

# CITY LIFESTYLES



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Recipe name: Jill Scott's Veggie Stirfry

Serves: 4 people

Preparation time: 10 mins

Cooking time: 20 mins

Starting line-up (*ingredients*):

Onion, peppers, broccoli, bean sprouts, carrot, green beans, garlic, noodles, Quorn chicken, Stir fry sauce



Warm-up (*preparation*):

Chop onion, peppers and carrots



Game plan (*method to make*):

1. Heat the oil in a pan and fry the onion and garlic for 3 minutes. Add the peppers and fry for 3 minutes more
2. Add the broccoli, carrot, green beans, bean sprouts and Quorn pieces and continue to fry for a further 5 minutes
3. Using a wooden spoon, make a space in the centre of the stir-fried mix so that the base of the pan is visible
4. Pour in the sauce and bring to the boil, stirring all the time until it starts to thicken. Toss the vegetables to coat thoroughly with the sauce



## Substitutes

Alternative vegetables could be used for different textures and taste

Gluten intolerance – Gluten free noodles

Add herbs and spices for extra flavour

## Nutritional benefits:

Mixed peppers - vitamin A and C, potassium, folic acid and fibre

Broccoli - vitamin K and calcium, bean sprouts - protein and fibre

Carrot - vitamin A, antioxidants

Green Beans - fibre (soluble fibre helps reduce bad cholesterol)

Garlic clove - good for the heart

Noodles - carbohydrate

Quorn Chicken pieces = Protein from non-meat source

Each serving provides 174 kcal per person, 33g protein, 105g carbohydrates, 16g fat



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