



Try a School meal for yourself

School meals are healthy, tasty and nutritious

**Vegetable
and Chickpea
Curry**

Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



Vegetable and Chickpea Curry

Ingredients

6	Portions	1 tin	Tomatoes
1	Onion sliced	100 ml	Water
1	Courgette chopped and diced	40g	Creamed coconut
1	Green pepper diced	1 teaspoon	Ground cumin
1	Red pepper diced	1 teaspoon	Turmeric
1	Medium butternut squash chopped (peel can be left on)	2 teaspoon	Mild curry powder
3	Potatoes chopped and quartered	1	Garlic clove chopped
3	Carrots	½ teaspoon	Cinnamon
2	White turnips chopped and quartered	½ teaspoon	Ginger
1	Leek sliced	1 teaspoon	Black pepper
1 tin	Chickpeas in water	(You can add any vegetable that you have around)	

Method

1. Heat some olive oil in a pan and add the chillies and the spices.
2. Cook for about 1 minute and then add the chopped garlic, sliced onions and sliced leeks, and mix with the spices and cook for a further 3 minutes.
3. Add the other vegetables except potatoes and chickpeas and mix together.
4. Add the chopped tomatoes and water and bring to the boil.
5. Add the potatoes and chick peas
6. Simmer until the liquid has reduced to a good thick sauce and then add the coconut.
7. Cook for a further 5 to 10 minutes until the potato has cooked through, adjust the seasoning where necessary. Serve with boiled rice and a cucumber raita.

Did you know your child may be eligible for free school meals?
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit
www.walthamforest.gov.uk/schoolmeals or call
Waltham Forest Direct on 020 8496 3000.

