

# QUORN IN HONEY-SOY SAUCE WITH PAK CHOI

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2 persons / 460 kcal per person

## Ingredients:

- 1½ tablespoons of flower honey
- 2 tablespoon of soy sauce
- 175 grams of Quorn pieces
- 130 grams of white rice
- 1 tablespoons of oil
- 1 medium onion
- 250 grams of pak choi
- 125 grams of chestnut mushrooms
- pepper and salt



## Preparation:

Mix the honey with the soy sauce and toss the Quorn pieces in it. Cook the rice according to the instructions on the package, collect 50 ml of the rice's cooking water. Cut the onion into wedges, halve the mushrooms and cut the leaves and stems of the pak choi into strips. Drain the Quorn pieces, collect the marinade. Heat ½ tablespoon of oil in a wok and fry the onions for 3 minutes. Add the Quorn pieces and stir fry 3 minutes. Add the pak choi stalks and stir fry for another 3 minutes. Heat ½ tbsp oil in a second pan and fry the mushrooms in it until they release moisture. Spoon them with the green of the pak choi into the wok with the Quorn pieces and add the collected marinade and the reserved rice cooking water. Bring to the boil while stirring and cook for 3 minutes. Season with pepper or salt when necessary. Serve the Quorn in honey soy sauce with the white rice.

## Nutritional value per person:

Energy:	460 kcal
Protein:	22.1 grams
Carbohydrates:	68.0 grams
- including sugars:	13.8 grams
Fat:	8.8 grams
Fiber:	9.8 grams
Salt:	2.8 grams