

# Vegan Tikka Masala

Recipe provided by Kindy Patch Narara

Serves 60

\$1.08\* per serve



## Ingredients

- 2 tbsp oil
- 3 onions, blitzed
- 3 tbsp garlic, minced
- 1 jar tikka masala curry paste
- 800g tin diced tomatoes
- 7 x 400g tin chickpeas (drained and rinsed)
- 1kg raw lentils
- 1.5kg mixed vegetables
- 3 x 400ml tin coconut milk
- 4 tbsp brown sugar
- 6 cups basmati rice, raw

## Directions

1. Heat oil in large pan and gently cook onion for 2 minutes
2. Add garlic, ginger and masala paste and stir for 2 minutes or until fragrant.
3. Add tomato, chickpeas and lentils and 1.5 cups of water and bring to the boil. Simmer for 15 mins or until lentils are almost tender. Add more water as required.
4. Add vegetables and cook for a further 5 minutes.
5. Stir through coconut milk and sugar. Season.
6. Cook rice and serve.

### *Helpful hints*

Serve raw vegetable sticks as a side dish. These will provide vitamin C which helps with absorbing iron from plant foods.

### ***Nutrition notes***

Food groups per child serve: 1½ serves of vegetables, 1 serve of breads & cereals, ¾ serve of meat & alternatives.

Type of protein = plant protein (legumes)

Number of extra iron containing foods needed over the day = 2.

\*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost