

Tandoori Fillets & Vegetable Pilau

Serves 10

INGREDIENTS

10 Quorn fillets, defrosted

Marinade

400ml natural yoghurt

1 tbsp lemon juice

5 tbsp tandoori spice mix

2 garlic cloves, crushed

Vegetable Pilau

1 tbsp vegetable oil

1 tsp turmeric

300g basmati rice

2 tsp mild curry powder

1 ltr vegetable stock

100g frozen peas

300g carrots, diced into

1cm pieces

Cucumber Raita

200ml natural yoghurt

2 tbsp mint sauce

**½ cucumber, peeled,
de-seeded and finely diced**

METHOD

1. Pre-heat the oven to 200°C/Gas Mark 6.
2. Tear each Quorn fillet into four rough pieces. Mix together the marinade ingredients and then stir in the torn fillets, mix to coat well and refrigerate for 30 minutes.
3. Make the cucumber raita by combining the ingredients in a small bowl. Then refrigerate until required.
4. Heat the vegetable oil in a large pan. Stir in the turmeric and curry powder and cook for 2 minutes, add the rice and stir well to coat in the spices.
5. Then add the hot stock, peas and carrots. Bring to the boil, then cover and reduce the heat. Simmer very gently for 12-14 minutes until the rice and carrots are soft and the stock has been absorbed.
6. Spoon the Quorn fillets on to a greased baking sheet. Bake in the oven for 14 minutes.

Serving suggestion- divide the rice between the plates, top with the tandoori fillets and drizzle with the cucumber raita.

Thanks to the team at Quorn!

