

OUR RECIPE

VEGGIE
RECIPE

Keema Curry

Serves 10

INGREDIENTS

- 400g Quorn mince
- 1 tbsp vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, finely chopped
- 2 tbsp korma paste
- 1 tbsp tomato purée
- 400g sweet potatoes, diced
- 400ml vegetable stock
- 1 red pepper, chopped
- 100g peas
- 4 tbsp coriander, chopped



METHOD

1. Heat the oil in a large pan and sauté the onions until they are starting to caramelize.
2. Add the garlic to the onions and cook for 1 minute. Stir in the korma paste and tomato purée, cook for a further minute.
3. In a separate pan, parboil the sweet potatoes for 3 minutes then refresh under cold running water.
4. Add the Quorn mince, sweet potatoes and the stock. Cook gently for 10 minutes or until half of the liquid has evaporated, stirring occasionally.
5. Add the red pepper, peas and coriander and cook for a further 2-3 minutes.

Serving suggestion- enjoy with brown rice which is high in fibre.

Thanks to the team at Quorn!

