

Vegetable Tagine

Serves 6

INGREDIENTS

- 25ml cooking oil
- 3/4 tsp mild madras curry powder
- 120g chickpeas in water, drained
- 90g onions, diced
- 18g garlic puree
- 270g chopped tomatoes
- 30g tomato puree
- 360ml vegetable stock
- 300g Quorn pieces
- 240g butternut squash
- 90g sweetcorn
- 120g peppers, sliced



You can use tinned or frozen sweetcorn.

METHOD

1. Add oil to the pan and heat gently.
2. Add the curry powder, diced onions, garlic puree, butternut squash and the drained chickpeas and cook for 2 minutes.
3. Add the chopped tomatoes, tomato puree and vegetable stock.
4. Add the Quorn pieces, sweetcorn and sliced peppers and leave to cook for 10 minutes.
5. Remove from the heat and put in an oven proof dish, cook for 1 hour 200°C or gas mark
6. Check butternut squash is tender before serving.

Serving Suggestion - serve with our savoury couscous and top with a drizzle of natural yoghurt.