

### **Quorn Biryani**

300g quorn chicken style chunks

1/3 jar tikka paste (I like pataks chicken tikka)

250g basmati rice

200g mixed vegetables (small diced), I have used a combination of red pepper, frozen peas, asparagus, mushrooms etc but if you are short of time or inspiration then frozen mixed vegetables will do

1 red onion, finely diced

2 cloves garlic

1 fresh chilli (optional)

600ml of vegetable stock (ie boiling water plus veggie stock cube)

3tbsp coriander, chopped

1. Chop onion, chilli and vegetables on cutting board with 13cm santoku knife or in food chopper, use garlic press to crush garlic
2. In Rice Cooker Plus, mix together rice and curry paste. Then add vegetables, quorn, onion, garlic, chilli if using and stir well to combine
3. Pour boiling water/stock over and stir, put on the lid. Microwave on high for 12-13 minutes (fractionally more if you are using frozen veg)
4. Leave to stand for 5 mins to steam and then use a fork to fluff it up and stir through the remaining coriander
5. Serve with natural yoghurt and naan bread/chapatis