



## Vegetarian Chilli Con Carne with Quorn Mince

**Serves:** 4

**Calories per serving:** 275

**Fat per serving:** 9g

**Protein per serving:** 14g

**Fibre per serving:** 20g

### **Ingredients:**

300g Quorn Vegetarian Meat-Free Mince

2 tbsp vegetable oil

1 medium onion, diced

1 red pepper, diced

2 fresh red chillies, diced

2 cloves of garlic, crushed

½ tsp smoked paprika

2 tsp ground cumin

3 tsp ground coriander

1 tsp chilli powder (optional depending on your heat preference)

400g can chopped tomatoes

500ml tomato passata

1 tbsp tomato puree

1 vegetable stock cube

400g can kidney beans, drained

1 tsp brown sugar or 1 small cube plain chocolate (optional)

salt to taste (optional)

1 large bunch of fresh coriander leaves, finely chopped

**Method:**

1. Pre-heat the oil in a large frying pan and cook the onion for 5-6 minutes or until beginning to soften. Add the red pepper and continue to cook for a further 5 minutes. Add the chillies, garlic and spices and cook for a further 2 minutes stirring continuously
2. Stir in the chopped tomatoes, passata, tomato puree and crumble over the stock cube and bring to a gentle simmer for 8 minutes stirring occasionally. Stir in the kidney beans, sugar or chocolate if using and the Quorn Meat Free Mince. Cook over a gentle heat for a further 10 minutes and season to taste
3. Stir in the chopped coriander and serve with rice, jacket potatoes or with nachos for a delicious dinner.