



  
Cooks in  
40 mins

  
Serves  
4

  
Low in  
fat

# BBQ Teriyaki Quorn Fillets and Pineapple Buddha Bowl

Keep it fresh and healthy this summer with this flavourful Oriental-inspired Buddha bowl. It's perfect for the BBQ, but can also be cooked in a griddle pan too.

## Ingredients

### For the skewers:

- 1 pack of Quorn Fillets, defrosted
- 2 slices of fresh or tinned pineapple

### For the teriyaki marinade:

- 150ml water
- 3 tbsp tamari
- 1 tbsp sesame oil
- 1 tbsp mirin
- 1/2 tbsp maple syrup
- 1/2 tbsp arrowroot powder
- 1 clove of garlic, minced
- 1 tbsp of fresh ginger, grated
- 1/4 tsp black pepper

### For the salad:

- 1 pack of pre-cooked quinoa
- 80g romaine lettuce, shredded
- 50g red cabbage, shredded
- 1/2 red pepper, finely sliced
- 1 carrot, shredded
- 2 spring onions, finely sliced
- 80g ready-to-eat edamame beans
- 1/2 cucumber, sliced into ribbons
- 4 radishes, finely sliced

### Garnishes:

- 5g fresh coriander, finely chopped
- 1 red chilli, finely chopped
- 1 tbsp toasted sesame seeds
- 1 tbsp peanuts, crushed
- 4 wedges of lime

## Method

- 1 To make the skewers, place the Quorn Fillets and pineapples onto soaked wooden skewers. Set aside.
- 2 To make the teriyaki marinade, put all the ingredients into a small pan and set over a medium heat. Whisk together the ingredients until the sauce thickens. Brush 3/4 of this mixture on to the skewers.
- 3 Place the skewers on to a pre-heated gas or charcoal BBQ and cook for 12-15 minutes, turning occasionally to ensure an even cook. Once cooked, remove the fillets and pineapple from the skewers. Slice the fillets diagonally and roughly chop the pineapple. Set aside.
- 4 To make the salad, take a large bowl and mix together the quinoa, lettuce, red cabbage, red pepper, carrot and spring onions. Divide the salad between four serving bowls and top in Buddha bowl style with the BBQ'd fillets, grilled pineapple, edamame beans, cucumber ribbons and radishes. Garnish with the coriander, red chilli, sesame seeds, crushed peanuts and lime wedges. Drizzle with the remaining teriyaki sauce to serve.

## Nutritional information

Based on a single 347g portion size

Energy	1139KJ
Energy	272Kcal
Fat	10g
of which saturates	1.5g
Carbohydrate	33g
of which sugars	15.7g
Fibre	8.1g
Protein	13g
Salt	2.2g
Sodium	856.57mg

Each portion contains...

Calories	Fat	Saturates	Sugars	Salt
272	10g	1.5g	15.7g	2.2g
14%	14%	8%	17%	36%

Percentage based on an adults reference intake

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