

OUR RECIPE

VEGGIE
RECIPE

Biryani and Root Vegetable Curry

Serves 10

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

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

METHOD

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 vegetable 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. 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, add the rice and bring to the boil then cover with a tight fitting lid and simmer gently for 10 minutes.
7. Remove from the heat, stir in the peas and quickly replace the lid then leave off the heat for 10 minutes.

Serving suggestion- serve a portion of biryani with the vegetable
curry on the side.

