



Fresh Ideas Feeding Minds

Recipe Feature

Addie's Super Six Veggie Curry

Following our 'Design a School Lunch Competition' Catering's Promotions Team recreated Addie's fantastic dish idea with six different vegetables, lentils and chickpeas

Serves 4

Ingredients:

300g	Tinned Chopped Tomatoes
1 x	Onion – diced
1 tsp	Curry Powder
1 tsp	Vegetable Oil
½ tsp	Garlic Puree
½ tsp	Ground Ginger
1 tsp	Tomato Puree
300ml	Water
100g	Tinned Chickpeas
125g	Butternut Squash – peeled and diced
125g	Sweet Potato – peeled and diced
50g	Swede – peeled, diced and blanched
100g	Dried Red Lentils
50g	Peas (we use frozen)

Method

1. Heat the oil in a pan and add the onions, cook until soft.
2. Stir in the garlic puree, ground ginger and curry powder and allow to cook for a few minutes.
3. Add the tomato puree, chopped tomatoes, sweet potatoes, butternut squash and blanched swede to the pan followed by the water.
4. Cook for approximately 15 minutes, until the vegetables are soft.
5. Add the chickpeas, lentils and peas and simmer for 10-15 minutes until cooked (add more water if required).
6. Season to taste. Serve with steamed rice and naan.

