

## Food For Thought Recipe and Allergen Card

### Vegetable Curry

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Mixed Veg (peas, carrots, Mange tout, beans, sweetcorn etc)		4k
Curry Powder	D001086	To taste
White Cabbage- sliced		2k
White onion – sliced		2k
Carrot – peeled and sliced		2k
Peppers – De-seeded and sliced		1k
<b>Celery</b> – sliced		2k
Garlic – sliced		1 bulb
Olive oil	D001010	For frying
Salt	D001199	To taste
Pepper	D001102	To taste
Dried Corriander	D001194	To taste

#### RECIPE METHOD – **ALLERGENS**

1. In a large heavy bottomed sauce pan, add a enough oil for frying and heat
2. Add the onion and garlic and cook for 5 minutes until translucent and starting to brown
3. Add cabbage, **celery**, carrot and peppers and continue to cook for 10 minutes until they are just starting to soften
4. Add curry powder and coriander to taste
5. Add salt and pepper to taste
6. Cook for 5 minutes
7. Add enough water to just cover the vegetables
8. Simmer for 20 minutes
9. Puree using a stick blender
10. Adjust consistency with water
11. Adjust seasoning
12. In a separate pan add enough oil for frying
13. Add the chosen mixed vegetables
14. Add 1 tbsp each of salt, pepper, curry powder and coriander
15. Cook for 10 minutes on high, until tender
16. Add the curry sauce to the cooked vegetables and cook for 10 minutes, or until piping hot

The allergens highlighted in RED are present in this dish

Allergens:

Cereals : Wheat  
Rye  
Barley  
Oats  
Spelt  
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...