

# Quorn in a sweet and sour sauce with ribbons of courgette, carrots, leeks, pineapple and bean sprouts stir-fry served with a fragrant herb and pea steamed rice

## Ingredients

360g Diced Quorn

125ml Vinegar

100g Sugar

125ml Water

120g Tomato paste

1x large Leek

2x Courgette

2x Carrots

1x small Tin pineapples

60g Fresh bean sprouts

1x small bunch Fresh parsley

1x bunch Fresh coriander

60g Frozen peas

600g Cooked rice

20ml Vegetable oil

## Method

Add the water, vinegar and sugar to a wok and bring to the boil add the tomato puree to thicken and put in the Quorn.

Slice the carrots, leeks and courgette into ribbons. Dice the onion pineapple and stir-fry in the other wok then add the bean sprouts.

Put the rice and peas in the steamer and chop the parsley and coriander, when the rice is cooked mix in the herbs.

Arrange nicely on the plate.