



One Pot Vegetable Korma and Rice

Who doesn't love a korma, and who doesn't love a quick and easy meal? We have combined both to bring you a super-easy one pot meal which requires minimal washing up. This mild and healthy dish will be a winner for the whole family!

Nutritional Info

Calories: 524 kcal
Carbohydrates: 96.3 g
Protein: 18.8g
Fat: 6.5 g

Ingredients

- Chickpeas
- Red Pepper
- Onion
- Basmati rice
- Stock cube
- Korma Paste
- Natural Yoghurt
- Spinach
- Coriander

Your Pantry

- Olive Oil

Allergens


Milk (Yogurt)
Celery (Stock Cubes - may also contain traces of Egg, Soya & Mustard)
Mustard (Curry Paste)
Curry Paste May contain peanuts and nuts.

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

Make the stock up to 200ml per person.

2) Prepare the vegetables

Peel and finely dice the onion. Dice or slice the red pepper into relatively thin slices. Finely chop the coriander.

3) Saute the vegetables

In a medium-large saucepan, drizzle a little oil. Add in the onion and pepper and cook for 4 minutes.

4) Make the curry

Add in the korma paste and cook for a minute or so, then add the chickpeas, rice and stock. Bring to a simmer and cover the pot. Cook for 20-25 minutes or until the rice is cooked through. When the rice is cooked stir in the spinach and allow to wilt.

5) Plate the dish

Once cooked, stir in the yoghurt. Serve in bowls, and garnish with the fresh coriander.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | [#DropChef](#)