

Healthcare

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Meat Halfway Chilli with Wholegrain Rice

 10 adult portions or 12 primary

Quorn Mince & meat mince, mildly spiced chilli sauce with peppers and beans, served with wholegrain rice

Ingredients

400g Quorn Mince
400g British Red Tractor mince beef
360g Onion
30g Garlic
400g Red pepper
7g Paprika
10g Cumin
7g Coriander
7g Mild chilli powder
40g Tomato puree
1500g Tinned tomatoes
450ml Stock
720g Kidney beans

To serve

960g Wholegrain rice



Method

1. Dry fry meat mince until browned. Add onion and saute for 4-5 minutes. Stir in garlic and red peppers and continue to cook for another 2 minutes.
2. Add all the spices and cook out, stirring for 1 minute then add the tomato puree, tomatoes and stock. Bring to the boil, turn down and simmer for 40 minutes.
3. Add Quorn mince and kidney beans and cook for a further 10-12 minutes or until the Quorn Mince has reached core temperature. Check seasoning.
4. Cook the rice according to pack instructions.
5. Divide the rice between the serving dishes and top with the chilli.

Preparation

Peel & dice onion
Peel & crush garlic
Wash & dice peppers

Chef's Tip

Try topping with spring onions, coriander and grated cheese. Spice it up with extra chilli powder or jalapenos

Meat Halfway Italian Lasagna

 12 -15 portions

Quorn Mince and meat mince, layers of pasta, rich tomato sauce, creamy white sauce topped with melting cheese

Ingredients

320g Quorn Mince
320g British Red Tractor meat mince
300g Onions
300g Carrots
15g Garlic
300g Mushrooms
5g Oregano
30g Tomato puree
400g Vegetable stock
1400g Tinned tomatoes
600g Lasagna sheets
100g Grated cheese

For the sauce

400g Milk
20ml Worcestershire sauce
60g Corn flour



Method

1. Heat a large pan and dry fry the meat mince until brown.
2. Turn down the heat and add the onions, carrots, garlic and mushrooms and sauté for 5-6 minutes or until all the vegetables have softened.
3. Add herbs, tomato puree, stock and tomatoes, bring to the boil, then simmer for 40 minutes, stirring occasionally. Stir in the Quorn Mince.
4. Meanwhile to make the sauce, heat the milk in a pan with the Worcestershire sauce. Mix the cornflour to a paste with a little water, add to the milk and bring to the boil, whisking continuously until thickened. Season to taste.
5. To assemble, spread a layer of meat sauce over the base of a large serving dish, cover with pasta sheets, then top with a quarter of the white sauce. Repeat the layering once more, finishing with the remaining white sauce to cover the top.
6. Sprinkle with grated cheese and bake at 180C for 35-40 minutes or until core temperature is reached and the cheese has turned golden.

Preparation

Peel & finely dice onion
Wash & finely dice carrots
Peel & crush garlic
Brush & $\frac{1}{4}$ mushrooms

Chef's Tip

If preferred make a roux sauce using plain flour and butter

Meat Halfway Katsu Cottage Pie

4 portions

Traditional cottage pie with a twist, Quorn Mince & beef mince, Katsu sauce, roasted root crush

Ingredients

160g Quorn Mince
160g Beef mince
80g Frozen peas
10ml Rapeseed oil
160g White onion
10g Garlic cloves
10g Fresh ginger
10g Ground turmeric
15g Medium curry powder
20g Chicken gravy mix
300ml Vegetable or Beef stock
240ml Coconut milk
20ml Low salt soy sauce

For the root crush

160g Potatoes
160g Swede
160g Carrots
16g Vegan butter
Seasoning

Preparation

Peel & slice onion
Crush garlic & grate ginger
Dice the potatoes
Peel & dice swede & carrots



Method

1. Dry fry meat mince in a large pan until browned. Add onion, garlic & ginger and cook for 6-7 minutes, until the onions are beginning to soften.
2. Add the curry powder, turmeric and soy sauce, stir well and cook for 2-3 minutes.
3. Pour in the stock and simmer for 20 minutes, covered, stirring occasionally until the beef is cooked.
4. Pour in the coconut milk and simmer for a further 5-6 minutes. Thicken with the gravy mix. Add the Quorn mince and peas, correct seasoning & consistency.
5. Roast the swede and carrots in a hot oven for 12-15 minutes or until just tender. Boil the potatoes in unsalted water, drain well, then mash with the carrots, swede and finish with the butter. Season with black pepper.
6. Spoon the Katsu cottage pie mix into a dish, top with the root crush and serve.

Chef's Tip

Pre make the cottage pies into ovenproof dishes and bake in a hot oven. For labour efficiency use an RTU Katsu curry sauce.