

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	$\frac{1}{2}$ cloves
Vegetable oil	$\frac{1}{2}$ tablespoon
Tomato purée	$\frac{1}{2}$ tablespoon
Canned tomatoes, chopped	$\frac{1}{2}$ 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