



## Vegetarian curry



A cheap and healthy curry

**Serves 4**

**Total costs: £7.05**

**Price per portion: 96p**

### Ingredients

- 300g pack of Quorn Mince
- 1 large potato, peeled and cut into bite size chunks
- 1 medium sized cauliflower, cut into small florets
- 2 heaped teaspoon of madras curry paste
- 1 400g tin of chopped tomatoes
- $\frac{3}{4}$  of a tin of peas/ 2 handfuls of frozen
- 2 handfuls of fresh baby spinach
- Salt and pepper

### Method

1. Blanch potatoes and cauliflower for 8-10 minutes
2. Pour the tomatoes and curry paste into a separate pan and heat gently
3. Add the quorn mince, potato and cauliflower to the sauce. Bring to the boil, reduce the heat and simmer for another 10 minutes, stirring frequently
4. Add the peas and spinach and cook for 2-3 minutes. Season if required
5. Serve the curry with any accompaniments you like, naan bread, rice etc