



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

36og 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

Preparation

Peel & dice onion

Peel & crush garlic

Wash & dice peppers



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.

Chef's Tip

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

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Meat Halfway Italian Lasagna



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

6og Corn flour

Preparation

Peel & finely dice onion

Wash & finely dice carrots

Peel & crush garlic

Brush & 1/4 mushrooms



Method

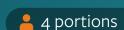
- 1. Heat a large pan and dry fry the meat mince until brown.
- 2 Turn down the heat and add the onions, carrots, garlic and mushrooms and sauté for 5-6 minutes or until all the vegetables have softened.
- 3 Add herbs, tomato puree, stock and tomatoes, bring to the boil, then simmer for 40 minutes, stirring 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.

Chef's Tip

If preferred make a roux sauce using plain flour and butter



Meat Halfway Katsu Cottage Pie



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

Ingredients

160g Quorn Mince

160g Beef mince

8og 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.

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