



Pad Thai with Quorn Pieces

Serves: 4

Calories per serving: 356

Fat per serving: 4g

Protein per serving: 23g

Fibre per serving: 23g

Ingredients:

300g Quorn Pieces

260g pack of rice noodles

3 tbsp vegetable oil

1 red onion thinly sliced

3 garlic cloves, finely chopped

2-3 red chillies, de-seeded and finely chopped

4 tbsp light soy sauce

1 lime (juice only)

2 large free range eggs, beaten

Garnish

4 tbsp fresh coriander, roughly chopped

4 spring onions chopped including green part

75g dry roasted peanuts, roughly chopped

Method:

1. Cook the rice noodles following pack instructions. Refresh in cold water, then drain
2. Heat the oil in a wok over a high heat and stir-fry the Quorn Pieces for 3-4 minutes, add the red onion and cook for a further 3 minutes. Add the garlic and chilli and stir-fry for 1-2 minutes more
3. Pour in the soy sauce and lime juice, stir well, add in the noodles and toss for 1-2 minutes
4. Pour over the beaten eggs slowly and evenly and let them begin to set (about 1 minute). Stir briefly until egg is cooked. Add half the garnish and stir through
5. Serve with the remaining garnish scattered over the top