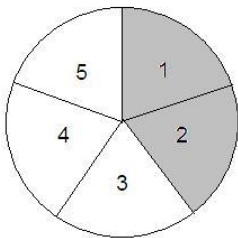


# Stir Fried Vegetables with Jerk Quorn/Chicken

Serves 6

Portions of fruit & vegetables per serving: 2



Hob needed



Allergen information:

Allergens are in bold.

Contains egg

May contain soya and cereals containing gluten

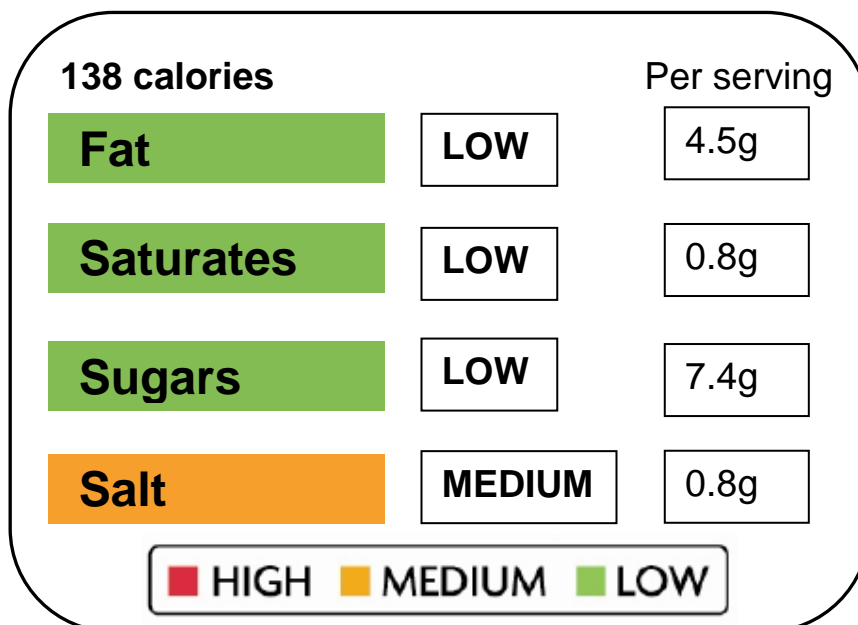
Ingredients	Amount	Preparation
vegetable oil	2 teaspoons	
<b>jerk seasoning paste</b>	1 teaspoon	
<b>quorn</b> /chicken/tofu	450g (1lb)	cut into cubes
onion	1 medium	sliced
garlic	2 cloves	finely chopped
combination of vegetables:	total amount 1kg (2lb)	sliced
- carrots	2 (150g/ 5oz)	
- courgettes	2 (200g/ 7oz)	
- peppers	1-2 (150g/ 5oz)	
- broccoli	3 large florets (150g/ 5oz)	
- baby corn	12 (200g/ 7oz)	
- green cabbage	$\frac{1}{2}$ small cabbage (150g/ 5oz)	

Please Turn Over



## Method

- 1 Mix 1 teaspoon of oil together with the jerk seasoning. Add the quorn/chicken/tofu and stir to coat. Leave to marinate as long as desired - maximum overnight.
- 2 Heat the remaining oil in a wok and fry the quorn/tofu for 5-7 minutes then remove from the wok. If using chicken cook for 10-15 minutes until light brown and remove from the wok.
- 3 Fry the onion and garlic in the same wok until soft, then begin to add the other vegetables (hardest first) and cook lightly, stirring all the time.
- 4 Add the cooked Quorn, tofu or chicken and stir gently until hot.
- 5 Serve.



## Handy Hints

- Serve with rice or noodles.
- Try using different combinations of vegetables.
- Using chicken in this recipe rather than Quorn will lower the salt content.

