

Recipe of the Week 21
Quorn Tikka Masala

The Quorn Tikka Masala is a tasty dish high in protein for vegetarians and an ideal alternative for takeaway options. The protein and carbohydrate content of the dish make it efficient for replenishing glycogen stores and repairing muscle damage after training.

Tip: Make the Tikka Masala with Chicken or Prawns for a variance in nutrients and taste.



Ingredients

- 2 tbsp Vegetable oil
- 300 g Quorn Pieces
- 2 Onions (peeled and roughly chopped)
- 200g mushrooms (chopped)
- 4 tbsp Tikka paste
- 284 ml (½ pint) Vegetable stock
- 4 tbsp Single cream
- 1 tbsp Fresh coriander (chopped, plus extra for garnish)
- 1 Red chilli—deseeded and cut into rings for garnish (optional)
- 2 cups of rice (preferably wholegrain)

Serves: 2 - 4
Preparation time: 20 -minutes
Cooking time: 15-minutes

Each serving contains

Energy (kcal) – 470kcal
Carbohydrates –51 g
Protein – 20g
Fat – 14g (4g saturated)

Method

1. Heat 1 tbsp oil in a heavy based saucepan, fry the Quorn pieces until browned, remove from the pan.
2. Heat a further tablespoon oil and fry the onions and tikka paste together for 4 minutes, stirring constantly.
3. Stir in the vegetable stock and bring to the boil, reduce the heat and simmer, uncovered for 5 minutes. Pour into a jug and puree with an electric hand blender to a smooth paste.
4. Return the puree to the pan, bring to the boil and add the Quorn Pieces. Simmer, uncovered for 8 minutes.
5. Stir in the cream and coriander. Gently heat through.
6. Serve with the chilli if using, sprinkle over the coriander and serve with rice.

Adapted from: www.tesco.com, 2010
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