



**VEGETARIAN
EXPRESS**



Vegan 'Oysters' Kilpatrick

Ingredients

- 240g plant-based 'chicken' block
- 30g La Vie pre-cooked vegan streaky bacon rashers
- 10g wakame seaweed
- 12g vegan Worcestershire sauce
- 4g Marigold Swiss vegetable bouillon

Marigold Swiss vegetable bouillon may contain traces of Eggs, Milk, Mustard & Sulphites

Wakame seaweed may contain traces of Fish & Crustaceans

Method | SERVES 4

- Soak the wakame in cold water for ten minutes.
- Bring the bouillon to the boil with 500ml water then add half of the wakame.
- Shape the 'chicken' block into oyster shapes then simmer in the wakame bouillon for ten minutes.
- Drain the bouillon and place the 'oysters' in the dishes ready for the oven.
- Thinly cut the La Vie 'bacon' and top the 'oysters' then add Worcestershire sauce.
- Bake in the oven at 180°C for 5 minutes then garnish with remaining wakame and serve.

Typical Nutritional Values

	per 100g	serving 118g
Energy	346kJ 83kcal	408kJ 98kcal
Fat	4.7g	5.5g
of which Saturated	0.6g	0.7g
Carbohydrate	2.0g	2.4g
of which Sugars	0.6g	0.7g
Fibre	5.1g	6.0g
Protein	8.1g	9.6g
Salt	1.80g	2.12g

Suitable for: Vegan, Nut free

Allergens: Cereal Gluten, Soya, Celery

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using oysters & pork.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
146	8	802

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.