



More Than Food
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Tomatoey Spinach Quinoa Curry with Gooseberry and Mustard Chutney and Cooling Yoghurt

The truth is the gooseberry, which happens to be our Fruit of the Month, is so much more versatile that we ever give it credit for. Its sweet tanginess means it complements spicy dishes and salty dishes alike. Here we've made it into a delicious chutney (new skill alert!) to compliment your quinoa curry. Don't believe us - the proof will be on your plate with this one!



35 mins



veggie



healthy



spicy



Onion (1)



Ginger
(1½ tbsp)



Garlic Clove
(3)



Red Chilli
(1 tsp)



Carrot (1)



Gooseberries
(1 punnet)



White Wine
Vinegar (2 tbsp)



Mustard Seeds
(3 tsp)



Turmeric
(¾ tsp)



Ground
Coriander
(1½ tsp)



Ground Cumin
(1½ tsp)



Organic Chopped
Tomatoes (1 tin)



Quinoa
(1 cup)



Vegetable
Stock Pot
(1)



Baby Spinach
(3 handfuls)



Natural Yoghurt
(1 pot)

Ingredients	2 PEOPLE	ALLERGENS
Onion, chopped	1	
Ginger, grated	1½ tbsp	
Garlic Clove, grated	3	
Red Chilli, chopped	1 tsp	
Carrot, sliced	1	
Gooseberries	1 punnet	
White Wine Vinegar	2 tbsp	Sulphites
Mustard Seeds	3 tsp	Mustard
Turmeric	¾ tsp	
Ground Coriander	1½ tsp	
Ground Cumin	1½ tsp	
Organic Chopped Tomatoes	1 tin	
Quinoa	1 cup	
Vegetable Stock Pot	1	Celery, Sulphites
Baby Spinach	3 handfuls	
Natural Yoghurt	1 pot	Milk

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Gooseberries are packed with Vitamin C - 20 times more than the equivalent volume of oranges in fact!

Nutrition per serving: Calories: 422 kcal | Protein: 20 g | Carbs: 72 g | Fat: 6 g | Saturated Fat: 1 g

1



1 Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Peel and grate the **ginger** and **garlic**. **Tip:** Use a *garlic press* if you have one. Cut the **chilli** in half lengthways and remove the seeds. Chop it finely. Remove the ends from the **carrot**, peel and slice into rounds about ½cm wide.

3



2 Put the **onion** in a saucepan (one with a lid if possible) on medium heat with 1 tbsp of oil. Cook for 5 mins until the **onion** is soft, then take out half your cooked **onion** and put it in a large pan. Set this aside - this will be for the curry a little later.

3 Add the **gooseberries**, **vinegar**, half the **ginger**, half the **garlic** and the **mustard seeds** to the **onions** in the smaller saucepan, with 2 tbsp of **water**. Cook for 10 mins with the lid on (stirring occasionally) before adding 2 tbsp of **sugar** (if you have some) and a pinch of **salt** and **black pepper**. Remove the lid and cook for another 10 mins, stirring occasionally. Once the chutney is cooked, remove the pan from the heat and leave to the side to cool down a little.

4



4 While the chutney is cooking, put your larger pan with the rest of the **onions** on medium heat and add 1 tbsp of **olive oil**, along with the rest of your **ginger**, **garlic**, **chilli** (the amount you add depends on how spicy you like things!) and the **turmeric**, **ground coriander** and **ground cumin**. Cook for 1 minute until they are smelling lovely and fragrant, then add the **chopped tomatoes**, **carrots** and **quinoa**. Refill the tomato tin with **water** and add this in too along with the **vegetable stock pot**.

5



5 Stir everything together and bring the mixture to the boil, stir and make sure your **vegetable stock pot** has dissolved, then simmer for 20 mins, it has to be simmering to cook the **quinoa** but just remember to stir from time to time to prevent sticking. **Tip:** If the mixture gets dry at all, just add 50ml of water. Once your curry has been cooking for 20 mins, take the pan off the heat and stir in the **spinach**. Pop the lid on and leave for 4 mins so the **spinach** wilts.

6 Serve your curry in bowls with a dollop of **yoghurt** and a spoonful of chutney. Enjoy!