

Vegetable Curry

Traffic light category: **Green**

Serves: 12

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic, crushed
- 1 large onion, diced
- 2 ½ tablespoons curry paste (green or red)
- 2 medium potatoes, peeled and cubed
- 2 medium carrot, peeled and cubed
- 1 cup pumpkin, peeled and cubed
- 1 cup lite coconut milk
- 1 x 425g can crushed tomatoes
- 1 cup reduced salt vegetable stock
- 1 medium capsicum (green or red), largely diced
- ½ cup cauliflower florets
- ½ cup broccoli florets
- 2 tablespoons chopped fresh herbs (e.g. basil or coriander)
- 6 cups cooked rice (approximately 2 cups uncooked rice)

Method

1. Heat oil in large pan, saute ginger, garlic and onion until onion is clear
2. Add curry paste to pan, cook for 1 minute
3. Add potato, carrot and pumpkin to pan sir to coat for 1 minute
4. Add coconut milk, tinned tomatoes and enough stock to cover vegetables, simmer for 10 minutes or until vegetables begin to soften
5. Add remaining vegetables, simmer until all vegetables are cooked, approximately 15 minutes
6. Add chopped herbs before serving with cooked rice.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	966kJ	kJ
Protein	5.8g	1.7g
Total fat	6g	2.3g
Saturated fat	3.4g	1.3g
Carbohydrate	35.9g	9.1g
Sugars	4.7g	2.6g
Dietary fibre	3.9g	2.2g
Sodium	291mg	79mg

Recipe with thanks to Amanda Ferguson



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