

## **Quorn (chicken style pieces) Curry, Serves up to 4**

### **Ingredients:**

- 1 Onion finely chopped
- 1-2 inches of ginger shredded/blended
- 3-4 cloves garlic shredded / blended
- 2-3 green chillies (optional)
- 1 tin of plum tomatoes blended or passata
- 1 packet of quorn chunks
- 1 teaspoon turmeric
- 1 teaspoon garam masala
- 2 tablespoon of olive oil
- 1-2 tablespoons of dried fenugreek leaves (optional)
- 1-2 tablespoons plain yoghurt (optional)

### **What to do:**

1. Fry the onions until lightly browning (add splash of water if sticking)
2. Add ginger, garlic, chillies and brown a little
3. Add tomato tin (blended)
4. Add spices
5. Turn on low- medium heat and stir every now and then for around 5 – 10 minutes when you see the oil starting to separate from the tomato sauce
6. Add quorn chunks
7. Add fenugreek and yoghurt (if using)
8. Cook for around 15 minutes or follow guidelines for length of time to cook on your quorn packet
9. Serve with brown rice