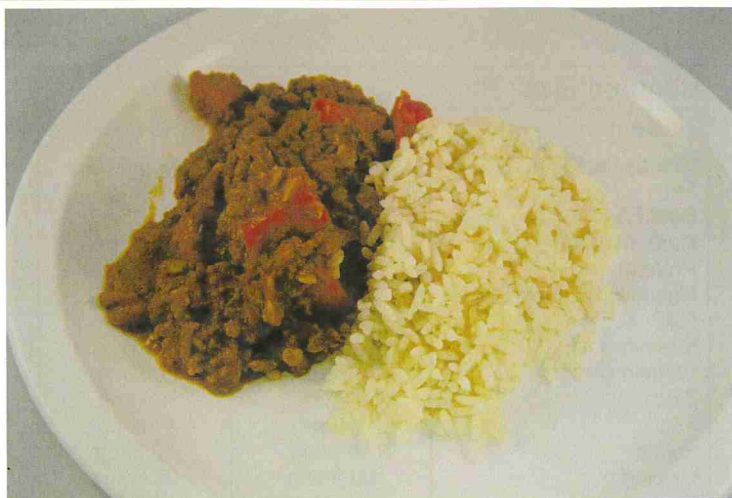


Quorn & Vegetable Curry



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Quorn Chunks	40 g	400 g	2 kg	4 kg	8 kg
Chick Peas	40 g	400 g	2 kg	4 kg	8 kg
Chopped Tomatoes	104 g	1.04 kg	5.2 kg	10.4 kg	20.8 kg
Natural Yogurt	10 g	100 g	500 g	1 kg	2 kg
Onions	40 g	400 g	2 kg	4 kg	8 kg
Garlic Puree	0 g	2 g	10 g	20 g	40 g
Tomato Paste	16 g	160 g	800 g	1.6 kg	3.2 kg
Curry Paste	1 g	10 g	50 g	100 g	200 g

Method

Rinse and cook the lentils until soft, keep to one side.  
 Peel and chop the sweet potato, lightly coat in sunflower oil and roast until soft.  
 Sweat the diced onions with the garlic and spices, stir in the tomato puree and cook out.  
 Add the tinned tomatoes and cook out till thick.  
 Just before serving, fold in the cooked lentils, yoghurt and the sweet potato and bring to 75c.  
 Serve with rice.

Assembled Tags



Contains Eggs



Contains Milk

SO<sub>2</sub>

Contains Sulphur Dioxide & Sulphites > 10mg/Kg