




Cooks in
30 mins


Serves
4


High in
protein


Source of
fibre

Vegetarian Curry Hot Pot with Quorn Mince

Meal prep a high protein lunch or dinner this week by cooking an exotic Vegetarian Curry Hot Pot with Quorn Mince. Prepare 4 - 6 containers with wholegrain rice and a refreshing mint & cucumber salad in only 30 minutes.

Ingredients

For the curry:

- 200g Quorn Mince
- 3 medium sweet potatoes
- 1 onion, chopped
- 400g chickpeas
- 400g adzuki beans
- 400g chopped tomatoes
- 2 handfuls of washed spinach
- 1 tbsp garam masala
- 1 tbsp turmeric
- 1 tbsp mustard powder
- 1 tbsp chilli powder
- Low cal cooking spray
- 150g wholegrain rice
- Fresh mint yoghurt
- Slice of lemon for each container

For the salad:

- 1/2 red onion
- Splash of olive oil
- 1/2 lime - squeezed
- Handful of mint leaves

Method

For the curry:

- 1 Spray low cal butter cooking spray into a pan (alternatively heat oil or butter over medium-heat) & add 1 chopped onion.
- 2 After 2 minutes, add 1 tbsp. of cumin, mustard powder, turmeric, garam masala and 1 tsp of chilli powder.
- 3 Cook for an additional 2 minutes and stir to release the aroma from the spices.
- 4 Add 1 tin of chopped tomatoes and a tin of chickpeas with their water.
- 5 On the side, peel and chop 3 sweet potatoes into chunks.
- 6 Add the potatoes to the pan with 1 cup of washed spinach.
- 7 Mix and stir occasionally for 5 minutes.
- 8 Add a cup of Quorn Mince and allow the pan to slowly simmer for 15 minutes.
- 9 When the sweet potatoes are softened, add a tin of adzuki beans (in their water) and another cup of washed spinach.
- 10 Leave to simmer for 5 minutes.

Serve with wholegrain rice, fresh mint yoghurt and slice a of lemon.

For the salad:

- 1 Cut 1 cucumber and half a red onion in thin slices and add them to a bowl.
- 2 Add a drizzle of olive oil and a pinch of salt to the bowl.
- 3 Squeeze half a lime and add in fresh mint leaves.
- 4 Mix well together.



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Nutritional information

Based on a single 575g portion size

Energy	3010KJ
Energy	718Kcal
Fat	9.6g
of which saturates	1.4g
Carbohydrate	119.2g
of which sugars	19.4g
Fibre	27.1g
Protein	40.1g
Salt	1.2g
Sodium	482.41mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
718	9.6g	1.4g	19.4g	1.2g
36%	14%	7%	22%	20%

Percentage based on an adults reference intake

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