



ORIENTAL VEGETABLE & QUORN STIR-FRY

Vegetarian main: This recipe provides a portion of protein, a portion of starchy food, and a portion of vegetables. Using wholegrain spaghetti means that this recipe provides a portion of wholegrain starchy food, required once a week at lunchtime.

Recipe adapted from: *Food for Thought, Liverpool.*

Ingredients

1kg spaghetti, wholegrain
45ml (3tbsp) vegetable oil
1000g Quorn™ pieces
300g red onion, peeled and chopped
20g (5 cloves) garlic, peeled and crushed
300g carrot, peeled and sliced
300g mixed red, green peppers, deseeded and sliced
300g mange tout
300g frozen sweetcorn, defrosted
15ml reduced-salt soy sauce
6g (2tsp) chilli powder
20g fresh coriander, chopped

Method

1. Cook the spaghetti according to the manufacturer's instructions.
2. Heat the oil in a large wok. Add the Quorn™ pieces, onion and garlic and stir fry for one minute stirring well.
3. Add the remaining vegetables and cook on a high heat for 5 minutes.
4. Add the soy sauce and chilli powder.
5. Add the cooked spaghetti to the vegetables and mix thoroughly.
6. Sprinkle with coriander and serve.

Serving suggestion: add chicken strips or tofu.



Number of portions this recipe makes:

18 primary servings (270g)
14 secondary servings (350g)



Prep: 30 minutes

Cook: 30 minutes



Allergy information:

Egg, soya, wheat (gluten)



Top Tips

Mix white and wholegrain spaghetti and choose soya sauce with less than 2.0g salt per 100g.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.