JANUARY RECIPE

Quorn™ TIKKA POWER BOWL

This recipe makes 12 portions

QUANTITY	INGREDIENT
600G	QUORN VEGAN PIECES
600G	BROWN LONG GRAIN RICE
2-3 MEDIUM	ONIONS
450G	TINNED. CHOPPED TOMATOES
450G	CHICKPEAS
180G	GREEK STYLE YOGURT
30ML	VEGETABLE OIL
20G	VEG STOCK PASTE
20G	CUMIN POWDER
20G	GROUND CORIANDER
20G	TURMERIC POWDER
20G	TOMATO PUREE
15G	CORIANDER HERBS
10G	GARLIC PUREE
5G	HOT CHILLI POWDER

METHOD

1. Preheat oven to 200C. Toss Quorn pieces in the oil and spices, place on a baking tray and cook for 12 minutes.

2. Heat the oil in a pan, add the onion and fry gently for 3 minutes or until softened. Add garlic and stir fry for a for a further minute.

3. Add yogurt, tomato puree, chopped tomatoes and vegetable stock, bring to the boil then simmer uncovered for 10 minutes.

4. Stir in cooked Quorn and chick peas. Simmer for 5 minutes or until piping hot.

5. Sever with rice and garnish with fresh coriander.



