

Main Meal

GOODY BUG'S

VEGGIE COCONUT CURRY

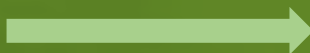


When your child eats these yummy ingredients,
look what they turn into in Rumbledom!

Mushrooms = Rumbledom's
Mushroom Control



Broccoli = pom poms



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
400ml coconut yoghurt
1 tbsp mild curry powder
10g (2cm) ginger chopped
2 vegetable stock cubes
960g Wholegrain/Brown rice

Method

1. Heat the olive oil in a large frying pan and add the sliced leek and cook gently for 3–4 minutes until soft. Stir in the garlic and ginger.

2. 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.

Add in the coconut yoghurt. Bring the mixture to a simmer, reduce the heat, and cover the pan. Let it cook for 15–20 minutes, or until the vegetables are tender. Serve hot with steamed brown rice.

Serves 6
60 mins to prepare
and cook
313 calories/serving
Vegetarian

Each bite has
5.7g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 5.7g
Protein 8.7g
Carbohydrates 51g