



RESCUING FOOD • NOURISHING COMMUNITIES



## RECIPE CARD



Recipes developed in conjunction with  
the University of Otago Human Nutrition Department

# INDIAN ONE POT



SERVES 4-5

## INGREDIENTS

- 2 Tbsp ground coriander
- 2 tsp lemon juice (optional)
- 1 cup rice (white or brown)
- 2 tsp grated fresh or dried ginger (optional)
- Salt
- 2 tsp cumin
- 1-3 cans chickpeas
- 1 tsp chilli powder
- 1 tsp turmeric

### **Any combination of vegetables:**

- Capsicum
- Zucchini/ courgette (sliced)
- Carrot (sliced)
- Potato (cubed)

### **Tomato Base Ingredients:**

- 400g tomatoes fresh or canned
- 1 diced onion
- 1 tsp sugar
- 1 cup stock (beef, chicken or vegetable)

## METHOD

Read instructions carefully so that rice and Indian One Pot are ready to eat at the same time.

1. Pre-heat oven to 180°C.
2. Combine all tomato base ingredients in a casserole dish. Add the herbs, spices and lemon juice.
3. Use knife and chopping board to prepare 2 cups of vegetables.
4. Add vegetables to the casserole dish.
5. Drain and rinse chickpeas in colander. Add chickpeas to casserole dish.
6. Place lid on casserole dish and put in oven. Cook for 30 minutes. Stir once and add water (approx. ¼ cup) if necessary.
7. While Indian one pot is cooking, cook rice.  
\* Do not remove lid while rice is cooking.

**Microwave:** Put rice into a microwave safe bowl with 1 tsp salt and 1 tsp of vegetable oil or butter. Add 2 (white rice) or 3 (brown rice) cups of boiling water and stir. Cover and microwave on High for 12 minutes (white rice) or 25 minutes (brown rice). OR

**Boil:** Put rice, 2 cups water and 1 tsp salt into a pot. Bring to the boil, stirring regularly. Cover. Simmer on Lowest possible setting for: White rice: 15 mins or Brown rice: 25 mins

8. Serve Indian One Pot over rice.