SCHOOL FOOD PLAN





Number of portions this recipe makes:

12 primary servings (200g) 8 secondary servings (295g)



Prep: 10 minutes

Cook: 1 hour 15 minutes



Allergy information:

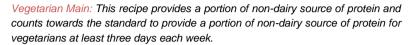
Mustard, sulphites



Top Tips

Use coriander instead of parsley.

VEGETABLE, PEA & POTATO CURRY



Recipe adapted from: EATS (East Anglian Taste for Schools)



400g onion, peeled and sliced
8g (2 cloves) garlic, peeled and sliced
60g curry powder
800g canned tomatoes
2L hot water
750g cauliflower, trimmed
400g carrots, peeled and diced
2.8kg (primary) or 4.4kg (secondary) chickpeas, drained
(drained weight 1.7kg for primary and 2.6kg for secondary)
150g potatoes, peeled and diced
500g peas, fresh or frozen
200g fresh parsley, 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

- Heat the oil in a pan. Add the onion and cook until soft and golden. Then add the garlic and the curry powder and cook for 1 minute.
- 2. Add the tomatoes, water and bring to the boil. Stir in the cauliflower, carrots, chickpeas, and potato.
- Bring back to the boil, then, simmer until the vegetables are tender. Stir in the peas and simmer for a further 5 minutes.
- 4. Serve sprinkled with chopped parsley.

Serving suggestion: with brown rice.









