Potato, Pumpkin and Silver Beet Curry

Serves: 8 or 24 tastes

From the Garden: potato, pumpkin, silver beet, onions, parsley, coriander

Notes for volunteers:
- We have used several different varieties of potato today including Sapphire, Ruby Lou, Kipfler and Pink Eye.
- Lentils and chick peas are different types of pulses or legumes like beans and peas.
- Lentils absorb 3 times their volume in liquid as they cook.
- Focus Skill: Identifying different types of potatoes, weighing quantities, knife skills – medium dice.

Ingredients
2 tbsp oil
2 medium onions, diced
1 or 2 tbsp yellow curry paste (depending on taste)
1 tsp salt
1 kg potatoes, cut into a 1 cm dice
1 kg pumpkin, peeled, deseeded and cut into 1 cm dice
1 cup brown lentils (or puy)
400 g tin chick peas, drained
810 g tin crushed tomatoes
1 litre vegetable stock
1 litre water
8 stalks silver beet, stalks removed and cut into strips
parsley and/or coriander, to garnish
lime wedges, to garnish

Method
1. In a large pot, fry the onion in the oil until it softens.
2. Add the curry paste and fry off for 2 minutes.
3. Add the salt, potatoes, pumpkin, chick peas, stock and tomatoes.
4. Rinse the tomato tin with some of the extra water and add the water.
5. Rinse the lentils in a strainer under running water. Add the lentils to the curry.
6. Bring to the boil, stirring frequently, then reduce to a simmer and cover with a lid. Simmer for 25-30 minutes until the potato and pumpkin are tender. Stir occasionally.
7. Add the shredded silver beet and cook for a further 10 – 15 minutes.

Recipe Reference: Created by Nikki Bird, Barooga Public School