

OUR RECIPE



SPICY NAAN-WICH

10 portions



INGREDIENTS

MARINADE

- 500g Quorn Pieces
- 2 tbsp tikka paste
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp turmeric
- 1 tsp chilli powder
- 200ml natural yoghurt
- 1 tbsp tomato purée
- 2 cloves garlic, finely chopped

METHOD

1. Place the Quorn Pieces and marinade ingredients in a bowl and mix well. Cover and transfer to the fridge for at least 30 minutes.
2. Heat the oil in a pan, add the onion and fry for 3 minutes then add the pepper and cook gently for another 2 minutes.
3. Add the Quorn plus marinade to the pan and stir-fry for 5 minutes.
4. Pour in the chopped tomatoes and stock, bring to the boil then simmer, uncovered for 15 minutes. Stir in the coriander.
5. Meanwhile to prepare the raita place the cucumber into a bowl and squeeze it with your hands to remove as much juice as possible. Stir in the fresh mint and yoghurt. Season with black pepper.
6. To assemble, cut the naan breads to create a pocket, fill with tikka curry and top with a spoonful of raita.

SAUCE

- 1 tbsp vegetable oil
- 200g onions, finely chopped
- 1 large red pepper, diced
- 400g canned chopped tomatoes

- 100ml hot vegetable stock
- 2 tbsp chopped coriander

RAITA

- 1/2 cucumber, coarsely grated
- 20g fresh mint, leaves finely chopped
- 300ml natural yoghurt
- Ground black pepper
- 10 mini naan breads or pitta breads, warmed