



**VEGETARIAN
EXPRESS**



Seitan keema, green peas and brown rice

Ingredients

- 50ml vegetable oil
- 250g seitan (blitzed in a food processor)
- 75ml water 1 onion, diced
- 20g fresh ginger
- 20g garlic
- 2 green chillies (finely diced)
- 200g chopped tomatoes
- 2tbsp ground turmeric
- Juice of 1/2 a lemon
- 3tbsp garam masala
- 100g frozen peas
- 40g chopped coriander
- 75g soya milk
- 200g brown rice

Garnish:

- Sliced spring onions
- Nigella seeds
- Mango chutney (blitzed to a gel)

Method | SERVES 5

- This staple Indian dish is traditionally made with lamb mince. It is medium in spice and finished with green peas. Seitan, when minced, takes on the consistency of lean mince.
- Blitz the garlic and ginger with a little vegetable oil to make a paste. Fry the onions in a pan until they start to brown, then add the ginger and garlic puree and the green chilli. Lightly fry until fragrant. Remove from the pan and set aside.
- In the same pan, add a little more oil and fry off the blitzed seitan until browned like mince. Add the onion mix and dry spices, fry until toasted and then deglaze the pan with water.
- Add the chopped tomatoes and season. Simmer until thick, then add the frozen peas, chopped coriander and soya milk until the desired consistency and colour is achieved. Finish with lemon juice to taste.
- Serve over cooked brown rice with garnish.

Typical Nutritional Values

	per 100g	serving 322g
Energy	713kJ 169Kcal	2295kJ 545kcal
Fat	5.2g	16.7g
of which Saturated	0.6g	1.9g
Carbohydrate	25.9g	83.4g
of which Sugars	3.1g	10g
Fibre	2.3g	7.4g
Protein	4.7g	15.1g
Salt	1.2g	3.9g

Suitable for: Vegan, Nut free, Dairy free

Allergens: Cereal gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using Lamb.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
1200	6	590

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.