

CURRY FLURRY!

There's a lovely mix of things in a good curry - can you find all the ingredients that have been mixed into the word grid below?

Answers can be found at mealsnetwork.org.uk/answers

c	u	s	e	a	a	s	o	c	c
a	c	s	t	o	m	a	t	o	h
u	r	u	c	c	i	k	a	c	i
c	r	c	t	r	l	o	e	o	c
r	u	y	t	p	k	s	m	n	k
i	p	c	r	e	i	n	e	u	p
c	u	r	r	y	p	a	s	t	e
e	r	c	c	t	e	t	t	a	a
e	e	p	o	t	a	t	o	e	s
t	e	c	s	t	s	l	a	r	e

- | | | |
|-------------|----------|--------|
| chickpeas | milk | puree |
| coconut | peas | rice |
| curry paste | potatoes | tomato |

LIKE PEAS IN A POD?

These peas are identical twins. Or are they? Can you find all six differences between them?

Answers can be found at mealsnetwork.org.uk/answers



mealsnetwork.org.uk

We hope you enjoy your meal!



COOL KIDS CURRY



We think you're awesome and we are glad to be on the same team as you in the great game of growing up!

We all need a little help every now and again. If you find you need another Meals box there are more available and other options to choose from. We hope you enjoy your Meal.

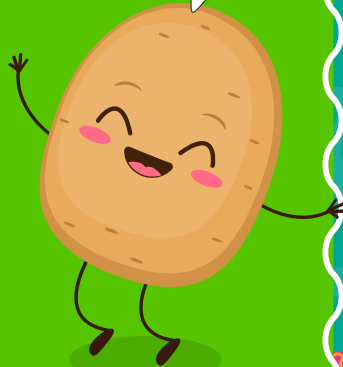
Allergy Advice

We have tried to make this recipe gluten free, BUT please check the labeling on each individual ingredient if you have any food allergies or intolerances. Usually common allergens are labelled in **bold**.

INSIDE YOUR BOX

Potatoes
Peas
Chickpeas
Curry paste
Coconut milk
Tomato puree
Garlic puree
Rice

Let's get cooking!



NAMASTE!

Welcome to your Meal box. You're just minutes away from a tasty dinner - we hope you enjoy it! Follow these instructions (or freestyle it if you're a master-chef) and tuck in!



1

Open all the cans and drain the potatoes. Chop the potatoes up into little chunks. Then drain and rinse the chickpeas, potatoes and peas.

2

Boil some water and cook the rice according to the packet instructions. We find about 2 cups of rice is plenty for a family of 4.

3

Add all the tinned ingredients into another saucepan. Squeeze in one blob of garlic paste (or more if you're a big garlic fan) and two big blobs of tomato puree. Then you can add curry paste. There's plenty provided in the box. Have a look at the curry paste instructions on the jar/pot. 1 - 2 tablespoons is a good guide, or more if you like it spicy. Turn the heat on low and start cooking it, stirring often.

TOP TIP: While the rice is cooking, stir your curry every now and then. If it looks a bit thick - add a splash of water and give it another stir.

4

When the rice is cooked, drain off any remaining water and dish onto your plate. Spoon your curry on top and enjoy! Season with salt and pepper if you have some.

5

CONGRATULATIONS!

You just made a delicious curry!
Don't forget to help with the washing up...



The curry you are making is inspired by Indian culture - which is famed for it's beautiful patterns! Can you colour in the pattern at the bottom of the page? Can you also then design your own colourful pattern in the white box below?



COLOUR ME IN!

