

Indian mushroom curry, Basmati rice, green onion whistle and peas

Recipe for 2 portions

Description

A vegan recipe loaded with flavors!

Note

Make sure you don't put too much spices, it's all about putting just what's needed.

Ingredients

Mushroom Curry

- 225 Gr Button mushrooms
- 1 Unit(s) Portobello mushroom
- 2 Clove(s) Garlic
- 0.50 Tbsp Tomato paste
- 1 Tbsp Garam masala
- 0.50 Tbsp Curcuma
- 125 Ml Coconut milk

Basmati rice

- 175 Ml Basmati rice
- 1 Unit(s) Green onion
- 0.50 Unit(s) Onion
- 100 Ml White wine
- 2 Unit(s) Star anise
- 75 Gr Frozen green peas

Preparation

- Preparation time **40 mins**

Things to prepare before the workshop

Ingredients

Brush the mushrooms with a wet towel, make sure they are clean.

Open the coconut milk can.

Boil the peas for 5 minutes, then cool them with ice and water. Keep the pot for the rice.

Equipment list

1 cutting board
1 chef knife + 1 paring knife
1 kitchen towel
1 small pot (peas + rice) + 1 strainer
1 large pot (curry)
Tablespoons
Plates

Preparation - To do with the chef

Peel and dice the onion.

Peel the garlic and chop it.

Cut the mushrooms in thick slices.

Chop the green onion, keep the green part for the garnish and the rest for the rice.

Rince the rice until the water is clear.

Curry cooking process

Heat the large pot with a tablespoon of olive oil in it. Put the spices first, give them a roast until you can have a good smell, add the onion and the garlic.

Add the tomato paste and the mushrooms, give a good stir.

Cook with a little bit of water for 5-10 minutes, then add the coconut milk.

Let it simmer for 15-20 minutes, once the sauce is reduced it will have the right texture and taste.

Rice

Heat the small pot and cook the onion with some olive oil just for 1 minute.

Add the rice and the star anise, cook for 1 minute while stirring.

Add the wine and reduce until there's no more liquid.

Add 1 cup of water, bring to a boil, cover and leave to cook on low heat for 15 minutes.

Remove the star anise and add the peas once the rice is cooked.

Plating

First have a portion of rice in the middle of your plates, then cover with the curry.

Garnish with the chopped green onion.

Bon appétit!