

Easy Quorn Curry

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 onion peeled and chopped
- 2 garlic cloves peeled and chopped
- 1 tablespoon fresh ginger grated or finely chopped
- 1 tablespoon coriander Stalks finely chopped
- 4 tablespoons korma paste
- 1 teaspoon turmeric
- 1 1/3 pounds quorn pieces frozen
- 2 9/16 cups stock use vegetable if vegetarian or chicken if not
- 2 tablespoons mango chutney
- 7 1/4 tablespoons ground almonds
- 3 3/8 tablespoons double cream

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 25 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 230 milligrams
9. Sugar: 10 grams

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