



## Cooking Instructions

### Larder Essentials

75-100g quorn pp,  
¼ red pepper pp,  
½ lemon,  
Plain or corn flour,  
Salt,  
Pepper,  
Coriander leaves,  
Jasmine Rice, pasta or  
jacket potato.

### Optional

Ripe yellow fleshed  
mango (or tinned mango  
slices).  
Vegetables e.g. broccoli,  
baby sweetcorn

### Kit Contents

Sachets of:  
Mango Sauce,  
Creamed Coconut Block,  
Lime leaves,  
Dried chilli Flakes.

### Quorn with Spicy Sweet and Sour Mango Sauce

#### Introduction

This spicy sweet and sour sauce really invigorates the taste buds. This sauce is to accompany pan-fried quorn slices or cubes. This sauce can be cooked in advance and warmed up just before serving (add a little water first to loosen it up). It can be used for a starter or main course, just adjust the quantities to suit the plate. The sauce is generally fairly loose but it's just as good when thick.

#### Preparation

1. Put some flour into a bowl to lightly cover the quorn and season with salt and pepper, mix together with the quorn until fully coated.
2. Rinse and dry the red (or orange or yellow) pepper and cut into 3cm squares.
3. Rinse and dry the lime leaves, remove their spines and slice thinly.
4. Juice the lemon(s).
5. Tear off about 5g of coriander leaves (no stalks).
6. Prepare the rice, pasta (see packets for quantity) or jacket potato.
7. If you managed to get a fresh ripe mango, peel, slice and chop (a quarter per person) into small chunks. Or if using tinned mango slices, a couple of slices per person will do.
8. Prepare any vegetables you are using with this dish e.g. broccoli or baby sweetcorn

#### Method

1. Start cooking your rice, pasta or jacket potato and when they are 10 minutes from being ready, start making the sauce.
2. Heat a couple of tablespoons of oil in pan over medium-high heat. Now add the seasoned quorn pieces. Fry until fully light golden brown and cooked through. Remove from the pan and drain on a paper towel covered plate.
3. Wipe the pan with a paper towel (or wash and dry it) or use a clean pot. Set over medium heat.
4. Add the mango sauce, red pepper, finely sliced lime leaves, creamed coconut block and half a cup of water. Bring to a gentle boil for 2 minutes then reduce to a simmer until the red pepper has softened slightly but still retains some crispness.
5. If you are using the small chunks of fresh (or tinned) mango, add them now.
6. Season the sauce for a balance of saltiness, sourness and spice heat.
  - 6.1. Saltiness: Add some salt, stir, taste and repeat until it has a slight hint of saltiness.
  - 6.2. Sourness: Stir in half lemon juice, stir, taste and repeat until it has a slight hint of sourness.
  - 6.3. Spice Heat: Add a pinch of chilli flakes, stir, taste and repeat until it has your preferred level of heat.
7. If you are serving vegetables, start steaming now.
8. Stir in the fried quorn pieces and gently to cover them with sauce. Simmer until everything is hot. Add a tablespoon of water to keep the sauce loose.
9. Repeat the taste test of the sauce. Repeat the seasoning process above if required.
10. If the sauce has become too thick, add a little water, stir and simmer 2 minutes.
11. Stir in fresh coriander leaves and it's ready to serve.
12. Serve with rice, pasta or jacket potatoes and steamed vegetables.