

CURRY CRACKDOWN

EAT THEM
TO DEFEAT THEM

FEATURING



A wave of vegetables is sweeping across **Southeast Asia**.

Those crafty vegetables think they can fool the kids by hiding in the rice but don't let our mighty veg warriors be fooled!

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



YOU'RE GOING DOWN
VEGGIES!



A simple mild Southeast Asian curry such as a mild yellow curry, made with their choice of meat-based or plant-alternative protein, plus, ideally some extra vegetables. The key here is the rainbow vegetable rice with decent size chunky vegetables the kids can easily find made with Tilda Brown & White Rice.

Method

Yield 12

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “You're going down veggies!”

- 1 Place a suitable pan on the stove to heat and add the oil, onion, diced chicken, sweet potato, and red pepper, continue to cook until the vegetables soften, and the chicken turns white and separates. **If using plant-based alternative, add to the pan at point 2.**
- 2 Add the curry, ginger and garlic powders to the pan (**and plant-based alternative, if using**) and add the water and chopped tomatoes, reduce the heat to a simmer and allow to cook out for 20-25 minutes before adding the tomato puree, vegetable bouillon and milk.
- 3 Bring the pan back up to the boil and thicken with the loosened cornflour, finally add the chopped coriander, and serve.
- 4 **Probe and record temperature - must be above 75 °C.**
- 5 Whilst the chicken curry is cooking, place another suitable pan of water on the stove to heat.
- 6 When the water has come to the boil add the Tilda Brown & White Rice and turmeric powder, continue to cook for 15-20 minutes until the rice is just about cooked through, stir in the peas, diced pepper, and the chopped cauliflower and broccoli.
- 7 Continue to cook until the rice softens, and the vegetables are cooked through, remove from the stove, and drain in a colander.
- 8 **To serve:** Evenly portion the Rainbow Vegetable Rice onto a suitable plate or bowl and add a portion of the Curry.

Serving suggestions

This dish is all about the rice, the story for the children is centred around the rice, so you can serve it with any curry.



Ingredients

Curry

- 2 tbsp oil
- 1 onion, chopped
- 600g chicken or plant-based alternative, diced or beef strips
- 300g sweet potato, chopped
- 1½ red pepper, chopped
- 2 tbsp curry powder
- ½ tsp ginger powder
- 1 tsp garlic powder
- 200ml water
- 400g tomatoes, chopped
- 15g tomato puree
- 30g vegetable bouillon
- 375g milk or plant-based alternative
- 3 tbsp cornflour (loosened with water)
- 3 tbsp coriander, fresh, chopped

Rainbow Vegetable Rice

- 300g Tilda Brown & White Rice
- 1-2 tsp turmeric powder
- 60g peas
- ½ red pepper, diced
- 60g cauliflower, chopped
- 60g broccoli, chopped

