

# CREATE TASTY STIR FRYS

Together with vegetables like Pak choi and mange tout, our delicious **GARDEN GOURMET® Vegan Fillet Pieces** blend well with stir fry recipes. It takes on spices beautifully for maximum taste, giving you the flexibility to add signature flavours. They're high in protein and bring great taste and texture to your dish, so you can turn menu favourites into a plant-based dishes with ease.



Serving Suggestion

## SWEET CHILLI STIR FRY

A hearty veggie chilli recipe even meat eaters will admit it tastes heavenly. Our incredibly versatile **GARDEN GOURMET® Vegan Fillet Pieces** allows you to enjoy the flavourful plant-based meat in its best company: sweet chilli sauce, Thai basil, gently fried red chillies, peppers and garlic. Add the white rice into the mix and you've got a new staple comfort dish – the plant-based stir fry putting all your vegetarian ingredients to good use.

10 | 25 mins | Medium

**31.3g** Protein **per serving\***

\*protein analysis per 340g serving

### INGREDIENTS

<b>GARDEN GOURMET® Fillet Pieces</b>	1 kg	Sesame seeds	50g
Sunflower oil	60 ml	Sesame oil	40 ml
Garlic, crushed	40g	Thai basil	40g
Red chillies, chopped	60g	<b>TO SERVE</b>	
Pak choi, washed and sliced	235g	Jasmine rice, cooked	1 kg
Red pepper, sliced	400g		
Bean Sprouts	400g		
Spring onions, scallions	100g		
Mange tout	400g		
Soy sauce	35 ml		
Sweet Chilli Sauce	150g		

### PREPARATION METHOD

- Cook the jasmine rice according to the packet instructions.
- Heat the oil in a large wok, add crushed garlic a chopped chillies fry for 2 minutes.
- Add the fillet pieces and fry until they start to colour.
- Add the pak choi, red pepper and stir-fry over a high heat for 2-3 minutes. Add bean sprouts, chopped red chillies, spring onion scallions, mange tout and cook for 2-3 minutes.
- In a bowl mix together the soy sauce, sweet chilli sauce, sesame seeds, and sesame oil. Pour mixed sauce over the vegetables and cook for another 2 minutes.
- Add the chopped Thai basil and serve with the cooked jasmine rice.

Each portion typically contains:

Energy 2192 kJ 523 kcal	Fat <b>17.9 g</b>	Saturates <b>2.2 g</b>	Sugars <b>12.0 g</b>	Salt <b>1.77 g</b>
<b>26%</b>	<b>26%</b>	<b>11%</b>	<b>13%</b>	<b>29%</b>

of an adults Reference intake (RI)\*  
Energy per 100g: 645 kJ/154 kcal.

## CHEF'S TIPS

- If you have more time – why not try adding some grated root ginger to the mix for extra flavour.
- Refer to pack for more cooking instructions of **GARDEN GOURMET® Fillet Pieces**.