



Sticky Gochujang Quorn Skewers with an Asian Slaw

Serves: 2

Calories per serving: 178

Ingredients:

For the sticky gochujang skewers:

175g Quorn Vegetarian Chicken Fillet Pieces

½ tbsp gochujang paste

1 tsp reduced salt soy sauce

1 tbsp honey

1 garlic clove, crushed

1 thumb ginger, grated

4 spring onions

5 sprays one calorie cooking spray

For the Asian slaw:

50g super beet kimchi

½ carrot, sliced into matchsticks

¼ head small red cabbage, shredded

2 spring onions, sliced

25g mange tout, sliced

50g beansprouts

A handful coriander leaves, chopped

1 lime, juice only

To garnish:

Coriander leaves

Lime wedges

Sesame seeds

For Gochujang dip (optional):

1 tbsp. light mayonnaise

¼ tsp gochujang paste

Serving Suggestion (optional):

Sticky rice

Method:

For the sticky gochujang skewers...

1. Place the gochujang paste, soy sauce, honey, garlic and ginger into a small bowl. Mix to combine. Add the Quorn Fillet Pieces and toss to coat.

For the Asian slaw...

2. Place all of the ingredients into a small bowl and mix to combine.

For the gochujang dip...

3. Mix the mayonnaise and gochujang paste in a small bowl. Spoon into a serving dish and set to one side.

To serve...

4. Slice each spring onion into five pieces approximately one inch long.

5. Using two skewers, thread one marinated piece of Quorn onto each skewer. Add two pieces of spring onion. Repeat to use all of the marinated Quorn Fillet Pieces and spring onion alternating between one piece of marinated Quorn and two pieces of spring onion.

6. Heat a non-stick griddle pan over a medium-high heat. Add five sprays low calorie cooking spray to the griddle. Add the prepared skewers and cook for three minutes on each side.

7. Place the Sticky Gochujang Quorn Skewers on a serving platter. Garnish with coriander

leaves, lime wedges and sesame seeds. Serve with the Asian slaw, Gochujang dip and sticky rice if desired (optional).