

Quorn & Vegetable Stir Fry



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Green Cabbage	28 g	278 g	1.39 kg	2.78 kg	5.56 kg
Carrots	56 g	556 g	2.78 kg	5.56 kg	11.11 kg
Beansprouts	14 g	139 g	694 g	1.39 kg	2.78 kg
Quorn Chunks	14 g	139 g	694 g	1.39 kg	2.78 kg
Onions	28 g	278 g	1.39 kg	2.78 kg	5.56 kg
Red Kidney Beans	44 g	444 g	2.22 kg	4.44 kg	8.89 kg
Soy Sauce	4 ml	42 ml	208 ml	417 ml	833 ml
Noodles	56 g	556 g	2.78 kg	5.56 kg	11.11 kg

Method

Soak the noodles in cold water for 1hr.
 Cut all the vegetables into small batons.
 Stir fry the vegetables then add the kidney beans and bean sprouts, then add soy sauce.
 Add the noodles and mix well.

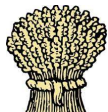
Assembled Tags



Contains Eggs



Contains Soybean

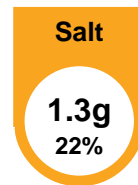
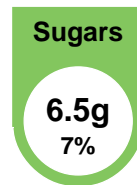
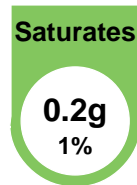
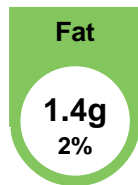
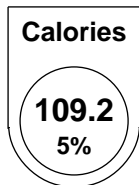


Contains Wheat

Quorn & Vegetable Stir Fry

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	109.2kcal	48.63kcal
Fat	1.35g	0.6g
Satd FA /100g fd	0.21g	0.09g
Carbohydrate	18.85g	8.39g
Protein	6.63g	2.95g
Non Milk Extrinsic Sugar	0.3g	0.13g
NSP	5.35g	2.38g
Vitamin A	1247.1µg	555.36µg
Vitamin C	8.63mg	3.84mg
Zinc	1.52mg	0.68mg
Iron	1.54mg	0.69mg
Folate	42.36µg	18.86µg
Calcium	61.81mg	27.53mg
Sodium	506.83mg	225.7mg
Salt	1.27g	0.57g
Total sugars	6.47g	2.88g



Standard Size: Ptn

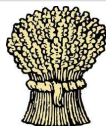
Allergen Assembled Tags



Contains Eggs



Contains Soybean



Contains Wheat