

VEGETABLE GOAN CURRY
WITH BASMATI RICE

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

VEGETABLE GOAN CURRY WITH BASMATI RICE

Chef Gary Parsons

Ingredients

SERVES 1

| | |
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| HS738 Harvey and Brockless Kitchen Goan Curry | 160g |
| IN337 Blackthorn Sea Salt | 3g |
| DA105 Dell'ami Arbequnia Extra Virgin Olive Oil | 20ml |
| DB007 Croxton Manor unsalted butter | 5g |
| New Potatoes, cut in half and boiled in salt water | 50g |
| Carrots, cut into batons | 25g |
| Baby corn, blanched and cut into 1/4s | 20g |
| Baby spinach, chopped and cooked | 60g |
| Coriander, washed and drained | 0.5g |
| Ground White Pepper | 2g |
| Basmati Rice, cooked | 100g |

Method

1. First cut all the vegetables. Get a pan and boil some water with a little bit of salt. Add the potatoes to the boiling water. Once the potatoes are cooked use the same water to cook the carrots. In a separate pan, pour a little bit of oil and blanch the baby corn and spinach.
2. Once all the vegetables are cooked, warm the Goan curry sauce in a pan and add all the vegetables into the sauce, to absorb the flavours.
3. Whilst the vegetables are cooking in the sauce, in a medium pot, combine the rice, water, butter and salt. Bring to boil. Cover the pot with a tight fitting lid and turn the heat down to a simmer. Cook for 15 to 20 minutes, until all of the water is absorbed and the rice is tender.
4. Spoon on the vegetable Goan curry and the basmati rice into a bowl and finish with a sprig of coriander.



VEGETABLE GOAN CURRY
with potato, carrot, spinach, baby corn and basmati rice

Harvey and Brockless Kitchen Goan Curry Sauce

A light, fruity and tomato based traditional Indian curry sauce from Goa. Gentle curry flavours with a kick of warming spice coming through at the end.

Blackthorn Sea Salt

Made with wind, sea and thorns on the West Coast of Scotland, Blackthorn Salt is the ultimate transformative ingredient for today's kitchen. Poignant and bittersweet, with a taste echoing sea, Blackthorn Salt adds a rolling moreishness to any meal.

Dell'ami Arbequina Extra Virgin Olive Oil

Sourced from the sunny valleys of Córdoba in Andalucía, early harvest Arbequina olives give this oil glorious flavours of green apple, artichoke and creamy avocado.

Croxton Manor Unsalted Butter

Our very own Croxton Manor butter is made with fresh milk from British cows raised to strict quality standards. Perfectly used for enriching pastry dough, melting into sauces or lavishing on hot crumpets. This unsalted butter is not blended and is additive free.
