



*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...!

