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# Thai 7 Spice Curry Blend No.20

Serves 4

This spice blend is often used to season a dish such as noodles or rice but here we have created a vegetarian curry. You can of course use beef or chicken to make a Thai inspired dish for meat lovers.

## Ingredients

400g Quorn pieces

1 tin coconut milk

1 tsp Spicemasters  
Thai 7 spice

1 medium onion

1 red chilli - sliced

2 spring onions - sliced

1 green pepper diced

1 tablespoon veg oil

200g white rice

## Method

1. Prepare your ingredients.
2. Boil your rice in a pan as to the packet instructions. Set aside until needed.
3. In a medium pan, heat the vegetable oil, add the onions and cook until it starts to brown, add the peppers, chilli and spice mix. Stir frequently and cook for a further two minutes.
4. Add the coconut milk, bring to the boil, then add the Quorn and reduce the heat to a simmer.
5. Cook on a low heat for ten minutes.
6. Add your spring onion, allow to cook for a further minute and serve with the rice.

## Spice Masters Tips

**Chilli** - Adding the fresh chilli might be too much for some people but it does add freshness to the dish. Much of the heat comes from the seeds and the white strip inside the chilli. If you remove this the chilli will be much milder.

**Coconut Milk** - The oil separates in the tin so shake your tin well before opening or you will have a solid block on top of the oil. Another good tip is to open the bottom of the tin instead of the top.

**Meat** - If you want to add meat or chicken this should be done between step 3 and 4. Continue to fry until it has coloured but not cooked through.

**Spring Onion** - We add this at the end to not overcook it and add a fresh note to the dish.