

RUBY MURRY – YOUR FAVOURITE CURRY

NEW MOTHERS' SUPPORT GROUP

Est. 1994

NMSG

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RECIPE OF THE MONTH

RUBY MURRY – YOUR FAVOURITE CURRY

SUITABLE FROM 7 MONTHS

Warm veggie dahl

- 50g dried split red lentils, rinsed
- 1 small potato, peeled and diced
- 1 small carrot, peeled and sliced
- 2 cardamom pods, split
- 1 tsp mild curry powder
- 2 tbsp coconut milk

Place lentils and potato in a small saucepan, cover with water and bring to the boil, then reduce heat. Add carrot and cardamom, part-cover with a lid and simmer for 15 minutes until tender, skimming off any foam. Drain, reserve cooking water. Return lentils, carrot and potato to the pan, discard cardamom. Add 4 tbsp of cooking water, curry powder and coconut milk and stir over a low heat until combined. Finally puree.

First fish curry

- 115g skinless, boneless white fish fillet
- 150ml baby's usual milk
- 1 lemongrass stalk
- 25g white basmati rice
- 2 broccoli florets
- 1 tsp mild curry powder
- 2 tbsp coconut milk

Place fish in small pan, cover with milk and add lemongrass. Poach the fish over a medium heat for 12 minutes, Reserving the milk, discard the lemongrass and remove the fish. Flake the fish with a fork. Cook the rice in a pan of boiling water until tender. Steam the broccoli until tender, the remove stalks and finely chop. Return fish to the milk in the pan, add cooked rice with broccoli, curry powder and coconut milk, stir until combined over a low heat. Finally puree.

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First chicken curry

- 2 tsp sunflower oil
- 1 onion, roughly chopped
- 1 large carrot, chopped
- 1/4 tsp fresh ginger, peel and diced
- 1/2 red pepper, diced
- 1/4 tsp mild curry powder
- 1 chicken breast, diced
- 150ml unsalted chicken stock
- 3 tbsp yoghurt
- 75g frozen peas

Heat the oil in a saucepan. Add the onion, ginger, carrot and pepper and fry for 3 to 4 minutes. Add the curry powder and chicken and fry until sealed. Add the stock, cover with a lid, bring up to the boil, then simmer for 15 minutes until tender. Add the peas and cook for 5 minutes. Blend until smooth, then add the yoghurt.

Curried lentil puree

- ½ tsp olive oil
- 15g onion, finely chopped
- 15g red pepper, finely chopped
- 20g carrot, peeled and finely chopped
- 20g sweet potato, peeled and chopped
- A good pinch of mild curry powder
- ¼ clove garlic, crushed
- 5g red lentils
- 40ml coconut milk
- ½ small apricot, finely chopped

Heat the oil in a saucepan. Add the onion, pepper and carrot and fry for 3 minutes. Add the sweet potato, garlic, curry powder and lentils and stir for 1 minute. Pour in the coconut milk and add the apricot. Cover with a lid, bring up to the boil and simmer for 15 minutes until the lentils and vegetables are cooked. Finally puree.

Credit to Annabel Karmel