

**Quorn & vegetable stir fry : serves 10 / The Quorn Kitchen.**

**Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# Quorn & Vegetable Stir Fry

SERVES 10

## Ingredients

- *1½ tablespoons* caster sugar
- *2 teaspoons* ground ginger
- *2 teaspoons* mustard powder
- *1 teaspoon* freshly ground black pepper
- *1 teaspoon* ground turmeric
- *1 teaspoon* mild curry powder
- *50ml (2fl oz)* water
- *550g (1lb 4oz)* Quorn
- *5 tablespoons* vegetable oil
- *650g (1lb 5oz)* courgettes, thinly sliced
- *275g (10oz)* mange tout, trimmed
- *250g (9oz)* yellow pepper, cut in strips
- *250g (9oz)* red pepper, cut in strips
- *250g (9oz)* green pepper, cut in strips
- *30g (1oz)* root ginger, finely chopped
- *125ml (4½ fl oz)* lemon juice
- *5 tablespoons* clear honey
- Salt and freshly ground black pepper



## Method

- 1 Blend together the sugar and dried spices. Mix to a paste with the water. Stir in the Quorn, making sure that all pieces are well coated. Chill for at least 1 hour.
- 2 Heat half of the oil in a large pan and sauté the Quorn until golden brown. Remove the Quorn from the pan and keep warm.
- 3 Add the remaining oil to the pan and stir fry the vegetables for 3 minutes.
- 4 Stir in the ginger, lemon juice, honey and seasoning. Sauté for a further 2-3 minutes. Add the spicy Quorn pieces and toss through the vegetables.
- 5 Serve hot or cold with boiled rice.

## Information

- Not suitable for freezing
- Typical nutritional value per serving (213g/7½ oz):

kcal	kJ	Protein	Fat	Carbo- hydrate	Dietary fibre
142	596	7.6g	6.9g	13.6g	3.4g



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As it comes from a tiny relative of the mushroom, Quorn contains no animal fats or cholesterol and there is nothing artificial about it. A good source of protein and fibre with remarkably few calories, Quorn is ideal for all your customers.

Cooking with Quorn is quick, easy and economical. There's no wastage during preparation, no shrinkage during cooking and Quorn can be used straight from the freezer. It can be baked in casseroles, pies or flans, stir-fried, sautéed, grilled or microwaved.

We invite you to try our recipe or to create one of your own favourites with this exciting new ingredient.

For more information, please contact:

The Quorn Kitchen, FREEPOST  
Ashford, Kent, TN23 2WY.

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## Helpful hints

Quorn is already cooked and does not need a lot of further cooking. Simply add to your chosen recipe straight from the freezer and heat through for up to 20 minutes to allow the flavours to mingle. NB: Quorn readily picks up other flavours with which it is cooked; for strong flavours such as garlic and herbs, use about half the normal amount.

### Casseroles

Since Quorn is already cooked, casseroles can be prepared in half the time, yet still be full of flavour. Combine all other ingredients and cook to develop the flavours. Add frozen Quorn for the last 15-20 minutes of cooking.

### Stir-Frying

Quorn is ideal in stir-frys and only needs a short cooking time of 5-10 minutes in a little oil. If sauce is added it should then be cooked for a further 3-5 minutes to absorb the flavours.

### Grilling

Quorn is low in fat and so it should first be marinated or brushed with a little oil or glaze to prevent it from drying out. For best results, use defrosted Quorn and grill for 4-5 minutes each side.

### Marinating

Quorn needs only 30 minutes-1 hour to marinate, but is best defrosted first.

### Microwave

Quorn can be microwaved in recipe dishes. Times will be dependent on type of model used.

### Freezing

Quorn is most conveniently used from frozen. However, if defrosted first, reduce cooking times slightly. Once thawed, Quorn should be stored in the refrigerator and used within 24 hours. Quorn can be re-frozen after cooking, provided the recipe is suitable, but do not re-freeze the ingredient alone.

## Nutrition

Quorn is both wholesome and nutritious.

- Ounce for ounce, as much protein as an egg
- Low in calories - only 21kcal per 25g/1oz
- Quorn contains no animal fats and no cholesterol
- Less than half the saturated fats of skinned roast chicken breast
- Weight for weight, as much fibre as fresh green vegetables
- Contains no artificial additives
- Suitable for vegetarians

Nutrient	Typical value per 100g
Energy	86k calories/360k Joules
Protein	11.8g
Carbohydrate	2.0g (of which sugars 0.8g)
Fat	3.5g (of which saturated 0.6g)
Sodium	0.24g
Dietary fibre	4.8g
Cholesterol	Nil

