



Cooks in
30 mins



Serves
3



High in
protein



Low in
fat

Thai Glazed Quorn Fillets Recipe

Spicy, tantalising and full of the exotic flavours of Thailand. Fillets glazed with red Thai paste, soy sauce, maple syrup and fresh lime juice, wrapped in foil to hold in the fragrant aromas and luscious taste of the East during cooking. Serve it up with a selection of colourful steamed veg and you'll have unbeatable flavours on your plate in next to no time.

Ingredients

For the glazed fillets:

- 6 Quorn Fillets
- 2 tsp red Thai paste
- 3 tsp soy sauce
- Juice of a small lime & zest of 1/2 a lime
- 3 tsp of maple syrup
- 2 tsp vegetable oil

For the steamed vegetables:

- 1 small red pepper, diced
- 1 small orange pepper, diced
- 3 baby corn, halved and blanched in boiling water for 3-4 minutes
- 1 carrot, peeled in sticks
- 2 small courgettes, cut into thick sticks
- 1 small red chilli pepper, finely chopped
- 1 1/2 tsp of raw ginger, finely chopped
- 3 tsp vegetable stock
- A bunch of finely chopped coriander

Method

- 1 Pre-heat oven to 200°C/400°F/Gas Mark 6.
- 2 Mix all ingredients for the glaze in a bowl. Add the Quorn Fillets and mix well.
- 3 Mix the ingredients for the steamed vegetables.
- 4 Form 2 foil bags made of aluminium foil, approx. 20 cm in size. Place half the vegetable mixture and 3 of the glazed Quorn Fillets in it.
- 5 Close the foil pouches by folding the edges together. Place the closed bags on a baking tray and bake them for about 20 minutes in the oven. Sprinkle with finely chopped coriander and serve.

Nutritional information

Based on a single 240g portion size

Energy	668KJ
Energy	164Kcal
Fat	5.6g
of which saturates	0.7g
Carbohydrate	16.1g
of which sugars	10.6g
Fibre	7g
Protein	11.2g
Salt	2.8g
Sodium	1084.37mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
164	5.6g	0.7g	10.6g	2.8g
8%	8%	4%	12%	46%

Percentage based on an adults reference intake

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