

The Flexitarian Curried Root Vegetable Casserole

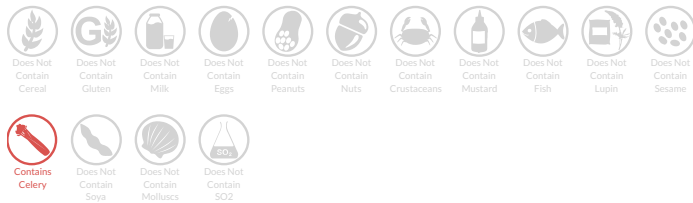
Ingredients

| Product | Quantity |
|---|----------|
| Parsnips | 300.00 g |
| Carrots | 300.00 g |
| Potatoes | 300.00 g |
| 2 Tbsp Olive Oil | 5.00 g |
| 1 Medium Onion | 150.00 g |
| 3 Garlic Cloves | 5.00 g |
| 1 Tbsp Freshly Grated Ginger | 3.00 g |
| 1 Tsp Ground Cumin | 4.20 g |
| Potts' Vegetable Stock | 750.00 g |
| Coconut Merchant Organic Creamed Coconut | 100.00 g |
| Lime Juice | 1.00 g |
| Wholegrain Brown Rice | 450.00 g |
| Fresh Coriander | 1.00 g |
| 2-3 Spring Onions | 9.00 g |
| Curry paste | 25.00 g |
| Mr Organic Italian Organic Chopped Tomatoes | 400.00 g |
| Red Lentils | 100.00 g |
| Canned Chickpeas | 400.00 g |

Serves: 6

Allergy Information

Key: Contains May Contain

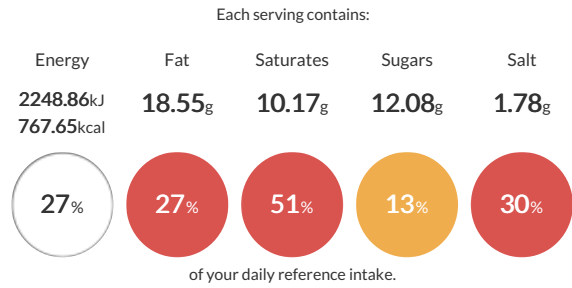


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 2248.86kJ 767.65kCal |
| Protein | 24.69g |
| Carbohydrates | 110.54g |
| of which sugars | 12.08g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 18.55g |
| of which saturates | 10.17g |
| Fibre | 22.79g |
| Salt | 1.78g |
| Sodium | 5.33g |
| Iron | 2.15mg |
| Calcium | 29.75mg |
| Zinc | 0.75mg |
| Folate | 23.51µg |
| Vitamin A | 0µg |
| Vitamin C | 8.5mg |

Method & Recipe Notes

1. Peel parsnips, carrot and potatoes. Cut carrots and parsnips in 1 cm [0.4 inch] slices and potatoes in 2cm dice [0.8 inch]. 2. Heat the olive oil in a large saucepan. Fry finely sliced onion until soft. Add crushed garlic, grated ginger, mild curry paste and ground cumin. Fry gently for a couple of minutes. 3. Add vegetables to saucepan along with chopped tomatoes, red lentils and vegetable stock. Bring to the boil, then cook half-covered for 15 mins under medium heat. 4. Add grated creamed coconut and drained chickpeas. Cook uncovered for a further 10 mins until vegetables are tender. 5. Season to taste with lime juice, salt and pepper. 6. Serve with wholegrain rice, chopped coriander leaves and spring onions.

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