Cauliflower, Sultana and Quorn Curry
Serves 4
535 calories per serving
Rich in: potassium, iron, zinc, B6 and vitamin C

This curry is a brilliant example of how you can replace meat for Quorn. Using Quorn offers a rich source of protein as well as a source of zinc, which has been shown to help maintain a heathy immune system.

Ingredients

300g brown rice
1 tbsp Extra virgin olive oil
1 large onion, finely chopped
2 garlic cloves, finely chopped
1 inch piece of ginger, peeled and chopped
1 tbsp curry powder
1 tsp ground cardamom
1 red chilli, finely chopped
1 pinch sea salt
1 pinch black pepper
200g can of chickpeas, drained and rinsed
350g Quorn pieces
3 tbsp sultanas
1 medium cauliflower, trimmed and cut into small florets
½ can of coconut milk (reduced fat)
1 lime, juiced
1 small bunch of mint
1 small bunch of coriander

Method

1. *Set a medium saucepan of water to boil. Once the water is boiling add the rice. Turn the heat down and simmer for 20 minutes until tender.*
2. *Heat a large deep-sided non-stick pan over a medium heat and add the oil. Add the onion, garlic and ginger to the pan and cook gently for 5 minute until softened.*
3. *Add the spices to the pan and cook for 1 minute until they become fragrant.*
4. *Add 200ml of water to the pan and simmer for 2 minutes. Now add the chilli, salt, pepper, chickpeas, Quorn and sultanas then simmer for a further 10 minutes.*
5. *Add the cauliflower florets and a further 150ml of water then simmer for another 5-8 minutes until the cauliflower is tender (keep the cauliflower tender to add texture)*
6. *Pour in the coconut milk and add the lime juice, mint and coriander then cook for a further 2 minutes. Check for seasoning and then take off the heat.*

7. *Drain the rice and serve in bows with the curry.*