



Restaurant école™

Fresh food for your children every day

Information Factsheet 2: RECIPE: MARY'S CURRY

"Surprise mum by cooking a curry with dad!"

You'll need these ingredients (Make sure you get Dad to pay!)

- 3 chicken breasts (will make enough for 4 people)
- Small onion to be chopped in small pieces
- Cloves of garlic (remove the middle bit)
- Teaspoon spoons of mild curry powder (mild)
- Teaspoons of paprika (look like red sand)
- Tablespoons of vegetable oil (olive oil is even better)
- A pinch of salt and pepper (use sea salt if possible)
- 300grams of red & green lentils mixed
- 2 point of cold water
- A bunch of coriander
- A little bit of milk

Method of cooking

1. Put the garlic cloves, onion, curry powder, paprika and seasoning into a saucepan with the oil over a low heat, (make sure Dad wears an apron in the kitchen and that you both wash your hands before you start preparing food or cooking!)
2. When all the above mixture is soft add the lentils, water and coriander stir it and keep an eye on it in case you need a little more water (Make sure that dad doesn't add TOO much water though!). This will take about 15 minutes.
3. When the lentils are cooked, ask Dad to get a blender and puree the mixture - it will look like a thick paste. Add some milk/water to make it more like a sauce.

To make a chicken curry

1. Marinate the chicken in a little turmeric (a tablespoon full) for as long as you can (ideally overnight).
2. Fry it in a little oil season with salt and pepper.
3. When the meat is sealed (brown in colour) place it in a casserole dish. Pour some curry sauce over it and cover and cook in the oven until meat is cooked. This will take about 20 minutes.
4. Ask dad to get some flowers for mum and surprise her when she comes home!

We hope you enjoy this recipe - you can add vegetables or different amounts of curry powder or you can use different types of lentils etc.

HAVE FUN!

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