



Quorn Steak Goulash

Ingredients

- 1 Onion, chopped
- 1-2 red or green peppers, sliced
- 2tsp Garlic powder
- 2tsp Paprika
- 2-3 Carrots, sliced
- 1 Potato, chopped
- 1 Packet of Quorn Steak Strips
- 1 Can chopped tomatoes
- 2 tbsp Plain flour
- 2tbsp Tomato puree
- 500ml Vegetable stock
- 2 tbsp Soured cream

Method

- Heat the oil in a pan and add the onions, fry for 5mins and then add the peppers. Cook for a further 2mins
- Add the garlic and paprika and mix
- Add the carrots and potato, and take off the heat
- Meanwhile put the steak in the bottom of the casserole and sprinkle with flour. Add the can of chopped tomatoes, tomato puree and stock, and stir well.
- Add all the ingredients from the pan and mix together
- Put in the oven for 1 $\frac{1}{2}$ hours at gas mark 3, stirring from time to time.
- When cooked, mix in soured cream and serve. Best served with crusty bread

Enjoy!

