

Vegetable Curry

Allergens – **Mustard**

Ingredients

Quantity	Ingredient
1.5 kg	Tinned Tomatoes
800 g	Chick Peas in brine
500 g	Onions (diced)
500 g	Potatoes – Ware (diced)
500 g	Carrots (diced)
400 g	Peppers – Red & Yellow
400 g	Mushrooms – sliced
400 g	Cauliflower Florets
45 ml	Vegetable Oil
10 g	Garlic Puree
2.5 g	Curry Powder (contains Mustard)



Method

1. Sauté the onions and garlic puree in the oil until tender.
2. Add the curry powder and stir through.
3. Add the diced potatoes and carrots and cook gently.
4. Add in tomatoes, peppers and mushrooms, a little water and bring to the boil.
5. Cover and simmer for 15 minutes then add the cauliflower and drained chick peas.
6. Simmer until all the vegetables are cooked.
7. Serve with long grain rice.

Nutritional Content per 180g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 100.9	= 3.6	= 0.3	= 5.4	= 0.3	= 13.4

Portion size - Primary – 180g

Reviewed March 2019