

Curried Soya Mince – Use instead of Rice!!

Serves: 4

Ingredients

100g Dried Soya Mince
300ml Water
1 Chicken Stock Cube
1 tsp Ground Cumin
1 tsp Ground Coriander
½ tsp Crushed Chilli Flakes
1 tbl Mild curry powder
1 Clove Garlic Crushed
1 Red Pepper Diced
1 Green Pepper Diced
1 Onion Diced
Salt & Pepper
1 tsp of coconut oil
1 tbl of Crushed Peanuts



Directions

1. Bring water to the boil and stir in ground cumin, coriander, chilli flakes and stock cube until dissolved.
2. Add dried soya mince and stir until all liquid has been absorbed place lid on pan and leave to stand for 5 minutes.
3. In a large frying pan with the coconut oil add the garlic, red & green peppers, onion and curry powder cook for 5 minutes until the ingredients have softened.
4. Add the soya mince that has now rehydrated stir until all ingredients are mixed, season with salt and pepper to taste.
5. Serve in bowls and sprinkle crushed peanuts over the top.

Nutritional Facts per serving

120 Kcals
16g Protein
10g Carbs
3g Fat