

Aubergine curry

I think aubergines and kidney beans make a very good meat free combination. This is an adapted Madhur Jeffrey recipe which I've been using for years.

Ingredients

- 1.6 kg aubergines
- Two or three tins tomatoes
- One tin kidney beans
- Six cloves of garlic
- 1 inch fresh ginger
- Spices – approximately 1 teaspoon whole fennel, 1 teaspoon whole cumin, one tablespoon ground coriander, half teaspoon Turmeric, Cayenne or chilli to taste

Roast the aubergines. Put garlic and ginger in food processor with some water to make a paste. Fry spices. Add ginger garlic mixture. Add tin tomatoes and kidney beans. Cook 10 mins. Add aubergine and cook for about 15 minutes more.

Thai satay curry with quorn

Ingredients

- Red Thai curry paste (I use the Geo organic one from the Market Garden, which does not have fish sauce, so is vegan – although it does say made in a factory which handles nuts and dairy- so not suitable for those with allergies)
- Quorn pieces
- Pepper, carrots, broccoli or other green veg, mushrooms
- Coconut milk (1 tin)
- Peanut butter (the crunchy Meridian one has no added ingredients – so is palm oil free).

Method

Fry a couple of spoons of curry paste with a little oil and a spoonful of coconut milk in a wok or large frying pan to bring out flavour, then add the quorn and cook for a few minutes. Add any veg (peppers etc.) and stir fry for five minutes. Add the rest of the coconut milk and cook on a low-medium heat for about 15 minutes (add water if it is looking dry). Add a large spoonful (or two) of peanut butter and cook for another couple of minutes. You can then add instant ribbon noodles and cook for another 2-3 minutes, or serve with Thai jasmine rice.

Chilli con Quorn: serves 6-8

Ingredients

- 1 – 2 tbsp Olive Oil
- 1 or 2 Onions sliced
- 1 or 2 Garlic clove crushed
- Red or yellow pepper, roughly chopped
- Spices - to taste- (approx. half to 1 teaspoon of each) cumin, chilli powder, ground coriander
- 300g Quorn mince and 300g Quorn pieces (fresh or frozen)
- 6 -8 medium Mushrooms sliced
- 3 or 4 Carrots- sliced and cooked in veg stock (stock cube(s) in 500ml boiling water or fresh)
- 2 tins Red kidney beans drained
- 1 tin Chopped tomatoes or fresh
- 1 tbsp tomato puree
- Salt/black pepper to taste
- 1 teasp Garam Masala to finish
- Fresh chopped coriander leaves to garnish

Serve with warm tortillas

Method

In a large pan, fry the onions, garlic and peppers in oil until golden.

Add spices for 1 or 2 minutes then add Quorn and mushrooms. Brown slightly for 4 or 5 mins.

Add cooked carrots and keep stock.

Add beans, tomatoes and tomato puree. Add some or all of the stock to get the amount and thickness of sauce you like. Simmer gently for 20 to 25 mins.

Finish with a teaspoon or so of Garam Masala and a handful of coriander leaves.

Freezes well.

