




Cooks in
15 mins


Serves
4


High in
protein


Source of
fibre

Brazilian Salad with Quorn Fillets

Your taste buds will spring to life with this vibrant, delicious Brazilian salad. Sweet pepper, avocado, mango and Quorn Fillets, all seasoned and dressed in fresh lime juice, olive oil, maple syrup and chilli. A healthy meal idea that's enticing, exciting and with just enough Latin heat to keep you on your toes while also being a great source of fibre and high in protein.

Ingredients

- 4 Quorn Fillets, each cut into approximately 4 pieces - alternatively Quorn Vegan Fillets can be used
- 1 tbsp olive oil
- Salt, black pepper and lime juice to taste
- 1 sweet (pointy) pepper, cut into thin strips
- 1 ripe mango, peeled and diced
- 1 ripe avocado, thinly sliced
- 1 large salad tomato, thinly sliced
- 75g rocket, washed and drained
- 75g water cress, washed and drained
- 1 tbsp toasted pumpkin seeds

For the dressing:

- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp maple syrup
- 1 small red chilli, finely diced
- 1/2 tsp salt

Method

- 1 Preheat the oil in a large pan. Add the sliced Quorn Fillets and fry for 5-6 minutes until cooked. Season well with salt, black pepper and a squeeze of lime.
- 2 Arrange the salad ingredients on a large serving plate, top with the Quorn Fillets and drizzle over the dressing.

Nutritional information

Based on a single 254g portion size

Energy	1022KJ
Energy	245Kcal
Fat	15.4g
of which saturates	3.3g
Carbohydrate	13.6g
of which sugars	9.2g
Fibre	7.8g
Protein	13.3g
Salt	1.1g
Sodium	417.88mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
245	15.4g	3.3g	9.2g	1.1g
12%	22%	16%	10%	18%

Percentage based on an adults reference intake

Visit www.quornnutrition.com and www.quorn.com for more information about mycoprotein, products and recipes.