

Buen Provecho - Spicy Quorn Fajitas



Ingredients (10 persons)

Amount	Measure	Name
250	g	Buen Provecho - Fajita Paste
800	g	Quorn Fillet sliced
200	g	Red onions Thinly Sliced
200	g	Green peppers Thinly Sliced
200	g	Kidney beans canned in water
680	g	Plain flour tortilla

Preparation

Advanced preparation:

Make up the Fajita paste before hand as directed in its recipe.

Warm the tortilla's and set aside.

Prepare ingredients as directed.

Method:

1. Fry of the Quorn fillet pieces until browned, and then add the sliced onion and peppers and cook for a further 5 minutes.
2. Add the Fajita paste and cook for 2-3 minutes
3. Add the beans and cook for a further 5 minutes on a low heat.
4. Serve with the warmed tortilla

Serving suggestion:

For more information contact us at info@unileverfoodsolutions.co.uk or call 0800 783 3728 (lines open Mon-Fri 9am-5pm).

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Serve with (aim for 80g portion of vegetable or salad. 164g cooked weight rice and 170 cooked weight of pasta)

Nutrition tip:

Added salt is not recommended but if used keep to a minimum. If using oil use an unsaturated (olive or sunflower) and reduce the quantity used where possible.

Nutritional information

Portion size = 24.5g

Name	Per 100g	% RDA per 100g	Per serving	% RDA per portion
Energy kJ	5633 kJ		1380 kJ	
Energy kcal	1341 kcal		329 kcal	
Fat	23.2 g		5.7 g	
Saturates	9.0 g		2.2 g	
Carbohydrate	202.4 g		49.6 g	
Sugars	26.2 g		6.4 g	
Fibre	23.3 g		5.7 g	
Protein	73.6 g		18.0 g	
Sodium	3,524.8 mg		863.6 mg	
Salt	7.08 g		1.74 g	
NMES (Non Milk Extrinsic Sugars)	4.4 g		1.1 g	
Monounsaturates	4.5 g		1.1 g	
Polyunsaturates	2.4 g		0.6 g	
Vitamin C	107.7 mg	135%	26.4 mg	33%
Vitamin D	0.0 µg	0	0.0 µg	0
Vitamin E	1.1 mg	9%	0.3 mg	2%
Folate	71.1 µg		17.4 µg	
Vitamin B12	0.00 µg		0.00 µg	
Thiamin	0.00 mg		0.00 mg	
Riboflavin	0.00 mg		0.00 mg	

Niacin	0.00 mg		0.00 mg	
Calcium	100.8 mg	13%	24.7 mg	3%
Iron	2.8 mg	20%	0.7 mg	5%
Zinc	1.0 mg	10%	0.2 mg	2%
Potassium	457.1 mg	23%	112.0 mg	6%
Vitamin A	38.37 µg		9.40 µg	
Non-starch polysaccharide	0.00 g		0.00 g	
Total n-3 polyunsaturated fatty acids per 100g food	0.00 g		0.00 g	
Total n-6 polyunsaturated fatty acids per 100g food	0.00 g		0.00 g	

Guideline Daily Amounts

