

Aloo Ful Gobi and Muttah Curry (India)

Meat Main Meal



This recipe makes
60 x 200g
or 40 x 300g
servings

30 minutes
prep time

1 hour
cooking time

Ingredients

- 60ml Vegetable oil
- 12g Mustard seeds
- 1.5kg Cauliflower florets
- 5kg Diced potatoes
- 1.25kg Frozen peas
- 2.55kg Chopped canned tomatoes
- 7.5g Chilli powder
- 6g Turmeric
- 2.5g Salt
- 7g Ground coriander
- 7g Ground cumin
- 20g Fresh chopped coriander
- 2 litres Tap water

Method

1. Put the oil in a saucepan and when hot add mustard seeds
2. Add the cauliflower, potatoes and peas, all the spices and salt, simmer for 20 minutes, stirring occasionally
3. Add the tomatoes and cook for further 10 minutes
4. Add water and simmer for 35 minutes until vegetables are firm not soft
5. Add freshly chopped coriander to garnish

60 Primary
or 40
Secondary
portions

Tip =
Serve
with rice
and peas

Low in
fat and
saturated
fat

Recipe with
thanks to
Little Ilford
School,
Newham
Catering
Services

Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	48	96	144
Fat g	0.8	1.6	2.4
Saturates g	0.1	0.2	0.3
Carbohydrate g	9.0	18.0	27.0
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	1.4	2.8	4.2
Protein g	2.0	4.0	6.0
Iron mg	0.5	1.0	1.5
Zinc mg	0.3	0.6	0.8
Calcium mg	12	24	36
Vitamin A ug	23	46	69
Vitamin C mg	9.6	19.2	28.8
Folate ug	21	42	63
Sodium mg	21	42	63