



Great School Food you can enjoy at home

Recipe

Quorn & Sweet Potato Curry



Ingredients

50ml Vegetable Oil
1 tablespoon Ground Cumin
100g Onions (finely chopped)
2 cloves of Garlic (crushed)
250g Quorn Pieces
1 tablespoon Ground Ginger
2 Tablespoons of Curry Powder
500ml Vegetable Stock
3 Tablespoons Coconut Milk Powder
100g Red Lentils
250g Sweet Potatoes (peeled & diced)

Method

1. Heat oil and gently fry cumin
2. Add chopped onion, garlic and fry till soft.
3. Add Quorn pieces & fry for 3 minutes
4. Add ginger & curry powder – cook for a further 3 minutes
5. Add the vegetable stock, coconut milk powder, lentils and sweet potato. Simmer for 10 minutes
6. Serve with Rice

Allergens

Contains: Egg, Cereals Inc. Gluten
May Contain: Cereals Inc. Gluten, Mustard, Nuts, Peanuts, Soya

My Notes

Serves 4
Suitable for Vegetarians

