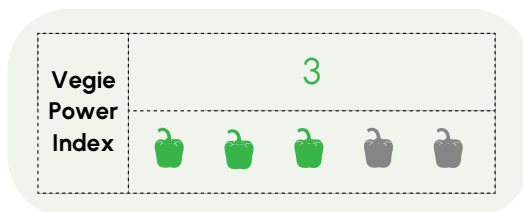


Vegetable Curry



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Amber	Everyday	Amber	Green	Green	Green	Green	Green

PREP/COOKING TIME: 60 MINUTES

BASED ON: 12 SERVES

INGREDIENTS

	SERVES 12	SERVES 24	SERVES 36
Olive oil	1 tbsp	2 tbsp	3 tbsp
Fresh ginger, grated	1 tbsp	2 tbsp	3 tbsp
Garlic cloves, crushed	2 cloves	4 cloves	6 cloves
Onion, diced	1 large	2 large	3 large
Curry paste	2 1/2 tbsp	5 tbsp	7 1/2 tbsp
Potatoes, peeled and cubed	2 medium	4 medium	6 medium
Carrot, peeled and cubed	2 medium	4 medium	6 medium
Pumpkin, peeled and cubed	1 cup	2 cups	3 cups
Light coconut milk	1 cup	2 cups	3 cups
Crushed tomatoes, canned	1 x 425g tin	2 x 425g tins	3 x 425g tins
Reduced-salt vegetable stock	1 cup	2 cups	3 cups
Capsicum, largely diced	1 medium	2 medium	3 medium
Cauliflower florets	1/2 cup	1 cup	1 1/2 cups
Broccoli florets	1/2 cup	1 cup	1 1/2 cups
Chopped fresh herbs (e.g. basil/coriander)	2 tbsp	4 tbsp	6 tbsp
Cooked rice	6 cups	12 cups	18 cups

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 stir 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.