

Vegan Chinese Sweet & Sour

100g Vegan Quorn/100g tofu/1 carrot
1 onion
1 pepper
1 tbsp oil*
1 small tin of tomatoes
1 tbsp tomato puree
1 tbsp sugar
1 small tin of pineapple
1 tsp vinegar*

Method

1. Wash and slice vegetables into thin strips.
2. Chop tofu into mouth sized pieces/open the Vegan Quorn or peel carrot into ribbons
3. Add some oil to the pan.
4. Add all the vegetables and cook for 2-3 minutes
5. Add the Vegan Quorn or tofu cook for 5mins. Stirring all the time.
6. Add the chopped tomatoes, tomato puree, 1 tbsp sugar, pineapples with juice and 1 tsp vinegar.
7. Let the sauce simmer for 10-20 minutes until reduced.

