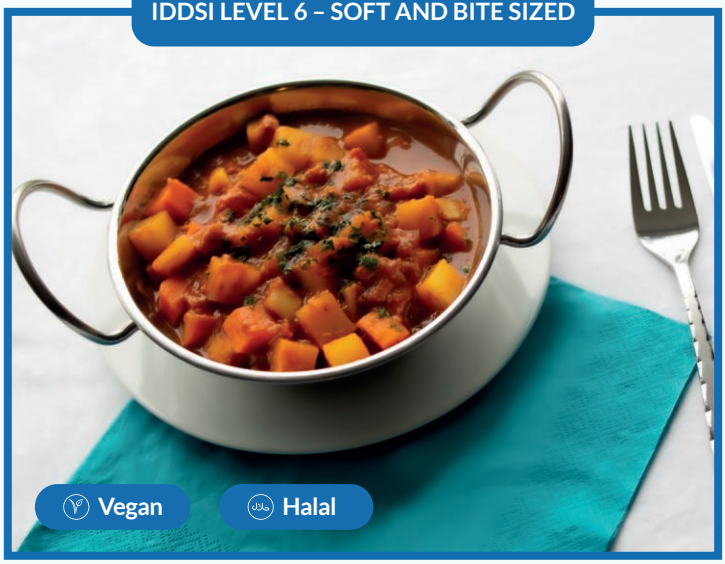
VEGETABLE CURRY SAUCE

Prep: 15 mins | Cooking: 40 mins | Serves: 4

IDDSI LEVEL 6 – SOFT AND BITE SIZED



Small saucepan

Garlic crusher

INGREDIENTS

- 1 **large carrot**, chopped
- ½ **small swede**, chopped
- 1 **large parsnip**, chopped
- 1 tablespoon **olive/veg oil**
- 1 **onion**, finely chopped
- 1 **garlic clove**, finely chopped/crushed
- 1 **green chilli**, finely chopped (optional)
- 2 tablespoons **vegetarian/ vegan madras curry paste**
- 1 tablespoon **plain flour**
- 1 teaspoon **tomato puree**
- 1 tin (400g) **chopped tomatoes**
- 2 teaspoons **mango chutney**
- 300ml **vegetable stock**
- Handful of **coriander**, chopped (optional)

Allergens: **wheat (gluten).** Vegetable stock may contain **celery.**

- Use gluten-free flour
- Use kosher mango chutney
- If adding optional diced meat, ensure it meets Halal guidelines

METHOD

1. Dice carrot, swede and parsnip to 15mm size.
2. Place oil, chopped onion, garlic and optional chilli into a saucepan and cook on a low heat until the onions are soft.
3. Add the curry paste and cook on a medium heat for 2 minutes, stirring continuously.
4. Take off the heat and add the flour - stir well.
5. Add the tomato puree, chopped tomatoes and mango chutney.
6. Place back on a low heat and add the hot vegetable stock a little at a time and stir well.
7. Cook for approximately 10 minutes, then add the carrot, swede and parsnip.
8. Cook for a further 20 minutes, stirring regularly, until vegetables are soft.
9. Season with salt and black pepper if required.
10. Sprinkle over optional chopped coriander.

TOP TIP:

Why not experiment with the vegetables you use each time? Try sweet potato, cauliflower, butternut squash or baby corn.

If you like, add diced cooked meat* to the sauce when you add the vegetables.
*Not vegetarian

Freeze in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.

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