

## Reading a recipe aloud

**Vegetable curry (serves 5-6)****Ingredients**

3 tbsp (of)\* vegetable oil  
2 onions  
4 cloves (of) garlic  
(a) 5cm piece (of) root ginger  
3tbsp (of) tomato puree  
2 carrots  
2 sweet potatoes  
2 peppers (red or yellow)  
1 large courgette  
1 tin (of) chickpeas  
200g (of) red lentils  
1 large handful (of) sultanas  
½ (a) tsp (of) turmeric  
½ (a) tsp (of) crushed chillies  
1 tsp (of) ground cumin  
1 tsp (of) ground coriander  
750ml (of) hot vegetable stock  
4 large tomatoes  
3tsp (of) garam masala  
Salt and pepper  
150g (of) frozen peas  
(and) 1 handful (of) fresh coriander



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**Method**

Firstly, heat the oil in a large pan.

Chop the onions, crush the garlic, and peel and grate the ginger. Add these ingredients to the pan and fry for about five minutes.

Next, chop the sweet potato and slice the carrots, peppers and courgettes. Add these ingredients to the pan and fry for a further 10 minutes.

Then, add the sultanas, turmeric, cumin, ground coriander and stock. Rinse and drain the lentils and the chickpeas and add to the pan.

Chop the tomatoes and stir them into the other ingredients.

After that, cover the pan with a lid, and simmer for about 25 minutes.

Finally, add the peas and garam masala, and season to taste. Simmer uncovered for about 20 minutes.

Chop the fresh coriander and add it to the curry before serving.

*\*The words in brackets (a, and, of) would not usually be included in the ingredients section of a recipe, although they are normally said when the ingredients are read aloud.*

*tbsp = tablespoon    tsp = teaspoon*