



Vegetable Curry

Ingredient	10 Portions	50 Portions	100 Portions
Mixed Veg (peas, carrots, Mange tout, beans, sweetcorn etc)	400g	2kg	4kg
Curry Powder	To taste	To taste	To taste
White Cabbage- sliced	200g	1kg	2kg
White onion – sliced	200g	1kg	2kg
Carrot – peeled and sliced	200g	1kg	2kg
Peppers – De-seeded and sliced	100g	500g	1kg
Celery – sliced	200g	1kg	2kg
Garlic – sliced	2 cloves	0.5 bulb	1 bulb
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste
Dried Coriander	To taste	To taste	To taste
Oil	For frying	For frying	For frying

Key Points

Always make sure your pan is hot before you add any ingredients

If your curry is too spicy, sometimes adding a little sugar or mango chutney can counteract the heat of the chilli

Fresh coriander added in just before you blend the sauce adds a really nice extra flavour

Method

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

Allergens Celery, Mustard