Sweet and Sour Quorn with Noodles

Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Quorn Chunks	50 g	500 g	2.5 kg	5 kg	10 kg
Onions	17 g	167 g	833 g	1.67 kg	3.33 kg
Carrots	17 g	167 g	833 g	1.67 kg	3.33 kg
Red Peppers	8 g	83 g	417 g	833 g	1.67 kg
Pineapple Canned in Juice	0 g	0 g	1 g	3 g	5 g
Bouillon Veg	2 g	17 g	83 g	167 g	333 g
Malt Vinegar	5 ml	47 ml	233 ml	467 ml	933 ml
Tomato Ketchup	2 g	21 g	104 g	208 g	417 g
Brown Sugar	4 g	38 g	188 g	375 g	750 g
Cornflour	2 g	20 g	100 g	200 g	400 g

Method

Pour the pineapple juice, vegetable stock ,vinegar and tomato ketchup into a saucepan, brown sugar and bring to the boil
Blend the corn flour with a little cold water and add to the liquid. Stir and cook until clear
Prepare the vegetables; sliced onions, cut peppers and carrots into strips and cook in boiling water for 5mins, then drain
Stir the quorn pieces and the pineapple pieces into the sauce
Add the vegetables and fold through
Cover with a lid and place in a hot oven at 230c.
Serve with rice or noodles

Assembled Tags

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Contains Sulphur Dioxide & Sulphites > 10mg/Kg