

Quorn™ Stir Fry Noodles (Philippines)

Vegetarian Main Meal



This recipe makes
50 x 152g
or 30 x 247g
servings

30 minutes
prep time

25 minutes
cooking time

Ingredients

- 1500g Sliced onion
- 500g Sliced mixed peppers
- 500g Sliced carrots
- 60g Diced fresh garlic
- 50g Grated fresh ginger
- 100ml Sunflower oil
- 2670g Diced Quorn™
- 2kg Egg noodles
- 120ml Light soya sauce
- 15g White pepper

Method

1. Cook the noodles in boiling water according to manufacturers instructions. Drain and refresh
2. Heat the oil. Add the onions, ginger and garlic, fry until softened
3. Add Quorn™, carrots, peppers and mix. Sauté until vegetables have softened
4. Add the drained noodles, soya sauce and white pepper, stir well and heat thoroughly
5. Place into a warm serving dish

50 Primary
or 30
Secondary
portions

Tip =
Serve with
salad of bean
shoots, sliced
mushroom and
red peppers

High in
zinc,
vitamin C
and fibre

Recipe with
thanks to
Pamela
Lalbachan,
George Dixon
Primary school
and Cityserve
Direct Services

Nutritional content	Per 100g	Pri serving	Sec serving
---------------------	----------	-------------	-------------

Energy kcal	156	237	395
Fat g	4.1	6.2	10.5
Saturates g	0.4	2.0	0.9
Carbohydrate g	22.9	34.8	56.6
NME sugars g	0.0	0.0	0.0
Fibre/NSP g	2.9	4.4	7.3
Protein g	8.5	12.9	21
Iron mg	0.8	1.2	2.1
Zinc mg	2.9	4.4	7.2
Calcium mg	24	36	60
Vitamin A ug	16	24	40
Vitamin C mg	5	8	12
Folate ug	8	12	20
Sodium mg	192	292	474