



## GOAN QUORN™ CURRY

**Vegetarian Main:** This recipe provides a portion of non-dairy source of protein. It counts towards the standard to provide a portion of non-dairy source of protein, for vegetarians, at least three times each week.

Recipe adapted from: Lancashire County Commercial Group

### Ingredients

#### Marinade:

15g paprika  
15g turmeric ground  
15g coriander, ground  
15g cumin, ground  
5g (1½tsp) mild chilli powder  
20ml lemon juice  
100g low-fat natural yoghurt

#### For the Quorn™ and vegetables:

15ml olive oil  
150g onion, peeled and chopped  
20g garlic purée  
800g Quorn™ pieces  
400ml reduced-fat coconut milk  
100g low fat natural yoghurt  
15ml coriander, fresh chopped

### Method

1. For the marinade add paprika, turmeric, coriander, cumin, chilli, lemon juice from 1 lemon and 100g low-fat natural yoghurt into a bowl and mix well, cover and leave in the fridge for the flavours to develop for 1 hour.
2. Heat the oil in a pan, add the onions and cook until soft. Add the garlic purée and cook for a further minute.
3. Add the Quorn™ along with the marinade and cook for about 5 minutes.
4. Add the coconut milk and simmer until the vegetables are cooked and the sauce has thickened. Finish with the low-fat natural yoghurt and fresh coriander.

**Serving suggestion:** with boiled brown rice.



#### Number of portions this recipe makes:

13 primary servings (125g)  
10 secondary servings (165g)



**Prep:** 1 hour 10 minutes  
**Cook:** 25 minutes



#### Allergy information:

Egg, milk, sulphites



#### Top Tips

Use chickpeas & lentils instead of Quorn™.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.