

## Quorn Fajitas

### Ingredients:

- 200g Quorn pieces, defrosted
  - 2 tsp paprika
  - 1 tsp cumin, ground
  - 1 tsp coriander, ground
  - ½ tsp salt
  - ½ tsp black pepper
  - ½ tsp chilli powder
  - 1 clove garlic, crushed
  - Zest of 1 lime
  - 3 tbsp olive oil
  - ½ red onion, finely sliced
  - 100g mixed peppers, sliced
  - 150g mushrooms, sliced
  - Bunch fresh coriander leaves, chopped
  - 30g grated Cheddar
  - 4 Tortillas or pitta breads
  - Soured Cream to serve (optional)
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### Method

- Mix the paprika, cumin, coriander, salt, black pepper, chilli powder, garlic and lime zest in a bowl and stir in the Quorn Pieces. Ensure they are evenly coated then cover and refrigerate
- Preheat 2 tbsp of the oil in a large pan over a medium heat and add the Quorn Pieces. Cook for 5-7 minutes until cooked. Remove from the pan and keep warm.
- Preheat the remaining oil and add the onions. Cook for 2-3 minutes then add the peppers. Continue cooking until beginning to soften then add the mushrooms. Stir well and continue to cook for 5 minutes until cooked.
- Stir in the Quorn Pieces, Cheddar and coriander. Season with extra salt and pepper.
- Heat the pittas or tortilla wraps for a few seconds in the microwave and fill with the Quorn fajita mix.
- Top with extra grated Cheddar and soured cream (optional).



## No-bake Peanut Butter Flapjacks

Serves: 10

Time to prepare: 10 mins

Time to cook: 10 mins

### Ingredients:

- ½ cup peanut butter
  - 1–2 tbsp coconut oil
  - ½ cup maple syrup
  - 1½ cups oats
  - 50g dark chocolate
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### Method:

- Gently melt the peanut butter in a pan. Add the coconut oil and maple syrup, and mix together.
- Add the oats and combine
- Pour into a parchment-lined baking tray and press. It should be about 1 cm thick. Refrigerate for ½ hour.
- Melt the chocolate in a bowl set over a pan of rolling boiling water. Transfer to a piping bag and pipe onto the flapjack in a pattern of your choice.
- Refrigerate for at least 1 hour before cutting into squares and serving.