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.