



Cooks in
30 mins



Serves
4



High in
protein

Quorn Vegan Pieces Papaya Salad with Apple Balsamic

A delicious, light and refreshing dish. Great as a quick and healthy lunch or as a mid-week dinner and a great source of fibre and protein. You can prepare it before hand and have an easy on-the-go lunch, just make sure you store the dressing in a separate container.

Ingredients

- 280g Quorn Vegan Pieces, defrosted

For the marinade:

- 8 tbsp apple balsamic vinegar
- 4 tbsp vegetable oil
- 1/2 tsp salt
- 1/2 tsp chilli flakes
- Pinch of ground cinnamon
- Pinch of ground cloves

For the salad:

- 2 papaya, peeled and cut into wedges
- 1/2 cucumber, peeled and cut into very thin ribbons
- 2 medium carrots, peeled and cut into thin strips
- 4 spring onions, finely sliced
- 80g pomegranate seeds
- 10g coriander, chopped
- 10g mint leaves, chopped

For the salad dressing:

- 100ml fresh orange juice
- 2 tbsp white wine vinegar
- 1 tsp brown sugar
- 1 tbsp olive oil
- Pinch of salt and black pepper

Method

- 1 Combine the ingredients for the marinade in a bowl, add the Quorn Vegan Pieces, stir well then cover and refrigerate for 20 minutes.
- 2 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 3 Place the marinated Quorn Vegan Pieces on a lightly greased baking sheet and cook in the middle of the oven for 8-10 minutes until golden brown.
- 4 Combine the ingredients for the salad and mix well. Drizzle the salad dressing over.
- 5 Arrange on a plate and top with the baked Quorn Vegan Pieces, garnish with mint sprigs.

Nutritional information

Based on a single 572g portion size

Energy	1694KJ
Energy	406Kcal
Fat	21.7g
of which saturates	2.6g
Carbohydrate	25.9g
of which sugars	13.3g
Fibre	18.6g
Protein	21.1g
Salt	0.9g
Sodium	356.86mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
406	21.7g	2.6g	13.3g	0.9g
20%	31%	13%	15%	15%

Percentage based on an adults reference intake

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