



Cooks in
25 mins

Serves
4

High in
protein

Source of
fibre

Veggie Box with Stir Fry Quorn Pieces

Skip the take-out at lunchtime and opt for this homemade rainbow veggie box stir fry with Quorn Pieces instead. It's healthy and incredibly easy to customise: add some tamari sauce, cashews and sriracha for an Asian twist or simply replace the rice with your favourite grains or pulses for extra protein. Either way, you're in for a filling and satisfying lunch without the hassle of multiple preparations.

Ingredients

- 150g of Quorn Pieces
- 250g pouch of coriander rice
- 200g broccoli (cut and boil for 2 minutes)
- 250g punnet of cherry tomatoes
- 200g of tinned sweet corn
- 100g of frozen peas
- 1 medium onion, diced
- 1 tsp garlic powder
- 1 tbsp grated ginger
- 2 tbsp grated ginger
- 2 tbsp sesame seeds
- Pinch of salt

Method

- 1 Heat the pan and add 2 tbsp of oil.
- 2 Add the chopped onions and sauté until light brown, then add the Quorn Pieces and gently stir in.
- 3 Season with salt, ginger and garlic powder to taste and allow to cook for a few minutes.
- 4 Next, add in the frozen peas and sprinkle in the sesame seeds.
- 5 To serve, in 4 containers add equal parts of the stir fry mix, freshly chopped tomatoes, sweet corn, boiled broccoli and coriander rice.

Nutritional information

Based on a single 340g portion size

Energy	1044KJ
Energy	248Kcal
Fat	7.8g
of which saturates	2.3g
Carbohydrate	29.1g
of which sugars	8.5g
Fibre	12.4g
Protein	15.2g
Salt	0.5g
Sodium	215.6mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
248	7.8g	2.3g	8.5g	0.5g
12%	12%	8%	8%	31%

Percentage based on an adults reference intake

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