

# Vegetarian Food Need Not Be Boring Says Authentic Food Company

According to the Food Standards Agency eight per cent of the UK population is now vegetarian or partly vegetarian\* and it seems that an increasing number of people are beginning to realise the health benefits of a vegetarian diet.

Research has shown that vegetarians suffer less from health problems, but many still share the common misconception that vegetarian dishes are a byword for bland and skip over the vegetarian and vegan meal options when eating out.

However, Lee Tyan, chef at The Authentic Food Company believes a bit of imagination is all that is needed to adapt to the vegetarian way of thinking. He says: "Vegetarian food can be really exciting, especially if it is a spicy Indian dish bursting with exotic flavours and I think anyone would be hard pressed to find a bland Indian dish.

"Sometime ago, we saw a niche in the market for high quality Indian vegetarian food and created our award winning Sweet Potato, Spinach and Chick Pea Curry dish. It is a curry originating from West India with a spicy twist and has proved very popular among chefs and diners alike."

Available under The Authentic Food Company's Indian range, this curry is very versatile - perfect served as a main with naan bread and Kashmiri rice or served as part of a Thali selection.

The 350g dish contains chunky sweet potatoes fried and tossed in a rich, smooth coconut flavoured sauce, with chick peas and spinach. Ready to be cooked from frozen, it can be oven cooked at 200 C, for 12 to 15 minutes, or microwaved on full power for four minutes and left to stand for a further one minute.

