

Recipe

Vegi Curry & Rice.

Hey kiddos! Do you like to eat lots of veggies? Then you're going to love this yummy recipe for Vegetable Curry and Rice! Here's what you need:

- Lots of mixed veggies (that's 2 whole pounds, or more than 900 grams!)
- Delicious vegetable oil (just 2 tablespoons, or 30 grams)
- Yummy onions (you'll need 2 of them, or about 250 grams)
- Some garlic (3 cloves, which are about 9 grams)
- Curry powder (2 tablespoons, or 14 grams)
- Cumin (just a teaspoon, which is 2 grams)
- Coriander (another teaspoon, or 2 grams)
- Creamy coconut milk (1 can, which is 400 ml or 403 grams)
- Tasty vegetable broth (1 cup, or 240 ml or 240 grams)
- Salt and pepper to make everything extra yummy
- And of course, some healthy, cooked rice (4 cups, which is about 800 grams)

Now that you have all your yummy ingredients, it's time to make some MAGIC happen! Heat up your pan with the veggie oil, and get the onions and garlic cooking until they're nice and soft. Then add in all of your delicious spices (curry, cumin, and coriander) and let everything cook together for a few minutes.

Next up, it's time to add in all those yummy veggies! You can use your favorites, or mix it up with lots of different ones. Just make sure you have a WHOLE lot (2 pounds to be exact)! Once the veggies are in the pan, pour in the coconut milk and veggie broth, and let everything cook together until the veggies are nice and tender.

And last but not least...RICE! Make sure your rice is cooked up nice and fluffy, and pile it high on your plate. Then spoon on lots of that delicious veggie curry and get ready to CHOW DOWN! This recipe is perfect for feeding lots of hungry kiddos, or just saving some leftovers for later. YUM!

