

Creamy vegetarian mince

This is an easy supper dish which vegetarians and carnivores alike will enjoy, and which can also be frozen. The addition of peanut butter gives it a creamy texture, but can be omitted or replaced with other nut butters. Quorn is a vegetarian mince made from mycoprotein and some varieties can contain egg white so these are not suitable for vegans. Quorn is a good source of protein as well as iron and zinc. The addition of peanut butter also provides additional copper. Both copper and iron are important in helping reduce fatigue and tiredness which is a good reason for people with MS to try this.

No of servings 4

Preparation time 10 minutes

Cooking time 20 minutes

Ingredients

- 1 tbsp vegetable/ rapeseed oil
- 1 medium onion, finely chopped, (or 120g frozen chopped onion)
- 1 clove garlic, crushed, (or ½ tsp ready prepared garlic)
- 1 small pepper, any colour, diced, (or 100g frozen peppers)
- 1 tsp ground cumin
- 300g quorn mince
- 2 tbsp tomato puree
- 400ml water
- 3 tbsp peanut butter (about 75g)



Method

1. Heat the oil in a saucepan and fry the onion and garlic for 5 or so minutes until just softening.
2. Add the pepper and cumin and continue to fry for another minute or so.
3. Stir in the quorn, straight from frozen is fine, and then the tomato puree.
4. Lastly pour in the water and bring the mixture to the boil, stirring occasionally.
5. Stir, cover and simmer for 15 minutes. Check and stir occasionally, adding more water if necessary
6. Stir in the peanut butter and serve.

Serving suggestions: Serve with rice and a green vegetable. Or try with a jacket potato and salad.

Variations: for a spicier mix add half a teaspoon of chilli powder, additional cumin, and stir in 2 tps garam masala and 2 tbsp chopped coriander before serving. Or add a 400g can of chopped tomatoes and 2 tsp Italian herbs instead of water and tomato puree, and also leave out the peanut butter and cumin.

Storage

This may be kept in an airtight container and refrigerated for 2 days or frozen for 2 months. Thaw in the fridge and reheat until piping hot.



Allergen information

Contains: peanuts

Nutritional analysis per portion taking into account cooking losses			
Energy kcal	236	Fibre g	7.8
Protein g	16.8	Sodium g	0.4
Carbohydrate g	8.8	Salt g	0.9
Of which sugars g	6.4	Zinc mg	6.1
Fat g	15.4	Vitamin C mg	16.0
Of which saturates g	2.6	Copper mg	0.3