

CLASSICAL
2.98:1 RATIO



24.17 g fat
5.19 g protein
2.92 g CHO
Kcal: 250

CHINESE VEGETARIAN STIR FRY



- 20g Quorn pieces
- 24g Green capsicum peppers
- 23g Spring onions
- 25g Mung beansprouts
- 32g Mushrooms
- 100g Better Than Noodles – from BETTER THAN FOODS UK
- 23g Groundnut oil – MORRISONS
- 2g Soy sauce – light
- 2g Sesame oil

You will also need a little seasoning, approximately $\frac{1}{4}$ teaspoon of Chinese Five Spice Powder, and $\frac{1}{2}$ teaspoon of GIA garlic paste.

Cut the spring onions, mushroom and pepper in to even size pieces.

Drain and rinse the noodles as instructed on the packet, when drained weigh out 100g.

Heat the groundnut oil in a wok / frying pan.

Add the Quorn pieces, if frozen cook for 6 – 8 minutes on their own.

Add the garlic, chopped vegetables, beansprouts, light soy sauce, five spice powder and noodles.

Stir fry for 4 – 5 minutes, add sesame oil and season if required.

Mo's tip: If you prefer the peppers undercooked then add them towards the end of the cooking time, but the beansprouts and noodles need to be in the pan for 4 – 5 minutes. Better Than Noodles are an alternative to normal pasta. They are made from Konnyaku flour. There are other very similar brands available such as Slim Pasta and Miracle Noodles. They are all useful if you are looking a product that looks like the real thing.

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION