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QUORN THAI RED CURRY (VE) INGREDIENTS

Serves 2
Per serving: 308 calories, 2.4g fat
Prep time: 10 mins
Cook time: 20 mins

110g (dry weight) basmati rice
1 vegetable stock cube
1 medium red onion, finely chopped
1 garlic cloves, crushed
150g (5 oz) fresh or frozen Quorn pieces
1/2 tsp ground coriander
1 tsp finely chopped lemongrass
1 red pepper, finely sliced
300ml (1/2 pint) tomato passata
1 small red chilli, finely sliced
1 Kaffir lime leaf (optional)
freshly ground black pepper
1 tbsp chopped fresh coriander

METHOD

1. Preheat a non-stick wok or frying pan and spray with rapeseed oil. Add the onion and garlic and dry-fry for 2 - 3 minutes until soft. Add the Quorn pieces and season well with black pepper. Stir in the ground coriander and lemongrass.
2. Add the remaining ingredients and bring to a gentle simmer. Reduce the heat and allow to simmer for 10 minutes until the sauce has reduced slightly.
3. Just before serving add the chopped fresh coriander.
4. Meanwhile, cook the basmati rice in a pan of boiling water with a vegetable stock cube.