

"Quorn rogan josh"



Ingredients (10 portions)

Amount	Measure	Name
400	ml	Knorr Patak's Rogan Josh Create More Concentrated Sauce 1.1L
400	ml	Water
400	g	Onions , sliced
400	g	Button mushrooms , sliced
300	g	Yellow peppers , sliced
300	g	Spinach
800	g	Quorn Fillet
400	g	Tinned tomatoes
5	g	Coriander , chopped

Preparation

Advance Preparation

Pre heat an oven to 180°C (375°F) gas 5. Warm the serving plates. Prepare ingredients as above.

Method - Oven

1. Make up the sauce as per manufacturers instructions.
2. Place onions, mushrooms and quorn in to a gastronorm insert and bake in oven for 10 minutes.
3. Decant the sauce and tomatoes in to the gastronorm and cover with foil or a lid.
4. Place in to the oven and cook for 30 minutes or until thoroughly cooked. Remove and stir through the spinach allow to wilt.
5. Serve in a warmed serving dish and garnish with the coriander.

Method - Stove

1. Heat the oil in a suitable pan over a medium heat.
2. Add quorn and vegetables, cook until onions are soft and translucent.
3. Decant in the concentrate, water and tomatoes and bring to the simmer.
4. Cover and cook until quorn is thoroughly cooked. Stri through the spinach and allow to wilt.
5. Serve in a warmed serving dish and garnish with the coriander.

Service Hint

Serve with KNORR Long Grain Rice cooked in KNORR Vegetable Bouillon

Handy hint

Chicken, pork or prawns could be used instead of the quorn also the vegetable mix can be changed with availability.

Nutrition

Added salt is not recommended but if used keep to a minimum. If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish.

Nutritional information

Portion size = 340.5g

Name	Per 100g	% RDA per 100g	Per serving	% RDA per portion
Energy kJ	235 kJ		799 kJ	
Energy kcal	56 kcal		190 kcal	
Fat	1.7 g		5.9 g	
Saturates	0.2 g		0.8 g	
Carbohydrate	4.9 g		16.5 g	
Sugars	2.9 g		9.9 g	
Fibre	1.6 g		5.4 g	
Protein	4.2 g		14.2 g	
Sodium	173.3 mg		590.1 mg	
Salt	0.43 g		1.47 g	
NMES (Non Milk Extrinsic Sugars)	0.0 g		0.0 g	
Monounsaturates	0.0 g		0.0 g	
Polyunsaturates	0.1 g		0.4 g	
Vitamin C	16.8 mg	21%	57.3 mg	72%

Vitamin D	0.0 µg	0	0.0 µg	0
Vitamin E	0.4 mg	3%	1.4 mg	12%
Folate	21.2 µg		72.2 µg	
Vitamin B12	0.00 µg		0.00 µg	
Thiamin	0.00 mg		0.00 mg	
Riboflavin	0.00 mg		0.00 mg	
Niacin	0.00 mg		0.00 mg	
Calcium	21.2 mg	3%	72.3 mg	9%
Iron	0.4 mg	3%	1.2 mg	9%
Zinc	0.2 mg	2%	0.5 mg	5%
Potassium	144.7 mg	7%	492.7 mg	25%
Vitamin A	185.67 µg		632.20 µg	
Non-starch polysaccharide	0.00 g		0.00 g	
Total n-3 polyunsaturated fatty acids per 100g food	0.00 g		0.00 g	
Total n-6 polyunsaturated fatty acids per 100g food	0.00 g		0.00 g	

Guideline Daily Amounts

