



## VEGETABLE, PEA & POTATO CURRY

**Vegetarian Main:** This recipe provides a portion of non-dairy source of protein and counts towards the standard to provide a portion of non-dairy source of protein for vegetarians at least three days each week.

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

### Ingredients

75ml vegetable oil  
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

### Method

1. 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.
3. 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.



#### 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.

#### 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.