Andy's Vegan Special

Created by Andy Owen

Ingredients (for 2/3 people)

1 Red Pepper, roughly chopped
1 Yellow Pepper, roughly chopped
1 Cooking Onion, roughly chopped
1 Courgette, roughly chopped
2 Medium Carrots, roughly chopped
2 Large Portobello Mushrooms, roughly chopped
I Box of Vegan Chicken Pieces
Tomato Puree
2 tbsp Olive Oil
1 Knob of Butter
1/2 Pint Of Vegetable Stock (suitable for Vegans)
Curry Powder (to personal taste)

Put the butter and olive oil in a large frying pan and, when the butter starts to sizzle add the onion and cook for a minute of two, then add the pepper, courgette and carrot and cook for 5 minutes.

Add the mushrooms and mix well, so they absorb all the flavours. Season well.

Add the stock to the pan, reduce the heat a little and let it all reduce down, so the vegetables take all the flavour.

Add the chicken pieces when this process is 75% done. Also add a couple of squirts of tomato puree at this time and mix both in well, so all the flavour is absorbed.

Finally add the curry powder and mix to coat everything.

When most of the stock is absorbed, transfer the contents of the pan to a pie dish, top with puff pastry, brush with milk or egg wash and cook in the oven until golden.

Serve with two medium potato cakes - one sweet and one normal - and a side salad.

Delicious!