

Education

*Ignite learning and development with
QuornPro's foodservice solutions for primary
and secondary education.*

Our specially crafted, education-themed recipes are designed to spark curiosity and fuel young minds, providing delicious, protein-rich meals that support students' growth and academic success.

Dippers with sweet & sour noodles (Ve)

 10 portions

Quorn Dippers, sweet & sour sauce, vegetable stir fry, noodles

Ingredients

630g Quorn vegan Dippers

For the stir fry

15ml Vegetable oil

750g Mixed peppers

15g Ginger

10g Garlic

100g Spring onions

435g Canned chopped pineapple

5g Ground white pepper

500g Egg free noodles

For the sauce

50g Soft brown sugar

30ml Vinegar

30ml Low salt soy sauce

300ml Vegetable stock

60g Tomato puree

30g Corn flour

Preparation

Wash & cut peppers into 2.5cm dice

Peel & grate ginger

Peel & crush garlic

Wash & chop spring onions on diagonal

Drain tinned pineapple & reserve juice

Drain sweetcorn



Method

1. Preheat a baking tray for 5 minutes at 200c then place the Dippers on the hot tray and cook for 13-15 minutes until core temperature is reached.
2. Heat the oil in a pan, gently fry peppers for 2-3 minutes then add ginger and garlic for a further minute.
3. Add spring onions and pineapple and cook for 1 minute.
4. Combine the sauce ingredients, plus the reserved pineapple juice, add to the pan.
5. Mix the cornflour with a little water to form a smooth paste, add to the pan, bring to the boil and simmer gently, stirring as the sauce thickens.
6. Meanwhile cook the noodles as per pack instructions.
7. To serve, divide the noodles between 10 bowls, top with the sauce and Quorn Dippers.

Chef's Tip

Try adding carrot batons, green beans or bean sprouts to the stir fry

Hunters Style Fillets (Ve)

 10 portions

Quorn Fillets, BBQ tomato sauce, melting cheese



Ingredients

580g Quorn vegan Fillets
 200g BBQ Sauce
 100g Vegan grated cheese
 15ml Vegetable oil
 300g Onions
 10g Garlic
 5g Smoked paprika
 600g Tinned tomatoes
 25g Tomato puree
 5g Sugar
 50g Fresh parsley

Method

1. For the sauce, heat the oil in the pan and onion for 3-4 minutes, add the garlic and paprika, cook for another minute.
2. Add tomatoes, tomato puree and sugar. Bring to the boil, cover and simmer for 15 minutes.
3. Brush the Quorn Fillets on both sides with the BBQ sauce, top with cheese. Place on lined tray and cook for 13-15 minutes at 200C until core temperature is reached and the cheese is melting.
4. Add the parsley to the sauce, season to taste and blend to a smooth sauce with a stick blender.
5. To serve, place a spoonful of sauce on each plate and top with BBQ Fillet.

No Hog Roast (V)

10 portions

Savoury crumbed Quorn Roast, with garnishing and dipping gravy

Ingredients

60g Quorn Roast
20ml Apple sauce
15g Stuffing mix
5g Yeast extract
30g Stale bread
5g Chicken seasoning

For the sauce

10g Onions
1g Thyme
70ml Water
2g Vegan chicken stock
10g Vegan chicken gravy granules



Preparation

Wash, prepare & weigh all ingredients.

Prep stuffing as per manufacturer's instructions.

Slice the onions.

Blend the stale bread into crumbs & bake until crispy. Mix with the chicken seasoning.

Method

1. Roast the Quorn Roast at 200 degrees for 50 minutes, as per the manufacturer cooking instructions. Remove the bag.
2. Brush with the yeast extract and roll in the crumbs. Pat down to stick.
3. Bring the water to a boil. Add the onions, chicken stock and thyme. Continue to simmer for 15 minutes.
4. Pass through a chinois and thicken with the gravy granules to the correct consistency.
5. Carve the roast into slices and serve as required with the apple sauce, stuffing and a pot of dipping gravy.

Chef's Tip

Leave the cooked roast in the bag until required to keep moist. Add some smoked paprika to the crumb to add a bit of spice.

Thank you!

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