

Low FODMAP Veggie Chilli



The following recipe is easy to make and using Quorn mince.

A recipe that everyone can enjoy.



Ingredients

- **Serves 4**
- 1 400g packet of Quorn
- 4 red bell peppers-chopped
- 1tbsp of garlic infused oil
- 1 tsp of cornflour
- 1 tsp of cumin
- 2 tsp of chilli powder (hot, hot, hot) *if you prefer it less so, use less chilli! Watch this if you find spicy food tends to make your symptoms worse.*
- Salt to taste

Method

Slice the pepper roughly and spread on the oil, roast for 10-15 mins and then add to a food blender with a little water and blend till a smooth sauce is achieved.

Add this to a pan and then add the Quorn, spices and salt and mix well

Cook for five minutes then add the cornflower directly to the pan.

Cook for 10 minutes and add salt to taste.

Serve with fresh boiled rice and salad that your symptoms allow.