

## Spicy Naan-wich

Serves 10

### 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

#### 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

½ cucumber, coarsely grated  
20g fresh mint, leaves finely chopped  
300ml natural yoghurt  
Ground black pepper  
10 mini naan breads or pitta breads, warmed

### METHOD

1. Place the Quorn pieces and marinade ingredients in a bowl and mix well. Cover and marinate in 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 to the pan and stir-fry for 5 minutes. 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.

Serving suggestion- cut the naan to create a pocket, fill with tikka curry and top with a spoonful of raita.

