

# PICNIC BOX

## CHRISTMAS CURRY

Watch the Shiny Kitchen Film for a Step-by-Step cooking tutorial with Zoe.



### Christmas Curry

#### Ingredients:

- 250g Chopped Chicken Breasts
  - 1 Tin Chickpeas (vegetarian option or additional ingredient)
  - Oil (splash)
  - 1 Onion
  - 1 tsp Ground Cumin
  - 1-2 tbsp Curry Powder (mild, medium or hot)
  - 1 Chilli (optional)
  - 2 Sweet Potatoes
  - 1 Tin Chopped Tomatoes
  - 1 Litre Chicken or Vegetable Stock
  - 200g Dry Red Lentils
  - 2-3 medium Carrots
  - 1 Pepper
  - 200g Green Beans
  - 4 tbsp Greek Yoghurt
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- General Kitchen Equipment and Hob

#### Method:

Watch Zoe's video tutorial – [CLICK HERE](#)

**Food / Allergies:** Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

**Knives / Sharp Objects:** Supervise young people appropriately when using knives. Store all sharp objects securely.

**Hot Oven / Hotplates:** Supervise young people appropriately when using an oven or hotplates for cooking.

**Online Access:** Supervise young people when they're online and give them advice about staying safe.

