# The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 13 primary servings (125g) 10 secondary servings (165g)



Prep: 1 hour 10 minutes Cook: 25 minutes



Allergy information: Egg, milk, sulphites



**Top Tips** Use chickpeas & lentils instead of Quorn<sup>™</sup>. GOAN QUORN™ CURRY

Vegetarian Main: This recipe provides a portion of non-dairy source of protein. It counts towards the standard to provide a portion of non-dairy source of protein, for vegetarians, at least three times each week.

Recipe adapted from: Lancashire County Commercial Group

### **Ingredients**

#### Marinade:

15g paprika 15g turmeric ground 15g coriander, ground 15g cumin, ground 5g (1½tsp) mild chilli powder 20ml lemon juice 100g low-fat natural yoghurt

#### For the Quorn<sup>™</sup> and vegetables:

15ml olive oil 150g onion, peeled and chopped 20g garlic purée 800g QuornTM pieces 400ml reduced-fat coconut milk 100g low fat natural yoghurt 15ml coriander, fresh chopped

**Government Buying Standards for Food & Catering Services** Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.

## **Method**

- 1. For the marinade add paprika, turmeric, coriander, cumin, chilli, lemon juice from 1 lemon and 100g low-fat natural yoghurt into a bowl and mix well, cover and leave in the fridge for the flavours to develop for 1 hour.
- 2. Heat the oil in a pan, add the onions and cook until soft. Add the garlic purée and cook for a further minute.
- 3. Add the QuornTM along with the marinade and cook for about 5 minutes.
- 4. Add the coconut milk and simmer until the vegetables are cooked and the sauce has thickened. Finish with the low-fat natural yoghurt and fresh coriander.

Serving suggestion: with boiled brown rice.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

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