Zucchini and Mushroom Curry with Indian Pilau Rice

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Ingredients

For the zucchini & mushroom curry: -slurp of oil -1 medium onion, roughly chopped -1 tsp ground coriander -1 tsp ground cumin -1 tsp salt -1/2 tsp chili powder (or more if you like it spicy!) -225g mushrooms, sliced -2 medium sized zucchinis, sliced -4 tbsp low fat natural yoghurt For the indian pilau rice -1.25 cups basmati rice -slurp of oil -1 small onion -1 garlic clove, crushed -1/2 cup frozen peas -2 tbsp sesame seeds -1/2 tsp ground turmeric -1 tsp ground cumin -1/4 tsp salt -4 cardamom pods -1 tsp fennel seeds -1.75 cups chicken stock

Instructions

Curry intructions: The yoghurt in this curry makes it yummy and creamy, but still low in fat -yay!! Heat the oil in a large pan and fry the onion until golden brown. Lower the heat to medium and add all the spices, then stir it well. Once the onion and spices are well blended, add the mushrooms and zucchini and stirfry until soft. If the mixture is too dry, add a little bit of water to loosen it. Turn off the heat, and add the yoghurt and mix it in well. Serve immediately. Rice instructions: It is a good idea to get the rice started first, as it takes a bit longer, and it doesn't matter if it isn't served as soon as it is finished. Wash the rice and soak it in water for about half an hour. Heat the oil in a big saucepan then add the onion and garlic and fry gently until softened. Stir in the spices and the sesame seeds (toast them first if you can be bothered, it makes their flavour a little more pronounced) and fry for about a minute. Drain the rice well, and add it to the pan, then stirfry that for a couple more minutes. Pour on the chicken stock and bring it to the boil. Cover and then reduce the heat to very low for 20 mins (without removing the lid) until all the liquid has been absorbed. Remove from heat and leave to stand for 3 or 4 minutes. Fork up the rice, then serve with the yummy curry!