

Quorn™ Mince Curry

Whether you are vegetarian or just looking for a hearty meat-free meal, this curry is sure to become a family favourite.



Egg and mustard*

Nutritional information per portion (329g):

Energy	Fat	Saturates	Sugars	Salt
916kJ 218kcal 11%	9.3g 13%	0.9g 5%	7.4g 8%	0.88g 15%

of an adult's reference intake.
Typical values per 100g: energy 278kJ/66kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Vegetable peeler
Measuring spoons
Large saucepan with lid
Wooden spoon
Can opener
Measuring jug
Pan stand

Ingredients

Serves 4
1 onion
2 cloves garlic
2 medium carrots
1 medium potato
1 x 15ml spoon
vegetable oil
2 x 15ml spoons madras
curry paste
1 x 400g can chopped
tomatoes
250g minced Quorn™
50ml water
100g frozen sweetcorn
100g frozen peas
Handful (20g) fresh
coriander (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- You can use frozen mixed vegetables instead of the sweetcorn and peas.
- Chop the carrots and potato as small as possible as they take the longest time to cook.
- Use the leftover madras curry paste for the Kedgeree recipe available on our website.

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Method

1. Peel and finely chop the onion and garlic.
2. Wash and peel the carrots and potato. Chop into very small chunks.
3. Gently heat the oil in the saucepan and add the onion, carrots and potato. Cook until the onion begins to soften.
4. Add the garlic and curry paste. Cook for a further minute, stirring to prevent burning.
5. Open the can of tomatoes and add the Quorn™, tomatoes and 50ml of water, stir and bring to the boil.
6. Reduce the heat and simmer for 10 minutes with the lid on.
7. Add the sweetcorn and peas, stir and cook for 5 minutes.
8. Finely chop the coriander and stir in (if using).

Something to try next time

- Vary the selection of vegetables according to the time of year: cauliflower, broccoli, sweet potato and green beans all work well.
- Replace the Quorn™ with minced turkey or beef for a meat version. Fry the meat, breaking it up as you stir, at step 3. Simmer for 30–35 minutes at step 6, adding a little water if the curry is very thick.

Prepare now, eat later

- The carrots and onions can be prepared in advance and stored in plastic containers or bags in the fridge for up to 2 days.
- The potato can be peeled in advance and left covered with cold water for up to 2 hours.
- Parboiling the potatoes and carrots will reduce the overall cooking time. Cover with cold water, bring it to the boil and cook the vegetables for 5 minutes.
- To freeze, cool the curry as quickly as possible then transfer to a plastic container and freeze for up to 1 month. Defrost thoroughly and reheat until piping hot, stirring to ensure the dish is heated through.

Skills used include:

Weighing, measuring, peeling, chopping, boiling/simmering and frying.