



Roarsomes Healthy Vegan Dinner

Serves: 2

Calories per serving: 558

Ingredients:

4 Quorn Roarsomes
300g peeled potatoes (red skinned potatoes make good mash)
30g vegan spread
1 large carrot, peeled
80g broccoli florets
2 corn on the cob cobs or 100g sweetcorn
160g garden peas
30g tomato ketchup
Salt and pepper to taste

Method:

1. Preheat oven to 220°C/Fan 200°C/Gas 7
2. Cut the peeled potatoes into 2-inch pieces and place in a pan of water. Bring to the boil and boil for 15-20 minutes until fork tender. Drain, then mash with vegan spread. Season with salt and pepper to taste.
3. Meanwhile, place the Roarsomes on a baking tray and cook for 14-16 minutes until crispy.
4. Cut the peeled carrots into sticks and place into a large pan of water. Bring to the boil and cook for an initial 10 minutes. After 10 minutes add the broccoli florets, corn on the cob (or sweetcorn) and peas to the pan and cook all together for about 5 minutes until tender.

5. Serve the drained veggies with the mash, Roarsomes and a dollop of tomato ketchup.