

# OUR RECIPE

## BIRYANI WITH ROOT VEGETABLE CURRY

10 portions

### INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp balti curry paste

#### BIRYANI

- 1 tbsp vegetable oil
- 150g onion, finely diced
- 350g basmati rice, rinsed
- 1 tsp turmeric
- 700ml vegetable stock, hot
- 200g frozen peas

#### METHOD

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1. Combine the Quorn Pieces and curry paste in a bowl, cover and leave in the fridge to marinate whilst the curry is prepared.
2. To prepare the curry heat the oil in a pan, add the onions and fry gently for 5 minutes until golden. Add the chilli, ginger and garlic and continue to cook for 1 minute.
3. Add the prepared vegetables and dried spices, cook over a moderate heat for 2 minutes stirring constantly.
4. Pour the coconut milk and stock into the pan and mix well. Bring the curry to the boil, cover and simmer for 15 minutes until the sweet potato is tender.
5. Meanwhile for the biryani heat 1 tbsp oil in a non-stick pan, fry the onion for 5 minutes then add the Quorn Pieces and turmeric and cook for a further 3 minutes.
6. Pour over the stock, bring to the boil then cover with a tight fitting lid and simmer gently for 10 minutes. Remove from the heat, stir in the peas and quickly replace the lid then leave off the heat for 10 minutes. When ready to serve, fluff up the rice with a fork and serve with a portion of biryani with curry sauce on the side.

#### ROOT VEGETABLE CURRY

- 2 tbsp vegetable oil
- 350g onion, finely chopped
- 1 small green chilli, deseeded and finely chopped
- 10g fresh ginger, grated
- 2 garlic cloves, crushed
- 200g carrots, halved and sliced
- 400g sweet potato, diced
- 300g mixed peppers, deseeded and diced
- 1 tbsp turmeric
- 2 tbsp medium curry powder
- 400ml canned low fat coconut milk
- 300ml vegetable stock
- 2 tbsp chopped coriander

