



Thai Green Curry with Quorn Meat Free Pieces

INGREDIENTS

- 300g pack Quorn Meat Free Chicken Pieces, defrosted
- 2tbsp light soy sauce
- 1-2tbsp vegetable oil
- 2tbsp green Thai curry paste
- 2 shallots, finely chopped
- 1 green chilli, de-seeded and finely chopped
- 3 garlic cloves, crushed
- 400g tin coconut milk
- 125g baby corn, blanched
- 125g green beans, trimmed and blanched
- 1 bunch fresh asparagus, trimmed and blanched
- 1 courgette cut into thin slices
- 1 red pepper, de-seeded and cut into thin strips
- 125g pak choi, leaves separated and washed
- 1tbsp lime juice
- Small bunch of fresh coriander, chopped
- 2 spring onions, trimmed and thinly shredded



METHOD

1. Marinate the Quorn Meat Free Chicken Pieces in the light soy sauce for up to 30 minutes
2. Heat the oil in a wok, add the green Thai curry paste and cook for 2 minutes stirring frequently
3. Add the shallots, chilli and garlic and stir fry for 2 minutes. Stir in the marinated Quorn Pieces and fry for 1 minute.
4. Pour in the coconut milk and bring to a simmering point. Add the blanched baby corn, green beans, asparagus, courgettes and red pepper. Cook over a medium heat for 3-4 minutes, stirring continuously. Add the pak choi and cover with a lid for 1 minute to steam and wilt the leaves. Stir in the fresh lime juice and half the chopped coriander.
5. Serve sprinkled with the remaining coriander and the spring onions. Accompany with Thai Jasmine rice.