

Quorn Stir Fry



Ingredients

- 1 tbsp. Olive oil
- 1 onion
- 2 cloves of garlic
- 1 green pepper
- 1 red Pepper
- 1 Courgettes
- Baby corn
- 500g Quorn pieces
- 1 pack of noodles

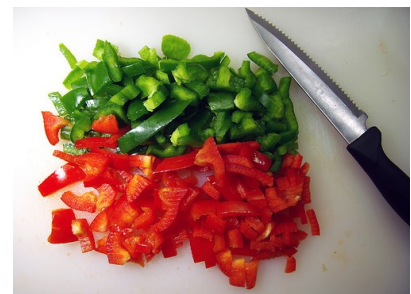
Method



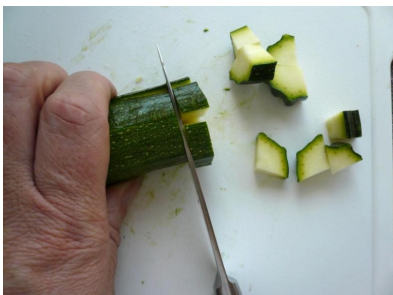
Wash and dry your hands



Finely chop the onion and garlic.



Wash and chop peppers



Wash and chop courgettes



Wash and slice baby corn.



Use a wok. Or a large frying pan. Add the oil.



Fry the onion until soft. Remove from the heat and leave to cool for 5 mins.



Add vegetables and stir.



Add Quorn pieces.



Add noodles and cook for 4 minutes



Add soy sauce and serve.

ENJOY

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