

(VEGAN) TACOS



Ingredients

300g Vegan Quorn pieces	1 tsp Paprika
1 1/2 Garlic puree	1/2 tsp Cayenne
1 Green pepper roughly chopped	Salt and pepper
1 Onion finely diced	1 tbsp sugar
1 tin Chopped tomatoes	300ml water
1 tin Kidney beans. 3/4 pureed	Vegan tacos shells
1 tbsp. Tomato puree	Cooking oil
1 tsp Cumin	

To serve

E.g. Rice, bed of lettuce, vegan cheese, salsa, put in wraps.

Method

1. Get your pan to a medium heat then add a light drizzling of oil. Once hot add the onion, garlic and green pepper. Keep stirring.
2. Cook until you see the onions start to sweat then add your spices and tomato puree cookout for 1 minute allowing the spices to intensify.
3. Add the Quorn pieces and kidney bean puree giving everything a good mix making sure all ingredients are incorporated well.
4. Add the chopped tomatoes, sugar , water and remaining kidney beans. Reduce your heat stirring every few minutes staying at a low simmer until mix is thick. Add salt and pepper.
5. Turn off the heat leave to stand for 2 minutes then spoon into Tacos shells sprinkling over you chosen toppings. Enjoy!