



## THAI VEGETABLE CURRY

*Vegetarian Main: this recipe provides a portion of starchy food and a portion of non-dairy source of protein. It counts towards the standard to provide a portion of starchy food each day and a non-dairy source of protein at least three times each week.*

*Recipe adapted from: Lancashire County Commercial Group*

### Ingredients

550g brown rice  
15ml sunflower oil  
150g onion, peeled and chopped  
10g garlic purée  
150g sweet potatoes, peeled and diced  
150g butternut squash, peeled and diced  
150g red peppers, deseeded and sliced  
150g courgette, sliced  
150g aubergine, sliced  
150g Thai green curry paste  
800ml reduced fat coconut milk  
150g green beans, trimmed  
1.6kg tofu

### Method

1. Cook the rice according to the manufacturer's instructions. Then drain.
2. Heat the oil in a pan. Add the onions and cook until soft.
3. Add the garlic, sweet potato and squash and cook for 10 minutes.
4. Add the peppers, courgettes and aubergine and cook until softened.
5. Add the curry paste and fry for a couple of minutes.
6. Pour in the coconut milk and bring to the boil.
7. Reduce to a simmer and add the fine beans and tofu.
8. Cook until the beans are tender and the sauce has reduced slightly.
9. Serve with the curry and rice together

**Serving suggestion:** topped with fresh coriander.



#### Number of portions this recipe makes:

27 primary servings (245g)  
20 secondary servings (330g)



**Prep:** 15 minutes  
**Cook:** 45 minutes



#### Allergy information:

Fish, soya, sulphites



#### Top Tips

Marinate the tofu in the curry paste to add more flavour.

#### 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 and curry paste containing less than 5.0g/100g salt.