

# Vegetable Foil Packets with Baby Potatoes and Cheese Curds in Curry Sauce



*The BBQ is not just for meat and skewers! This recipe for vegetable foil packets is a healthy and flavorful way to cook on the grill. Baby potatoes, crunchy vegetables, and melty cheese curds are coated in a curry marinade, adding an exotic flavor to this simple and quick recipe.*

Preparation 10 min

Cooking 28 min

Servings 4

Nutrition Facts (per serving)

Calories 240

Fat 11

Carbohydrates 25

Fibre 4

Protein 13

Sodium 300

## **Ingredients**

- 1 medium zucchini, sliced into half rounds
- 250 ml (1 cup) cauliflower florets
- 1 small white or yellow onion, sliced into half rounds

- 500 ml (2 cups) baby potatoes (about 12 potatoes), cut in half
- 150 g (? lb) cheese curds

### **Marinade:**

- 60 ml (¼ cup) vegetable broth
- 15 ml (1 tbsp) curry powder
- 7.5 ml (½ tbsp) maple syrup
- 5 ml (1 tsp) ground ginger
- 1 ml (¼ tsp) dried rosemary
- Salt and pepper, to taste

### **Preparation**

1. Preheat the grill to medium-high heat (or preheat the oven to 230°C / 450°F).
2. In a large bowl, mix all the vegetables.
3. In a small bowl, combine the marinade ingredients. Add the marinade to the bowl of vegetables and toss to coat them evenly.
4. Cut 4 pieces of heavy-duty aluminum foil and lay them out on a work surface. Divide the vegetable mixture evenly among the foil sheets.
5. Cover each foil packet with a second sheet of aluminum foil and seal tightly to create 4 individual packets.
6. Cook the foil packets on the grill with the lid closed (or in the oven) for 20 minutes.
7. Open the foil packets and sprinkle the vegetables with cheese curds.
8. Close the foil packets and continue cooking for 5 to 8 minutes or until the cheese begins to melt.

### **Notes**

Raw vegetable foil packets can be prepared and refrigerated for up to 5 days. Once cooked, the foil packets can be stored in the refrigerator for up to 5 days. Do not freeze.



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