

# Curried Goat and Rice (Caribbean)

## Meat Main Meal



This recipe  
makes  
60 x 110g  
or 40 x 165g  
servings

2 hours 10  
mins (includes 2  
hours marinating)  
prep time

2 hours  
cooking time

### Ingredients

- 7kg Diced goat on the bone
- 1kg Sliced onions
- 25g 1 Crushed head of garlic
- 100g Curry powder
- 1kg Tomatoes wedges
- 30ml Vegetable oil
- 750g Diced or wedges of potatoes
- 1000ml Tap water

### Method

1. Wash the goat thoroughly and allow to drain
2. Mix the meat with the onions, garlic, curry power and tomatoes
3. Chill and leave to marinade for 2 hours
4. Heat the oil, and cook the goat until brown. Add any remaining marinade and the potatoes
5. Add water to cook meat. Simmer for approximately 2 hours, until meat is tender, checking regularly for consistency

60 Primary  
or 40  
Secondary  
portions

**Tip =  
Serve  
with rice  
and peas**

**High in  
zinc**

Recipe with  
thanks to  
Forest Gate  
School,  
Newham  
Catering  
Services

Nutritional content	Per 100g	Pri serving	Sec serving
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Energy kcal	103	113	170
Fat g	2.4	2.6	4.0
Saturates g	0.6	0.7	1.0
Carbohydrate g	3.4	3.7	5.6
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	0.4	0.4	0.7
Protein g	16.0	17.6	26.4
Iron mg	1.8	2.0	3.0
Zinc mg	2.4	2.6	4.0
Calcium mg	18	20	30
Vitamin A ug	17	19	28
Vitamin C mg	3.8	4.1	6.3
Folate ug	9	10	15
Sodium mg	45	50	74