

This summer SIGN UP TO EAT CURRY and change lives!

WE WOULD LIKE to invite you to have a dinner with a difference - we have found the perfect excuse to cook curry, it's called **Curry for Change**.

A small charity called **Find Your Feet** who fight hunger in Africa and Asia has teamed up with Kingfisher, India's Number 1 Beer, plus top chefs to run the Curry for Change campaign.

All you need to do is sign up at www.curryforchange.org.uk to receive your free event pack and Natco spices, cook a curry and invite your friends round to share an evening of good food, asking them to donate what they

would normally spend on a takeaway. This will be used to help change the lives of families who suffer from hunger.

Check out the latest recipes and handy hints from Curry for Change ambassadors so you can cook a curry and change lives. Visit www.curryforchange.org.uk/recipes. Many of our favourite chefs are the ambassadors, one is from the well know Patak family. Anjali Pathak a talent on her own, has shared some recipes from her new book, *Secrets From My Indian Family Kitchen*,



to encourage readers to host a Curry for Change evening before the end of October 2015. <



“IT'S HARD TO IMAGINE THAT 1 IN 8 PEOPLE WILL GO TO BED HUNGRY TONIGHT- HELP US CHANGE THIS, SIGN UP NOW.”

FIND YOUR FEET

Find Your Feet enables vulnerable rural families in Asia and Africa to grow enough food so they don't go hungry, strengthen their voices so they can speak out against injustice and earn enough money so they can find their feet. www.fyf.org.uk



It's hard to imagine that one in eight people around the world will go to bed hungry tonight - help us change this and sign up for Curry for Change today.

What's more, if you sign up and mention 'KINGFISHER' you'll be in for the chance to WIN a case of beer!



Balti-baked squash with feta, tomato & mint

Baked butternut squash rubbed with balti spices and filled with salty feta, sweet sun-dried tomatoes and fresh mint. No wonder this is a great veggie dish that is filling and packs a lot of flavour. There is no recipe as such for 'balti', as it actually refers to the pot that the dish is cooked in rather than a particular spice mix. However, across the world you can find balti spice blends and they typically contain the spices I have used in this recipe, so I have called this dish a balti in terms of the particular spicing of the dish.

Serves: 4
INGREDIENTS

2 butternut squash, cut in half lengthways and seeds removed
1 tsp cumin seeds
½ tsp coriander seeds
½ tsp black peppercorns
½ tsp dried chilli flakes
1 tsp garam masala
1 tbsp vegetable oil or light olive oil
50g spinach leaves, roughly chopped

50g (13/4oz) feta cheese, crumbled
2 garlic cloves, finely chopped
2 tbsp finely chopped mint leaves
6 sun-dried tomatoes in oil, drained and roughly chopped
Grated rind and juice of 1 lemon

HOW TO MAKE

- Preheat the oven to 200°C. Lay the squash, cut-side up, on a baking sheet.
- Roughly crush the cumin and coriander seeds, peppercorns and chilli flakes with a pestle & mortar before mixing in the garam masala and oil. Rub all over the squash, especially on the flesh side, and bake in the oven for 45 minutes, or until a knife cuts through the flesh easily.
- In the meantime, make the filling by mixing together the spinach, feta, garlic, mint, sun-dried tomatoes and lemon juice.
- When the squash is soft, take out of the oven and scoop out nearly all the flesh, leaving a 1cm border of flesh around the inside of each squash half. Mix the scooped-out squash with the filling and pop it all back into the grooves you have just carved out.
- Sprinkle over the lemon rind and roast in the oven for a further 10 minutes.
- Serve with a delicious crisp salad, such as Green Bean Salad with Roasted Fennel, Garlic & Mint.

Paneer and Roasted Beet salad



Paneer is a cows' milk cheese that has a texture similar to halloumi. Now I know that this is a recipe to make you feel good and so should be low in fat, but I have used paneer for a little indulgence. And I figured if I'm going to have the cheese, then I might as well cook it the way it tastes best, which is to pan-fry it so that the edges go slightly crispy.

Serves: 4
INGREDIENTS

500g raw beetroot, peeled and cut into wedges
2 tbsp rapeseed oil
1 tsp black mustard seeds
1 tsp ground ginger
50g whole blanched hazelnuts
150g paneer, cut into large bite-sized pieces
2 tbsp natural yoghurt
1 tbsp horseradish sauce
Juice of ½ lemon
1 tbsp roughly chopped dill
Good pinch of sea salt
Drizzle of clear honey, to taste
100g watercress

HOW TO MAKE

- Preheat the oven to 200°C/400°F/Gas Mark 6. Put the beetroot in a roasting tray and drizzle over half the oil. Rub them with the mustard seeds and ginger and roast for 25 minutes. Add the hazelnuts and allow them to toast with the beets for 5 minutes.
- Gently heat the remaining oil in a frying pan. Add the pieces of paneer and pan-fry, moving them around often, until golden brown on all sides. Drain on kitchen paper.
- Whisk together the yoghurt, dill, lemon juice, horseradish, salt and honey in a small bowl.
- Remove the beetroot and toasted hazelnuts from the oven, and toss with the pan-fried paneer, watercress and dressing.