

Pau Bhaji

You will need

Medium or small saucepan

Ingredients

- Pau bhaji - potatoes, peas, onion, tomatoes, butter (**milk**), garam masala, salt
- Bread roll - (**gluten**)
- Coriander
- Red onion

(**allergens in bold**)

Cooking Instructions

1. Chop the coriander and thinly slice the red onion. Set aside.
2. Heat the pau bhaji gently in the pan on a medium heat stirring often. Add a small amount of water if needed. Once piping hot scatter with the finely sliced red onion and chopped coriander. Serve immediately on a warmed plate or bowl and mop up with the bread rolls, to make it extra special generously butter the rolls.

*note, warming the rolls in a low oven or briefly in a microwave makes a very nice addition.

Cashew Nut Curry and Chickpea Curry

You will need

2 small saucepans, 1 pan of boiling water (or a microwave) to heat the rice, 1 small bowl

Ingredients

- Cashew nut curry - cashews (**nuts**), onion, vegetable oil, garlic, ginger, green chilli, turmeric, Sri Lankan curry powder (**mustard**), coconut milk, lemongrass, sugar, water, lime juice (**sulphites**)
- Chickpea curry - water, chickpeas (chickpeas, water, salt, acidity regulator [ascorbic acid]), tomatoes (chopped tomatoes, tomato juice, acidity regulator [citric acid]), onion, sunflower oil, garlic, ginger, green chilli, coriander, cumin seeds, salt, turmeric
- Mango chutney - mango, onion, sugar, white wine vinegar (**sulphites**), ginger, garlic, cumin, chilli powder, salt
- Kachumber - tomato, red onion, white wine vinegar (**sulphites**), coriander, cumin, cayenne, salt

(**allergens in bold**)

Cooking Instructions

1. In separate pans, gently heat the cashew nut curry and the chickpea curry.
2. Slice the rice bag open and heat in a microwave until piping hot or simply boil in the unopened bag for 2 minutes.
3. Halve and thinly slice the tomato and red onion, lay in a bowl or on a plate, scatter with coarsely chopped coriander and dress with the contents of the pot marked with the kachumber sticker.
4. Serve the curries, rice, kachumber and mango chutney in warmed bowls.

Sticky Toffee Pudding

Ingredients

- Sticky toffee pudding - butter (**milk**), eggs (**eggs**), plain flour (**gluten**), stoned dates, water, bicarbonate of soda, baking powder, vanilla extract, greasing spray (**soy**)
- Sauce - double cream (**milk**), dark muscovado sugar, butter (**milk**)
- Clotted cream (**milk**)

(**allergens in bold**)

Cooking Instructions

1. Place the pudding in the microwave for three minutes (with the lid on but not sealed) or place into the oven in a heatproof dish with a lid for 12 minutes at 180°C.
2. Serve the pudding with the sauce poured over and clotted cream on top.