

## Quorn Stir Fry

4 Portions

### Ingredients

2 Quorn Fillets Sliced  
1 Red Pepper Sliced  
½ Carrot sliced  
6 Mushrooms Sliced  
½ Pkt Baby Corn  
6 Small Broccoli Florets  
½ Clove Garlic  
¼ Pint Soya Sauce  
Olive Oil as required  
320gms Noodles

### Method

- Chop and slice all vegetables
- Heat oil in a frying pan, when hot fry quorn fillets & vegetables
- Pour in Soya sauce
- Once vegetables are cooked stir in cooked noodles.
- Serve straight away

This dish is featured in the Spring Menu 2014 menu