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.