

# Quorn Chilli Con Carne

Serves: 4



Equipment:



Large Saucepan,  
chopping board,  
knife,  
wooden spoon,  
teaspoon,  
tablespoon

Ingredients:



- 500g Quorn mince (frozen)
- 1 tsp. rapeseed oil
- 1 onion, chopped
- 1 red bell pepper
- 1 tin of whole peeled plum tomatoes
- 1 tin of kidney beans (425g)
- 1 garlic clove, crushed
- 1 pinch ground black pepper
- 1 tsp. dried coriander and 1 red chilli (optional)



Method:



1. Heat the rapeseed oil in a large saucepan and gently fry the onion, garlic and red pepper for 2-3 minutes on a medium heat, until softened.
2. Add the vegetarian Quorn mince and tinned tomatoes. Season with black pepper.
3. Bring to the boil, then reduce the heat to low and cook, cover and stir occasionally, for 15 minutes.
4. Add kidney beans 5 minutes before serving.
5. Serve with cooked brown rice and your favourite vegetables.