

Quorn & Sweet Potato Curry

Ingredients 15 portions	Rapeseed oil	45ml
	Cooking onions	100g
	Fresh garlic	5g
	Fresh ginger	10g
	Mild curry powder	25g
	Vegetable Stock	7g
	Water	700ml
	Sweet potato	500g
	Quorn pieces	500g
	Chick peas	100g
Method	<p>1. Finely chop the onions, peel and cut sweet potato into chunks (as close to cooking time as possible).</p> <p>2. Heat the oil and gently fry the onions, crushed garlic and Quorn (from frozen) and fry for 3 minutes without browning.</p> <p>3. Stir in grated ginger and curry powder and cook for a further 2 minutes.</p> <p>4. Add the vegetable stock, chick peas and sweet potato, bring to the boil & simmer 15 minutes until cooked.</p> <p>Garnish with coriander leaves.</p>	