

crazy spinach chickpea curry + zucchini rice fritters



This recipe is a great way to introduce kids to a wonderful international food! This simple, fast curry is made rich and creamy by adding coconut milk The zucchini cakes are oh SO tasty with the curry!
Happy + Healthy Cooking –Erin

chop

Curry Time! Have kids chop up **1 medium onion**, **3 C of fresh spinach leaves** and **3 Roma tomatoes** and set to the side.

sauté+measure

Grown-ups: In a large skillet, heat **1 Tbsp of vegetable oil** over medium heat. Add the onion with **½ tsp of salt**. Cook until softened, about 5 minutes, stirring often. In the meantime, have kids smell and measure **2 tsp of mild curry powder**. Add the curry powder to the onions and cook, stirring constantly for 1 minute. Add the chopped tomatoes to the skillet.

pour+stir

Stir in **1 (12 oz) can of coconut milk** and **2 tbsp of tomato paste** into the onion mixture. Cook for 5 minutes or until slightly thickened, stirring occasionally. Add 1 (15 oz) can of drained and rinsed chickpeas to the skillet, stir well, and cook a few minutes more. Turn off the heat from the skillet and let the flavors marry.

grate+squeeze+sprinkle

Have kids grate **1 medium zucchini** into a bowl. Have kids add the grated zucchini into a clean dish cloth and ask them squeeze out as much moisture as possible over your sink... Add the squeezed zucchini with **1 C of pre-cooked rice** into a bowl.

measure+crack+mix

Have kids measure out **a pinch of cinnamon**, **a pinch of cardamom**, **a pinch of ground cloves**, **1 tsp of cumin seeds** and **1-½ tsp of sea salt** and sprinkle over the rice mixture. Crack **one egg** (sub ½ grated jack cheese or ¼ C purred silken tofu for egg allergy) over the rice mixture and MIX, MIX, MIX!

roll+fry

Have the kids roll the rice into small balls in their hands and then roll the rice balls in a plate filled with **cornstarch**... Add the rice balls to a pre-heated skillet with **2 T of vegetable oil**. Smash the balls down into little patties. Cook the rice fritters until crispy on the outside! Yum!

continued



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stir+eat

Back to the curry! Turn the heat up and stir the chopped spinach into the curry and cook for 3 minutes or until the spinach is wilted, stirring occasionally. Season to taste with extra salt. Serve curry in bowls with the rice fritters. Makes 4 large servings. **Can you say: "swaadisht" OR "mazedaar "(muh-zay-daar)?? It means tasty and delicious in Hindi!**

fun food facts:

Curry History

The history of curry goes back a long way. In fact, there is evidence of it being used in 1700 BC Mesopotamia. While use of curry probably originated in India, it was used in England as early as the 1300's and probably even earlier. Mention of its use can be found in the first book written on English cooking, written during the time of Richard II (late 1300s).

- ★ Curry is used in the cuisine of almost every country and can be incorporated into a dish or even a drink. The word comes from "Kari" which is from the Tamil language and was later Anglicized into "curry."
- ★ Curry powder itself is not a single spice but a blend of different spices and can be mild or hot. This golden colored spice is one of the oldest spice mixes and is most often associated with Indian cuisine.
- ★ By 3000 B.C. turmeric, cardamom, pepper and mustard were harvested in India. Most recipes and producers of curry powder usually include coriander, turmeric, cumin, fenugreek, and red pepper in their blends. Depending on the recipe, additional ingredients such as ginger, garlic, asafoetida, fennel seed, caraway, cinnamon, clove, mustard seed, green cardamom, black cardamom, nutmeg, long pepper, and black pepper may also be added.
- ★ However, the Portuguese importation of the chilli pepper from Brazil and their mixing of other Asian spices enabled the development of 'curi'. The Indian curry dish 'Vindaloo', from Goa, is a contraction of the Portuguese for 'Garlic Wine', or 'Vinho de alho'.
- ★ It should be remembered that curry powder is more of a generic term for a blend of different spices. As with many things, curry powder can have more spices added to the mixture, whilst cooking, to suit the tastes of a particular individual.

Garbanzo Beans (chickpeas)

- ★ Garbanzo beans (also known as chickpeas, Bengal grams, and Egyptian peas) have a delicious nutlike taste and buttery texture.
- ★ They provide a concentrated source of protein that can be enjoyed year-round and are available either dried or canned.
- ★ Garbanzo beans originated in the Middle East, the region of the world whose varied food cultures still heavily rely upon this high protein legume.
- ★ The first record of garbanzo beans being consumed dates back about seven thousand years.
- ★ The plant grows to between 20 and 50 cm high and has small feathery leaves on either side of the stem.
- ★ Chickpeas are a type of pulse, with one seedpod containing two or three peas. It has white flowers with blue, violet or pink veins.
- ★ Today, the largest commercial producers of dried common beans are India, China, Indonesia, Brazil and the United States.
- ★ The bean gives a typical person more than 50 percent of daily-recommended values in fiber, folate and manganese, as well as a healthy dose of protein.

continued



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- ★ Beans have been proven effective in stabilizing blood glucose levels, lowering cholesterol and reducing the risk of heart attack and stroke.
- ★ High levels of vitamin B in beans improve brain function and memory.
- ★ Beans were one of the first foods gathered, according to archaeologists. Domesticated over 8,000 years ago.
- ★ Beans are high in fiber, protein and are a great source of iron, magnesium, and zinc.

Which bean is the most intelligent? The Human Bean!

What do you call a retired bean? A has-bean!



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