



Cooks in 30 mins

Serves 4

High in protein

Low in fat

Vegan Masala Curry

A heart-warming curry is all you need to get through this autumnal season! This mildly spiced vegan masala curry recipe is full of exotic flavours that will delight your taste buds. Add our delicious, high-protein Quorn Vegan Pieces to the mix et voilà! Ready to eat in 30 minutes. Recipe by The Clean Tribe.

Ingredients

- 350g Quorn Vegan Pieces (1 pack)
- 1 medium onion
- 1 inch of fresh ginger
- 1 de-seeded red chilli
- 2 garlic cloves
- 30g coriander
- 1 tbsp coconut oil
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1/2 tsp coriander powder
- 1/2 tsp cayenne pepper
- 1/2 tsp garam masala
- 1/2 tsp dried fenugreek leaves
- 1 can of chopped tomatoes
- 1 can of coconut milk
- 1/2 lemon

Method

- 1 In a food processor blitz the onion, ginger, de-seeded red chilli, garlic cloves and coriander until fine.
- 2 Heat coconut oil (or oil of your choice) in a medium pan and add the onion.
- 3 When the onion is softened, add the following spices: turmeric, paprika, coriander powder, cayenne pepper, garam masala and dried fenugreek leaves.
- 4 Cook the spices and onion for 2 minutes.
- 5 Add chopped tomatoes and coconut milk.
- 6 Stir well and simmer for 10 minutes.
- 7 Add Quorn Vegan Pieces and simmer for 10 additional minutes.
- 8 Squeeze in lemon juice and finely chop the remaining coriander leaves.

Nutritional information

Based on a single 360g portion size

Energy	817KJ
Energy	195Kcal
Fat	5.7g
of which saturates	3.7g
Carbohydrate	16.7g
of which sugars	11.9g
Fibre	6.8g
Protein	16.9g
Salt	0.8g
Sodium	328.79mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
195	5.7g	3.7g	11.9g	0.8g
10%	8%	18%	13%	14%

Percentage based on an adults reference intake

Visit www.quornnutrition.com and www.quorn.com for more information about mycoprotein, products and recipes.