and Clyde

Please note: this recipe is not suitable for children under 1 as contains stock cubes.

Follow link below for recipes and advice for when it's time to introduce solid foods to your baby:

https://www.nhsggc.scot/your-health/early-years/starting-solids

VEGETABLE CURRY with RICE

INGREDIENTS (SERVES 4)

- **1** Onion
- **1** Pepper
- **1** Tin of tomatoes
- **15g/ 1** Teaspoon of tomato puree
- **200g/ 1** Cup of red lentils
- **2** Garlic cloves
- **1** Tablespoon of curry powder
- **½** Large/**1** Small cauliflower
- **2** Potatoes
- **1** Vegetable stock cube
- **200g/ 1** Cup of rice
- **500ml** of water (for stock)
- **400ml** of water (for rice)
- **2** Tablespoons of vegetable oil (not supplied)

EQUIPMENT NEEDED

- Chopping board
- Sharp knife
- **1** Large pot with lid
- **1** Medium-sized pot
- Wooden spoon
- Tin opener
- Measuring jug
- Sieve

PREPARATION TIME:
20 minutes

METHOD

1. Wash pepper before use and rinse lentils using sieve.
2. Peel and cube the potatoes. Peel and roughly chop the cauliflower and then rinse using the sieve. Chop the pepper into bite-size pieces. Peel and finely chop both the onion and the garlic.
3. Add **500ml** of boiling water to a measuring jug and carefully crumble the stock cube in to the water. Stir until stock cube is completely dissolved.
4. Add the vegetable oil to a large pot and then add the onion. Cook on medium heat for **5 minutes**, stirring regularly.
5. Add the garlic, tomato puree and curry powder to the pot with the onions and stir. Then add the potatoes, cauliflower, pepper, followed by the hot stock, and lentils.
6. Stir together and cover pot with lid (if you have one) for **5 minutes.** Then add in the tin of tomatoes.
7. Stir together, bring to boil, and then reduce heat. Simmer for **25 minutes** (or until is soft).
8. Rinse rice thoroughly, add **400ml** of water to a medium pot and bring to the boil. Add rice and simmer for **15 minutes** (or until done). The water should disappear. Fluff rice with a fork.



ALLERGY INFORMATION:

Stock cube may contain celery. Red lentils may have been prepared in an area containing gluten.