



Bunny chow curry



www.activekidsgetcooking.org.uk



Equipment

- Colander for rubbish
- Chopping board
- Vegetable knife
- Vegetable peeler
- Wooden spoon
- Measuring spoons
- Large non stick frying pan
- Small bowls
- Can opener
- Sieve
- Measuring jug
- Pan stand
- Oven gloves



www.activekidsgetcooking.org.uk



Prepare the onion



1. Cut the top off the onion and remove the skin.



2. Cut the onion in half and place flat side down onto the chopping board.



3. Chop into small pieces.



Prepare the ginger



Don't rub your eyes after preparing it, it will sting! You may want to wear gloves when preparing it.



4. Remove the skin from the ginger using a teaspoon.



5. Cut into slices.

6. Chop the slices finely.



Prepare the carrot



7. Peel the carrot and remove the ends.



8. Cut the carrot in half and then in half again lengthways.



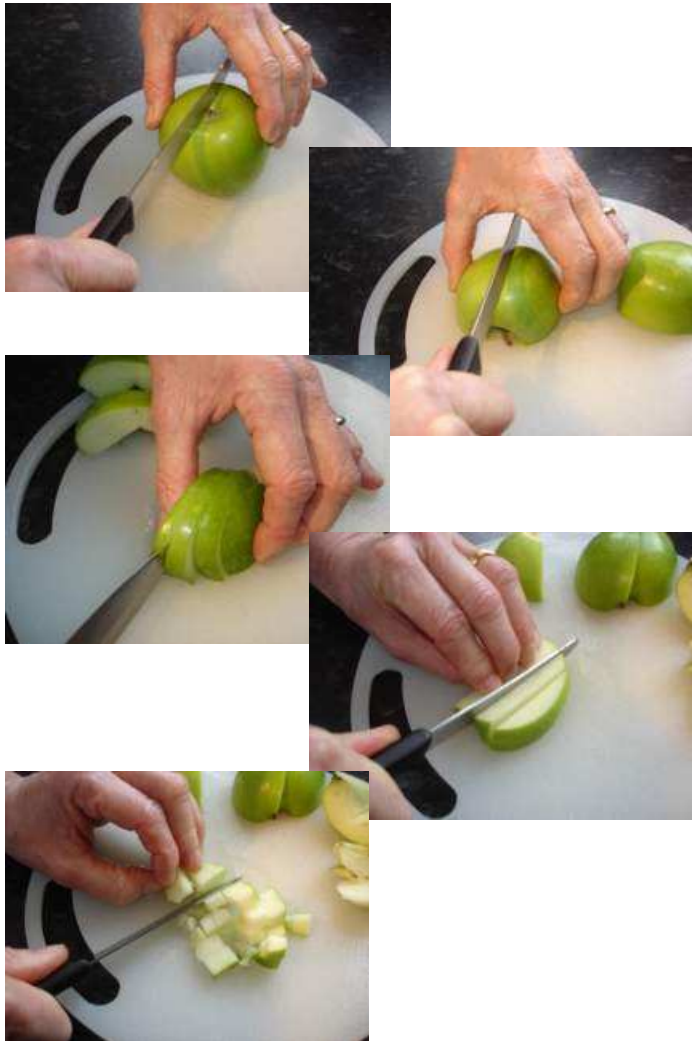
9. Put the cut surface flat onto the chopping board and cut in half lengthways again.



10. Chop each slice into chunks.



Prepare the apple



5. Cut the apple in half.

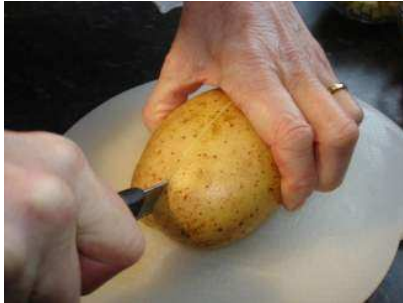
6. Cut into quarters and remove the core.

7. Cut the apple into slices.

8. Cut the apple into small chunks.



Prepare the potato



9. Cut the potato in half lengthways.



10. Put the cut side flat onto a chopping board and cut the potato into strips.



11. Cut each strip into small chunks.



Prepare the pepper



12. Remove the top of the pepper.



13. Take out the seeds and the white pith with your fingers.



14. Cut the pepper in half then into quarters.

15. Cut each quarter into strips.

16. Cut the strips into small dice.





Next steps



17. Open the can of chickpeas and drain the liquid.

18. Heat the oil in the frying pan.



19. Add the ginger and the onion and fry gently for 2 minutes.



Add the vegetables



20. Add the carrots, potatoes, peppers and peas to the frying pan. Fry for another 2 minutes. Stir the ingredients while they are frying.



21. Stir in the apple and raisins.





Finishing off



22. Add the curry paste (or curry powder) and the tomato puree.

23. Turn the heat down low and cook for 2 minutes, stirring all the time.

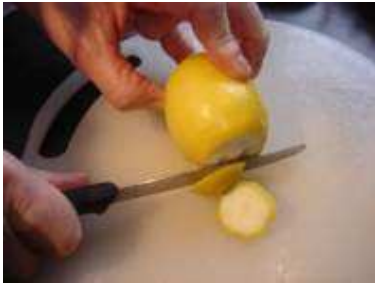


24. Add the water and the chick peas to the pan. Bring to the boil. Simmer without the lid for 20 minutes until the vegetables are soft.



Lemon wedges

25. Cut both ends off the lemon.



26. Cut the lemon in half and then into quarters.



27. Cut in half again to give 8 lemon wedges to squeeze onto the curry when served.





Preparing the bread



28. Slice vertically across the top of the roll to make a container for the Bunny chow curry.

29. Remove the bread from inside the rolls to make a deep container. This bread could be used for breadcrumbs.



Snip the coriander



30. Snip the coriander into pieces with kitchen scissors.



31. Check the vegetables in the curry are soft. If they are remove from the heat. If not cook for a few more minutes.

32. Stir the coriander into the curry.



Fill the bread rolls



33. Fill up the bread containers with the curry to make the Bunny chow.



Try serving the Bunny chow on a plate or wrapped in your team colours.





Serving suggestions

Serve in dish for guests to help themselves.



Serve in the hollow rolls for authentic Bunny chow.

