



5 portion(s)



## Ingredients

Nan's Keens Curry Whatever you want it to be.

### Curry Ingredients

160 grams onion cut into quarters  
280 grams carrot cut into 3cm pieces  
5-10 grams Keens Curry Powder  
50 grams Butter  
180 grams sweet potato cubed  
60 grams frozen peas  
60 grams Frozen Corn  
130 grams red capsicum cubed  
80 grams plain flour  
750 grams full cream milk  
75 grams TM Vegetable stock paste  
Salt & Pepper to season

## Preparation

### NAN'S METHOD

1. Add onion & carrot into mixing bowl
2. Chop for 4 sec/sp 5. Repeat for 1-2 seconds if necessary as the carrots may be a little hard depending on the season in which they are grown. Scrape down sides of bowl.
3. Add butter and curry powder. Cook for 5 min/100°C/🌀"Counter-clockwise operation" /sp1
4. Add sweet potato, peas & corn. Cook 5 min/100°C/🌀"Counter-clockwise operation" /sp1
5. Add flour. Cook 2 min/90°C/🌀"Counter-clockwise operation" sp 2
6. Add Vegetable Stock Paste, milk and capsicum.  
Cook 3 min/90°C/🌀"Counter-clockwise operation" /sp2
7. Cook for a further 20 min/90°C/🌀"Counter-clockwise operation" sp1.  
Ensure sweet potato is cooked through.
8. Season to taste.
9. Serve with steamed rice, couscous, quinoa, or mashed potato



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