

Quorn Chilli.

Half a pack of frozen Quorn // two medium onions
two garlic cloves // a tin of red kidney beans
two tbsps fajita seasoning // a teaspoon of chilli
flakes // black pepper // fresh coriander sunflower
oil // lime wedges to serve

- 1** Drain and rinse the kidney beans and set aside.
- 2** Finely chop the garlic and onion and fry them in a couple of tbsps of oil until softened.
- 3** Add the Quorn, beans, a cup of water, fajita seasoning, a good grinding of black pepper and chilli flakes, if desired.
- 4** Simmer gently for an hour or so, or until most of the liquid has evaporated, adjust seasoning and stir in two spoonfuls of chopped coriander leaf.
- 5** Serve with rice, lime wedges and tortilla chips or use in Mexican-style recipes.

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