TUESDAY VEGETARIAN AND SIDE

Vegetarian option and side

Chickpea and Sweet Potato Curry with Turmeric Fluffy Rice and Carrot and Cucumber Sticks

A vegetarian option and a side to serve with the Tuesday main.

VEG OPTION
Prep 25 minutes, cook 40 minutes

SIDE
Prep 20 minutes, cook 25 minutes

Ingredients and shop codes

Vegetarian option, 20 portions

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

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

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

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

30 g Mild curry powder
203656 Country Range Curry Powder (4x450g)

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

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

600 g Carrots, grated
810548 Fresh Carrots (1x1kg)

1.6 kg Sweet potato, diced
810591 Fresh Sweet Potatoes (1x1kg)

2.4 kg Chickpeas in water, drained (about 10 x 400 g tins)
203681 Country Range Chickpeas in Water (6x800g)

60 g Tomato purée
203005 Tomato Puree (24x130g)

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

800 ml Vegetable stock, low salt, celery-free
200326 Maggi Vegetable Bouillon, Gluten Free (2x2kg)

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

400 g Natural yoghurt
001539 Natural Yogurt 3% (1x2kg)

Side, serves 100

6 kg Long grain or basmati rice
250076 Country Range Easy Cook Basmati Rice (1x5kg) or 250077 Long Grain (1x5kg)

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

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

11 litres Boiling water

4 kg Carrots, cut into sticks
810548 Fresh Carrots (1x1kg)

3 kg Cucumber, cut into sticks
810560 Fresh Cucumbers (14 pack)

Shop notes

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

Method

Vegetarian option: Chickpea and Sweet Potato Curry

1. Soften the onions, garlic and ginger, then add the spices and cook for 2 minutes.
2. Add the carrots, purée, tomatoes, stock, sweet potato and chickpeas. Simmer for 30 minutes until tender.
3. Thicken with cornflour, then stir in the yoghurt off the heat. **Cook, hold, cool and reheat in a separate, labelled tray with its own utensils.** Core temperature 75°C or above.

Side: Turmeric Fluffy Rice and Carrot and Cucumber Sticks

1. Rinse the rice until the water runs clear. Place in deep gastro trays with the turmeric and oil. Pour over the boiling water, cover tightly with foil, and bake at 180°C for 20 to 25 minutes until the water is absorbed.
2. Rest, covered, for 5 minutes. Fluff with a fork.
3. **Rice safety:** serve as soon as possible. If it is not served straight away, **cool it within 1 hour** (spread thinly on trays), refrigerate and use within 24 hours. Reheat once until piping hot (75°C core). Never leave cooked rice at room temperature.
4. Prepare the sticks fresh, keep chilled and serve from a cold display. Cut sticks short and thin for younger children.

Chef's tips

- A pot of plain yoghurt for dipping encourages tasting. Carrot peelings and cucumber ends can go into the next day's soup or stock.

Nutrition note (side)

about 1 portion of vegetables per serving from the sticks.

Allergens

Vegetarian option: Contains: Milk. **Check the label (varies by brand):** Celery, Mustard, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu). **Side: Contains:** none of the 14 major allergens as written. 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.