We are Ready......

**Roast Quorn with Tomato and Basil Sauce**

****

**Suggested portion**

**Size for recipe**

1–2 years – 65g

3–4 years – 85g

**Ingredients – Serves 5**

**Quorn™ roast** 250g (half a family roast)

**Onion, peeled** 60g (1 small)

**Fresh basil** 1 tablespoon

**Garlic, peeled** ½ cloves

**Vegetable oil** ½ tablespoon

**Tomato purée** ½ tablespoon

**Canned tomatoes, chopped** ½ x 200g can

**Method**

1. Roast the Quorn™ according to the manufacturer’s instructions.

2. Meanwhile, chop the onions, basil and garlic.

3. Heat the oil in a pan, add the onion and garlic and fry for 2–3 minutes.

4. Add the tomato purée, chopped tomatoes and basil to the pan, bring to the boil

and simmer for 15 minutes.

Serve with roast potatoes, red cabbage and parsnips