

Sunshine Chicken Curry

A mild, golden, family-style curry with sweet potato and yoghurt.

PREP TIME	COOK TIME	SERVES
45 minutes	1 hour	100 (portion about 170 g of curry)

Suitable for: Gluten-free, Dairy-free with swap, Not vegetarian

Ingredients and shop codes

250 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

3 kg Onions, diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

100 g Garlic, crushed
Closest: 250081 Country Range Garlic Puree (6x1kg)

100 g Fresh ginger, finely grated
Closest: 203629 Country Range Ground Ginger (4x420g)

150 g Mild curry powder (check label)
203656 Country Range Curry Powder (4x450g)

30 g Ground turmeric
203632 Country Range Ground Turmeric (4x500g)

40 g Ground cumin
203628 Country Range Ground Cumin (4x430g)

40 g Ground coriander
203627 Country Range Ground Coriander (4x420g)

9 kg Boneless, skinless chicken thigh, diced 2 cm
600492 Diced Chicken Thigh Meat (2x5kg)

3 kg Carrots, grated
810548 Fresh Carrots (1x1kg)

4 kg Sweet potato, peeled and diced 1.5 cm
810591 Fresh Sweet Potatoes (1x1kg)

300 g Tomato purée
203005 Tomato Puree (24x130g)

5 kg Chopped tomatoes (tinned)
203692 Country Range Chopped Tomatoes (6x2.5kg)

4 litres Chicken stock, low salt, celery-free
200325 Maggi Chicken Bouillon, Gluten Free (2x2kg)

200 g Cornflour
250075 Country Range Cornflour (4x3.5kg)

2 kg Natural yoghurt
001539 Natural Yogurt 3% (1x2kg)

Shop notes

- **Mild curry powder:** Check heat level and label.
- **Chicken stock:** Check the label for celery and salt level.

Method

1. Soften the onions in the oil for 10 minutes. Add the garlic, ginger and all the spices and cook for 2 minutes until fragrant.
2. Add the chicken in batches and cook until sealed all over. Add the carrots and tomato purée and cook for 5 minutes.
3. Add the tomatoes, stock and sweet potato. Bring to a simmer and cook for 30 to 35 minutes, stirring regularly, until the sweet potato is tender and the chicken is cooked through (core temperature 75°C or above).
4. Mix the cornflour with a little cold water and stir in to thicken. Simmer for 3 minutes.
5. Take the pan off the heat. Stir in the yoghurt just before service (adding it to boiling curry can split it). Reheat gently to 75°C core if you stir it in earlier.
6. **Hot hold** at 63°C or above for up to 2 hours. To prepare in advance, **cool within 90 minutes** to below 8°C, refrigerate, and **reheat once** to 75°C core.

Chef's tips

- **Portion:** about 170 g curry with 120 g cooked rice for primary-aged children. Offer a "dry" option (curry sauce on the side) for children who dislike sauce mixing.
- **Plating:** serve the rice in a mound and make a "sun" with the curry on top. A sprinkle of finely chopped cucumber adds cooling crunch.
- **Getting children to try it:** keep the heat very mild and invite children to taste "golden sauce" before they choose their portion. Sweet potato and carrot give natural sweetness.
- **Reducing waste:** leftover curry sauce makes a lunch wrap filling or tomorrow's jacket potato topping.
- **Swaps:** Dairy-free: use a plain dairy-free yoghurt (check for soya) or omit the yoghurt and add an extra 500 g chopped tomatoes. Curry powder blends vary: check for mustard and celery.

Scaling

For 30 portions: multiply by 0.3 (2.7 kg chicken, 1.2 kg sweet potato)

Nutrition note

around 1.5 portions of vegetables per serving. Good source of protein, with vitamin A from the sweet potato and carrots.

Allergens

Contains: Milk. **Check the label (varies by brand):** Celery, Mustard, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.