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# Curry that helps you get the most out of your husband.



• THE GOOD FOOD PEOPLE •

## Try this yummy recipe for Tikka Masala

Preparation time - 10mins.

Cooking time - 22 mins.

Serves 4-6

*2 tbsp vegetable oil*

*1 large onion, finely chopped*

*2 cloves garlic, crushed*

*350g pack Quorn Pieces*

*2 tsp ground cumin*

*1 tsp ground coriander*

*2 tsp mild chilli powder*

*400g can chopped*

*tomatoes*

*200ml tub half fat crème fraiche*

*1 vegetable stock cube, crumbled*

*1/2 tbsp lemon juice*

*1 tbsp flaked almonds*

*2 tbsp freshly chopped coriander*

**1.** Fry the onions and garlic in the oil for 5 minutes or until softened.

Add the **Quorn** pieces, cumin, coriander and chilli and cook for 1 minute stirring all the time.

**2.** Add the tomatoes, crème fraiche, stock cube and lemon juice. Season well.

**3.** Bring to the boil and simmer gently for 15 minutes stirring occasionally. Meanwhile toast the almonds under the grill until just brown.

**4.** Stir in the chopped coriander just before serving and scatter over the flaked almonds. Serve with freshly cooked basmati rice and Naan bread.

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