

Vegetable Curry

Allergens – **Gluten**, **Milk**, **Mustard**, **Celery**

Ingredients

Quantity	Ingredient
1Kg	Oriental Vegetable Mix
800g	Chick Peas in brine
400g	Cooking Apples
400g	Onions (diced)
500g	Carrots (diced)
100g	Sultanas
85g	Plain Flour (contains Wheat)
85g	Stork Margarine (contains Milk)
50g	Mango Chutney
25g	Knorr Vegetable Bouillon Paste (contains Celery)
25g	Tomato Puree
30g	Curry Powder (contains Mustard)
1.5ltr	Water



Method

1. Fry the onions and apples in the margarine until tender.
2. Add the curry powder and flour and cook for 1 minute.
3. Gradually add in the water and bouillon to make a sauce.
4. Add in all the remaining ingredients and simmer for 30 minutes.
5. Serve with long grain rice.

Nutritional Content per 100g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 77.2	= 2.8	= 0.56	= 1.7	= 0.8	= 10.9

Portion size - Primary – 180g

Reviewed April 2018