

Quorn Thai 7 Spice Curry

Serves
5

Ingredients

- 400g Quorn pieces
- 1 Tin coconut milk
- 1 tsp Spicemasters Thai 7 Spice
- 1 Medium onion
- 1 Red chilli (Sliced, increase the amount for more heat)
- 2 Spring onions (sliced)
- 1 Green pepper (diced)
- 1tbsp Vegetable oil
- 200g White rice

Method

Prepare your ingredients.

Boil your rice in a pan as to the packet instructions. Set aside until needed.

In a medium pan, heat the vegetable oil, add the onions and cook until it starts to brown.

Add the peppers, chilli, and spice mix. Stir frequently and cook out for two minutes.

Add the coconut milk, bring to the boil, then add the Quorn and reduce the heat to a simmer.

Cook on a low heat for ten minutes and serve with rice.

Add your spring onion, allow to cook for a further minute and serve with the rice.