



  
Cooks in  
40 mins

  
Serves  
4

  
High in  
protein

  
Source of  
fibre

# Thai Noodle Soup Recipe with Quorn Vegan Pieces

Our deliciously healthy Thai noodle soup recipe, packed with fibre and protein, made with Quorn Vegan Pieces is a dish you will want to make again and again.

## Ingredients

- 300g Quorn Vegan Pieces OR Quorn Pieces
- 2 tbsp vegetable oil
- 1 large onion, sliced
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1/2 tsp cayenne pepper
- 200ml coconut milk
- 900ml vegetable stock
- 2 carrots, peeled and sliced
- 100g baby corn, sliced
- 100g sugar snap peas, sliced in half
- 50g rice noodles, cooked to pack instructions
- 2 spring onions, finely sliced

## Method

- 1 Heat 1 tbsp oil in a large saucepan and fry the onions over a medium heat for 5 minutes. Stir in the garlic and spices and cook for a further 2 minutes.
- 2 Add the coconut milk, vegetable stock and vegetables. Bring to the boil and then simmer for 20 minutes.
- 3 Meanwhile, in a separate frying pan, add 1 tbsp oil and fry the Quorn Vegan Pieces for 7 minutes, until slightly golden.
- 4 Add the cooked rice noodles to the soup, along with the Pieces. Stir well and allow to simmer for 3 minutes.
- 5 Garnish with spring onions and serve hot with crusty bread.

**Tip:** for a hotter twist fry off a finely chopped green chilli with the spices.

Suitable for home freezing.

## Nutritional information

Based on a single 100g portion size

Energy	336KJ
Energy	80Kcal
Fat	4.7g
of which saturates	0.4g
Carbohydrate	4.5g
of which sugars	3g
Fibre	3.9g
Protein	5.7g
Salt	0.6g
Sodium	233.28mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
80	4.7g	0.4g	3g	0.6g
4%	7%	2%	3%	10%

Percentage based on an adults reference intake

Visit [www.quornnutrition.com](http://www.quornnutrition.com) and [www.quorn.com](http://www.quorn.com) for more information about mycoprotein, products and recipes.