

## Vegetable Goulash



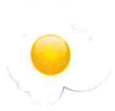
## Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Onions	15 g	150 g	750 g	1.5 kg	3 kg
Plain Flour	1 g	8 g	42 g	83 g	167 g
Paprika	1 g	8 g	42 g	83 g	167 g
Chilli Powder	0 g	1 g	4 g	8 g	17 g
Tomato Paste	0 g	0 g	2 g	3 g	7 g
Cauliflower	0.01 each	0.15 each	0.75 each	1.5 each	3 each
Potatoes Mids	15 g	150 g	750 g	1.5 kg	3 kg
Swede	15 g	150 g	750 g	1.5 kg	3 kg
Red Peppers	8 g	75 g	375 g	750 g	1.5 kg
Mushrooms	8 g	75 g	375 g	750 g	1.5 kg
Natural Yogurt	0 g	5 g	24 g	47 g	94 g
Quorn Chunks	33 g	333 g	1.67 kg	3.33 kg	6.67 kg

## Method

Heat a little bit of oil in a large pan and fry onions until soft  
 Add flour paprika and chilli powder, stirring well  
 Whisk the tomato puree into boiling water and add carefully to the pan.  
 Add the tinned tomatoes and bring t the boil stirring frequently  
 Add the vegetables and the Quorn into the tomatoes sauce  
 Simmer until cooked through at 75c.  
 Stir in the yoghurt. Serve with Rice

## Assembled Tags



Contains Eggs



Contains Milk



Contains Wheat