



SWEET CHILLI NOODLE POT

Sweet chilli marinated Quorn Pieces, stir fried with crisp oriental style vegetables and egg noodles

PREPARATION TIME:

15 minutes plus 15 minutes to marinate

COOKING TIME

10 minutes

SERVES:

4

INGREDIENTS

- 300g Quorn Pieces, defrosted
- 2cm piece ginger, peeled and grated
- 2 garlic cloves, crushed
- 2 tbsp soy sauce
- 3 tbsp sweet chilli sauce
- 240g dried medium egg noodles
- 1tbsp vegetable oil
- 1 red pepper, thinly sliced
- 100g carrots, peeled and cut into thin matchsticks
- 1tbsp tomato puree
- 150ml vegetable stock
- 5 spring onions, chopped
- Ground white pepper

METHOD

1. Place the ginger and garlic into a bowl with the soy sauce and sweet chilli sauce. Add the Quorn Pieces, stir to combine and leave to marinate in the fridge for 15 minutes.
2. Bring a large pan of water to the boil and cook the noodles as per pack instructions. Drain and cool under cold running water.
3. Heat the oil in a wok or large frying pan, add the Quorn Pieces with the marinade and sauté the Quorn Pieces for 2-3 minutes. Add the pepper and carrots and continue to cook for a further 3 minutes, until the vegetables are just beginning to soften.
4. Add the tomato puree, stock and half the spring onions and cook for a minute.
5. Stir in the cooked noodles and heat through for 2-3 minutes or until piping hot. Season with pepper.
6. Divide the stir fry between 4 bowls and garnish with the remaining spring onions.



TIP - TRY USING OTHER VEGETABLES SUCH AS COURGETTES CUT INTO MATCHSTICKS, BROCCOLI FLORETS, GREEN BEANS OR BEAN SPROUTS.