

Main Meal

GOODY BUG'S VEGGIE COCONUT CURRY

When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Mushroom = Rumbledom's
Mushroom Control



Ingredients

1 tablespoon olive oil
1 medium leek, sliced
1 clove of garlic, minced
150g mushrooms, sliced
150g broccoli florets
1 medium carrot, finely chopped
1 red pepper, diced
1 × 400ml tin full-fat coconut milk
1 tbsp mild curry powder
Wholegrain/Brown rice

Each bite has
3g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 3g
Protein 3.7g
Carbohydrates 9g

Method

Heat the olive oil in a large frying pan or saucepan over medium heat. Add the sliced leek and cook gently for 3–4 minutes until soft. Stir in the garlic and ginger.

Add the mushrooms and cook for 5 minutes until they begin to brown and shrink. Stir in the broccoli florets, carrot slices, and diced red pepper and curry powder.

Pour in the coconut milk. Bring the mixture to a gentle simmer, reduce the heat, and cover the pan. Let it cook for 15–20 minutes, or until the vegetables are tender. Serve hot with your choice of steamed rice.