



## Quorn Mince Chilli 275 cal's per serving

<https://www.quorn.co.uk/recipes/chilli-con-carne>

### Serves 4

#### Method

Pre-heat the oil in a large pan and cook the onion for 5-6 minutes or until beginning to soften. Add the red pepper and continue to cook for a further 5 minutes. Add the chillies, garlic and spices and cook for a further 2 minutes stirring continuously

Stir in the chopped tomatoes, passata, tomato puree and crumble over the stock cube and bring to a gentle simmer for 8 minutes stirring occasionally. Stir in the kidney beans, sugar or chocolate if using and Quorn Mince, cook over a gentle heat for a further 10 minutes. Season to taste

Stir in the chopped coriander and serve with rice, jacket potatoes or with nachos

- 300g Quorn Mince
- 2 tbsp vegetable oil
- 1 medium onion, diced
- 1 red pepper, diced
- 2 fresh red chillies, diced
- 2 cloves of garlic, crushed
- ½ tsp smoked paprika
- 2 tsp ground cumin
- 3 tsp ground coriander
- 1 tsp chilli powder (optional depending on your heat preference)
- 400g can chopped tomatoes
- 500ml tomato passata
- 1 tbsp tomato puree
- 1 vegetable stock cube
- 400g can kidney beans, drained
- 1 tsp brown sugar or 1 small cube plain chocolate (optional)
- salt to taste (optional)
- 1 large bunch of fresh coriander leaves, finely chopped