

## OUR RECIPE

VEGGIE  
RECIPE

# Sweet & Sour Vegan Quorn Nuggets

Serves 4

Veganary Recipe Competition Winner  
by Matthew, aged 6

## INGREDIENTS

280g Quorn vegan nuggets  
200g rice

To make sweet and sour sauce:

4 tbsp cane or brown sugar  
2 tbsp tomato paste  
1 tbsp apple cider vinegar  
1 tsp tamari or soy sauce  
100ml water  
2 tsp cornstarch



Rice serving is roughly 50-75g per person.

## METHOD

1. Preheat oven to 220°C/Fan 200°C/Gas 7. Place Quorn nuggets on a baking tray and cook on the middle shelf for 18 minutes. Set aside once cooked.
2. Fill a large saucepan with water, bring to the boil and add salt. Pour in the rice, stir once and return to the boil. Then turn the heat down so that the water is boiling steadily.
3. In another pan add all your ingredients to make the sweet and sour sauce. Simmer for 5 minutes until thickens.
4. Once the Quorn nuggets are cooked add to the sweet and sour sauce and mix.
5. Serve and enjoy!

Serving Suggestion - enjoy with brown rice for a fibre rich alternative.

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