

The recipe is on SMHW -

1. Apron
2. Wash hands
3. Wipe down your area.
4. Collect equipment
5. Ingredients on the white food tray.
6. Fill your washing up bowl with hot soapy water.
- 7. Read the recipe**



White food tray

Clear at front of
the work surface

Collect equipment, put to
the back of the work surface.

LQ: Can I create produce spinach, potato and chickpea curry accurately, safely and hygienically?

Success Criteria:

1. I can adapt a recipe in a number of ways.
2. I can evenly prepare vegetables.
3. I can use the hob safely
4. I can follow a recipe independently and hygienically



1. Prepare the ingredients:

Peel and slice the onion.



Peel and cube the potatoes (or leave the skin on).



Peel and crush the garlic.



Drain the chickpeas.



Prepare any additional ingredients.



2. Fry the onion and garlic for 2 minutes in the oil.



3. Stir in the curry paste, potatoes and water.



4. Add the tomatoes and chickpeas, then allow to simmer for 20 minutes, until the potato is tender.



5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.



LQ: Can I create produce spinach, potato and chickpea curry accurately, safely and hygienically?

1. Clean and dry the equipment and sink.
2. Garnish your dish – **take a photograph.**

Please send me a photograph via SMHW if you wish.

