The Independent SCHOOL FOOD PLAN



Number of portions this recipe makes: 18 primary servings (270g) 14 secondary servings (350g)



Prep: 30 minutes Cook: 30 minutes

Allergy information:

Egg, soya, wheat (gluten)

Top Tips

Mix white and wholegrain spaghetti and choose soya sauce with less than 2.0g salt per 100g.

ORIENTAL VEGETABLE & QUORN STIR-FRY

Vegetarian main: This recipe provides a portion of protein, a portion of starchy food, and a portion of vegetables. Using wholegrain spaghetti means that this recipe provides a portion of wholegrain starchy food, required once a week at lunchtime.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

1kg spaghetti, wholegrain 45ml (3tbsp) vegetable oil 1000g QuornTM pieces 300g red onion, peeled and chopped 20g (5 cloves) garlic, peeled and crushed 300g carrot, peeled and sliced 300g mixed red, green peppers, deseeded and sliced 300g mange tout 300g frozen sweetcorn, defrosted 15ml reduced-salt soy sauce 6g (2tsp) chilli powder 20g fresh coriander, chopped

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.

Method

- 1. Cook the spaghetti according to the manufacturer's instructions.
- 2. Heat the oil in a large wok. Add the QuornTM pieces, onion and garlic and stir fry for one minute stirring well.
- 3. Add the remaining vegetables and cook on a high heat for 5 minutes.
- 4. Add the soy sauce and chilli powder.
- 5. Add the cooked spaghetti to the vegetables and mix thoroughly.
- 6. Sprinkle with coriander and serve.

Serving suggestion: add chicken strips or tofu.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

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