

## Coconut Quorn (serves 4).

### Ingredients

300ml Coconut Milk

2tbsp Tomato Puree

1 Tbsp. dried crushed chilli

2 tbsp. ground almonds

2 tsp turmeric

2 tsp garam masala

2 tsp cumin

300g Quorn pieces

2 Onions (chopped)

2 Cloves Garlic Crushed or finely chopped

2tbsp coconut oil

4 tbsp. fresh coriander

### Method:

1. Mix the coconut milk with the tomato puree, chilli, almonds, turmeric, garam masala, cumin and 1 tbsp. of water. Add the Quorn and make sure all the pieces are coated. Cover with cling film and refrigerate for at least an hour.

2. Cook the onions and garlic in 1 tsp of the oil until soft.

3. Remove the quorn from the marinade and add to the pan with the onions, cook for 2 mins. Add the marinade and the remaining oil and cook for 15 - 20 mins.

4. Stir in the chopped coriander and serve.