

Quorn and veg curry

Ingredients

200g Quorn pieces
1 onion, peeled and chopped
1 clove garlic, peeled and crushed
100g mushrooms, sliced
2 tablespoons curry paste
2 tablespoons tomato purée
200g canned chickpeas (drained)
1 can coconut milk
1 tablespoon oil or spray oil



Equipment

Chopping board, sharp knife, saucepan, garlic press, wooden spoon, measuring jug, measuring spoons, colander, can opener.

Method

1. Heat the oil in a saucepan and fry the Quorn pieces, onion, garlic and mushrooms for 5 minutes.
2. Stir in the curry paste and tomato purée.
3. Add the chickpeas and coconut milk.
4. Simmer gently for 20 minutes.
5. Serve with rice and/or naan bread.

Top tips

- Before opening the coconut milk can, shake it to mix the contents into a smooth liquid.
- Use 400ml water and 1 vegetable stock cube instead of coconut milk.
- Add other vegetables and pulses to the curry, e.g. cauliflower, peas, red kidney beans.