

Quorn Keema & Chickpea Aloo Balti

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-quorn-curry-recipe>

Ingredients:

- 6 3/4 tablespoons vegetable oil
- 1 1/3 pounds Quorn mince two bags
- 3 onions finely chopped
- 2 tablespoons garlic paste
- 2 green chillies finely chopped
- 1 tablespoon garam masala
- 1 tablespoon coriander powder
- 1 teaspoon cumin powder
- 1 11/16 cups chopped tomatoes
- 2 potatoes skinned and cut into small chunks
- 1 teaspoon turmeric
- 1 teaspoon chilli powder
- 1 11/16 cups chickpeas cooked
- 1 bunch coriander chopped
- salt
- pepper

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 57 grams
3. Fat: 26 grams
4. Fiber: 13 grams
5. Protein: 11 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 510 milligrams
8. Sugar: 8 grams
9. TransFat: 0.5 grams

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