



After 3,000 food experiments, we discovered our wonder ingredient: mycoprotein...

In our quest for a sustainable way to feed the world, we invented mycoprotein – the culinary game-changer for chefs everywhere, from schools to Michelin-star restaurants. Made by fermenting fusarium venenatum, a natural microorganism like yeast, mycoprotein opens a world of culinary inspiration like no other protein. This fermentation process, as with pickles or kombucha, works quiet magic to unlock the flavour and texture of our super-protein. And this versatile ingredient is the basis of all our QuornPro products. It's exceptionally delicious, offers excellent value, and is unmatched for recipe possibilities.

Mycoprotein could truly be anything until you make it something. Will you make it the main event of a plate, or a sensational side? You decide.

What ideas will mycoprotein spark for you?





QuornPro Vegan Beef Burger

What will you create with this thick-cut, juicy protein? Made from mycoprotein, it's primed to take centre stage with a flourish of toppings, sauces or sides. Grill it, griddle it, slice it, or dice it. Stack it high in showstopping burgers or toss it in a stir fry. Whatever you do with it, prepare to make mouths water...



12-15mins: Preheat 1 tbsp oil. Fry over a medium heat, turning frequently.



4-5mins: Heat oil to 180°C, cook for 4-5 minutes.









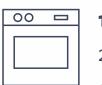
A02490

QuornPro 50g Burger

Fire up hungry minds and make mouths water with this rich, tender protein with a savoury flavour profile. Made from mycoprotein, it's primed for juicy burgers and ready your transformative touch. What fresh toppings, wrist-dripping sauces and moreish sides have you got up your sleeve?



8mins: Preheat 1 tbsp oil. Fry over a medium heat, turning frequently.



13mins: Preheat oven and baking tray 200°C/Fan 180°C/Gas Mark 6. Brush with a little oil. Cook on middle shelf.









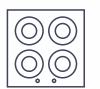
QuornPro 50g Burger A02490





QuornPro Veggie Mince

Get creative with this versatile protein and culinary all-rounder. Made from ground mycoprotein, it's yours to transform into an array of recipes. Use it as the base in chilli, braise it for bolognese, bake it into meatloaf... You could even caramelise it for a rich and crispy dessert crumb. If you can imagine it, you can make it.



10mins: Simply heat your sauce (approx. 500g) then add frozen Quorn Mince (300g). Stir, cover and simmer for 10 minutes. Stir occasionally.











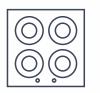
* as sold frozer





QuornPro Vegan Beef Pieces

Captivate the senses with this thick-cut, juicy protein with a light umami-like taste profile. Made from mycoprotein, its fibres bring bite and deliciously absorb flavours in any dish, from hearty pots to zingy curries and tacos.



12mins: Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently. All appliances vary, these are guidelines only. Check product is piping hot before serving.



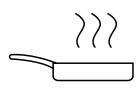






QuornPro Veggie Pieces

Stir your culinary creativity for curries, tacos, pasta and beyond with this simply seasoned and deliciously versatile protein. Made from mycoprotein these diced and succulent mouthfuls are ready to take all manner of dishes to the next level. Soak up flavours in marinades, coat them in tempura for extra texture, griddle them for wraps, or simply scatter over warm salads.



20mins: Fry in a little oil for 4 minutes until golden brow. Add sauce and simmer for 15 minutes. For best results, cook from frozen. Ensure Quorn pieces are piping hot before serving. All appliances vary, these are guidelines.















5

QuornPro Vegan Meatballs (16gr)

Stir wonder into an array of recipes with this rich, tender protein. Studded with onion, these juicy forkfuls turn beautifully brown and succulent when cooked. Made from mycoprotein, they're firm enough to hold their own nestled into sauces and stews, yet flavoursome enough to be the centrepiece in kebabs, subs, and snack bowls.



14 mins: Preheat oven to 200°C/Fan 180°C/Gas 6. Brush with a little oil. Place on baking tray. Cook on the middle shelf.













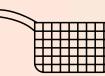


QuornPro CHIQIN Vegan Buttermilk Burger

Bring bite to recipes or build showstopping plates around this mycoprotein based succulent protein, in a crisp golden breader batter. Its tender texture and epic crunch stands tall on its own, or beautifully soaks up flavours around it. Get creative with burger toppings or make it the hero of dishes like katsu curry.



15mins: Preheat oven and baking tray to 200°C, Fan 180°C/ Gas 6. Cook on the middle shelf.



6mins: Heat oil to 180°C, cook burger for 6 minutes.

















A04635

QuornPro Vegan CHIQIN Fillet

Work culinary wonders with this simply versatile mycoprotein, and reimagine everything from seasonal favourites to exotic cuisines. The fillet is succulent and tender and its textured coating soaks up flavours from sauces, soups, and marinades to make any recipe most extraordinary.



14mins: Preheat oven to 200°C, Fan 180°C/Gas 6. Brush with a little oil. Place on a baking tray. Cook on middle shelf.



12mins: Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently.



















RECIPE

Milanesa de Pollo con Patatas Bravas

INGREDIENTS

- 10 Quorn vegan style buttermilk burger
- 600ml Tomato & basil sauce
- 20g Smoked paprika

PATATAS BRAVAS

- 1200g Potatoes
- 500g Onions
- 30g Garlic
- 150g Spinach
- 20g Rosemary
- 20ml Rapeseed oil
- Garlic Aioli
- 200ml Garlic mayo
- Seasoning

BASIC PREP

Prepare & cook in line with Sodexo policies.

Wash, prepare & weigh all ingredients.

Peel & thinly slice the onions.

Crush the garlic.

Pick the rosemary.

Chunky dice the potatoes and par boil for 10 minutes.

METHOD

Deep fry the fillet at 180 degrees in clean oil for 7-8 minutes until golden and correct core temperature is achieved. Drain onto absorbent paper. Toss in ½ the paprika.

For the patatas bravas - Saute ½ the onions, rosemary & potatoes in ½ the oil until the potatoes start to colour.

Add 20g of the garlic and remaining paprika to the potatoes and mix. Roast in a hot oven for approx. 15 minutes until the potatoes are cooked through and crisp. Add the spinach. Keep warm

Saute the remaining onions in the oil & 15g garlic for 5-6 minutes. Add the sauce and heat through.

Serve the fillet smothered with the tomato sauce on top of the potatoes.

Drizzle with the garlic mayo.

QuornPro ChiQin Vegan Strip A04775 A04775 QuornPro CHIQIN Vegan Strip From aromatic curries to fajitas, add depth to dishes with this juicy protein in a crispy coating. Made from mycoprotein and subtly seasoned with black pepper, their firm yet flaky texture brings a robustness to recipes, and perfectly carry signature flavours in sauces, marinades and spice blends. **16mins:** Preheat oven and baking tray to 180°C/Fan 160°C/ Gas 4. Cook on middle shelf. 4mins: Preheat Fryer to 180°C and cook Quorn ChiOin Strips for the cook Quorn ChiQin Strips for 4 minutes. Case size **3x2kg*** * as sold frozen

A04641

QuornPro CHIQIN Vegan Crispy Wings

Main event or sensational side? You decide. The possibilities are endless with this juicy, tender protein in a tempting golden batter. The base of the product is made from mycoprotein. The wings`satisfyingly savoury flavours sizzle whether you drizzle them with sauces, skewer them in satay, or serve them on a deliciously dippable sharing platter.



16mins: Preheat oven to 180°C and cook on middle shelf for 16 minutes.



4-5mins: Deep Fry from frozen.

Preheat the oil to 180°C. Place piece Preheat the oil to 180°C. Place pieces into the fryer. Cook for 4-5 minutes. Drain well.

















QuornPro Breaded Escalope

Transform this tender protein in spiced breadcrumbs into the main event of any plate. Made from mycoprotein, its juicy texture paired with a crisp coating is a tempting centrepiece for an array of recipes. Will you make it sing with a simple zing of fresh lemon, or an explosion of sensational sides?



25mins: Place on a baking tray in a preheated oven to 220°C, Gas Mark 7 for approximately 25 minutes.



3-4mins: In hot oil at 180°C for 3½ minutes. Drain well before serving.



12-15mins: Fry a little oil for 12-15 minutes, turning occasionally. Drain well before serving.



12-15mins: Place under a preheated grill on a medium setting for 12-15 minutes, turning occasionally over a medium heat, turning frequently.









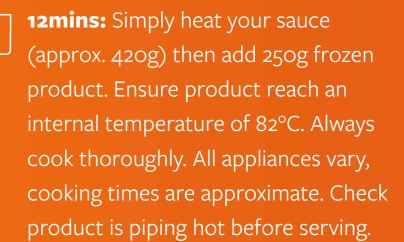




A04910

QuornPro MisFits

Spark new recipe ideas or liven up leftovers with a medley of tender, crispy and juicy protein. Made from mycoprotein, this assortment of culinary treasures explodes with individually interesting textures and savoury flavours that invigorate casseroles, platters, stir-fries, and dishes where variety is a vital spice.









QuornPro Vegan Mini Fillet

Feed imaginations with everything from sandwiches to skewers with this versatile protein.

Made from mycoprotein, they're light in flavour and deliciously tender – a simple essential ready for absorbing flavour with your culinary flair. Stir up your sauces, sizzle in stir-fries, or add a succulent bite to soups and sandwiches.



then add Quorn Fillets. Stir, cover and simmer for 12 minutes. Stir occasionally. All appliances vary, these are guidelines only. Check product is piping hot before serving.













* as sold frozen





QuornPro Vegan Dippers

Light up quick bites and lunches with this tender protein. Made from mycoprotein, they're soft and juicy inside, and rolled in a crisp golden coating. Perfect for crowd-pleasing plates, quick bites, school-friendly wraps and beyond, just add your choice of salad, sauces or toppings to give your dish a final flourish.



14mins: Preheat oven to 180°C and cook on middle shelf for 14 minutes.











A04969

QuornPro Vegan Nuggets

Celebrate your diners' senses with this succulent protein, coated in crunchy golden breadcrumbs. Made from mycoprotein, they add new depths of taste and next-level texture to whatever you cook up. Turn them into sensational sides, scatter them in sandwiches, or make them the key ingredient of sharing platters.



12mins: Pre-heat oven to 220°C/Fan 200°C/ Gas Mark 6. Place on a baking tray. Cook on the middle oven shelf.











A04415

QuornPro **CHIQIN**Southern Fried Vegan Nugget

Elevate sharing platters, sides and beyond with this succulent protein, fried in a crispy batter with black pepper. Our nuggets are made of mycoprotein and they're ready to drizzle with sauces, scatter with fresh zingy herbs, sprinkle with nuts, or simply dish up with a dollop of creamy dip.



18mins: Preheat oven and baking tray to 200°C/Fan 180°C/Gas 6. Cook on the middle shelf. All appliances vary, these are guidelines only. Check product is piping hot before serving.













QuornPro Vegan Nuggets
A04414

RECIPE

Vegan Japanese Katsu Curry

INGREDIENTS

- 30 Quorn Dippers or Vegan Nuggets
- 1 tbsp vegetable oil
- 300g onions, peeled & chopped
- 200g carrots, peeled & diced
- 1 tbsp medium curry powder
- 1 tbsp garam masala
- 1 tbsp turmeric
- 1 tsp mild chilli powder
- 1 bay leaf
- 2 cloves garlic, peeled & crushed
- 1 litre vegetable stock
- 2 tbsp light soy sauce
- 2 tbsp runny honey

SEASONING

- 1 tbsp fresh coriander, chopped
- 100g spring onions, trimmed
 & thinly sliced

METHOD

To make the Katsu sauce: heat the oil in a saucepan, add the onion and carrot and cook on a medium heat for 6 – 8 minutes until softened. Add the spices and garlic and cook for a further minute. Pour in the stock and add the bay leaf, bring to the boil and simmer for 20 minutes.

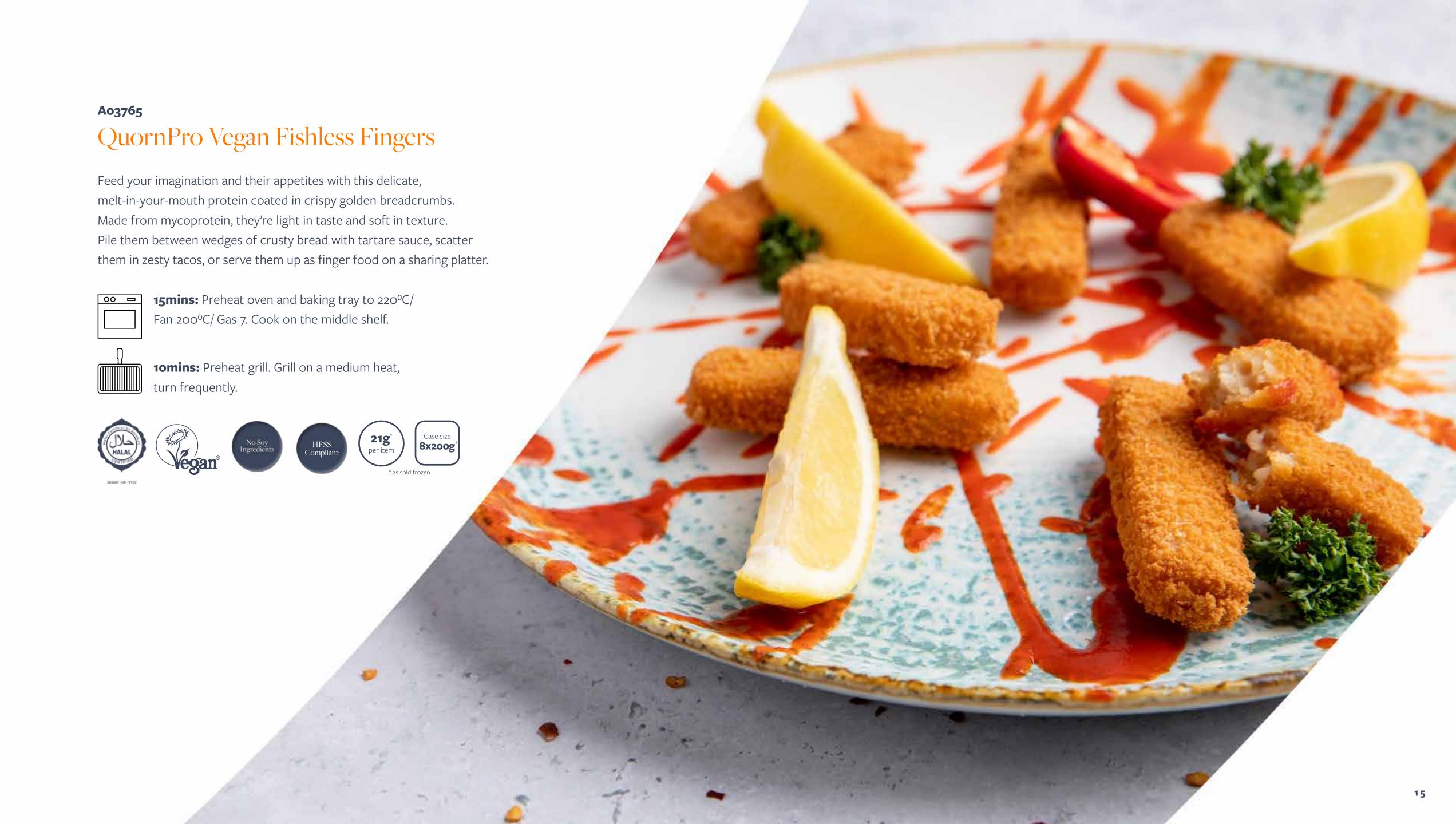
Meanwhile cook the Quorn Dippers in a preheated oven 200C/Gas Mark 6 for 13-15 minutes or until core temperature is reached. Add the soy sauce and honey to the curry and stir. Remove the bay leaf.

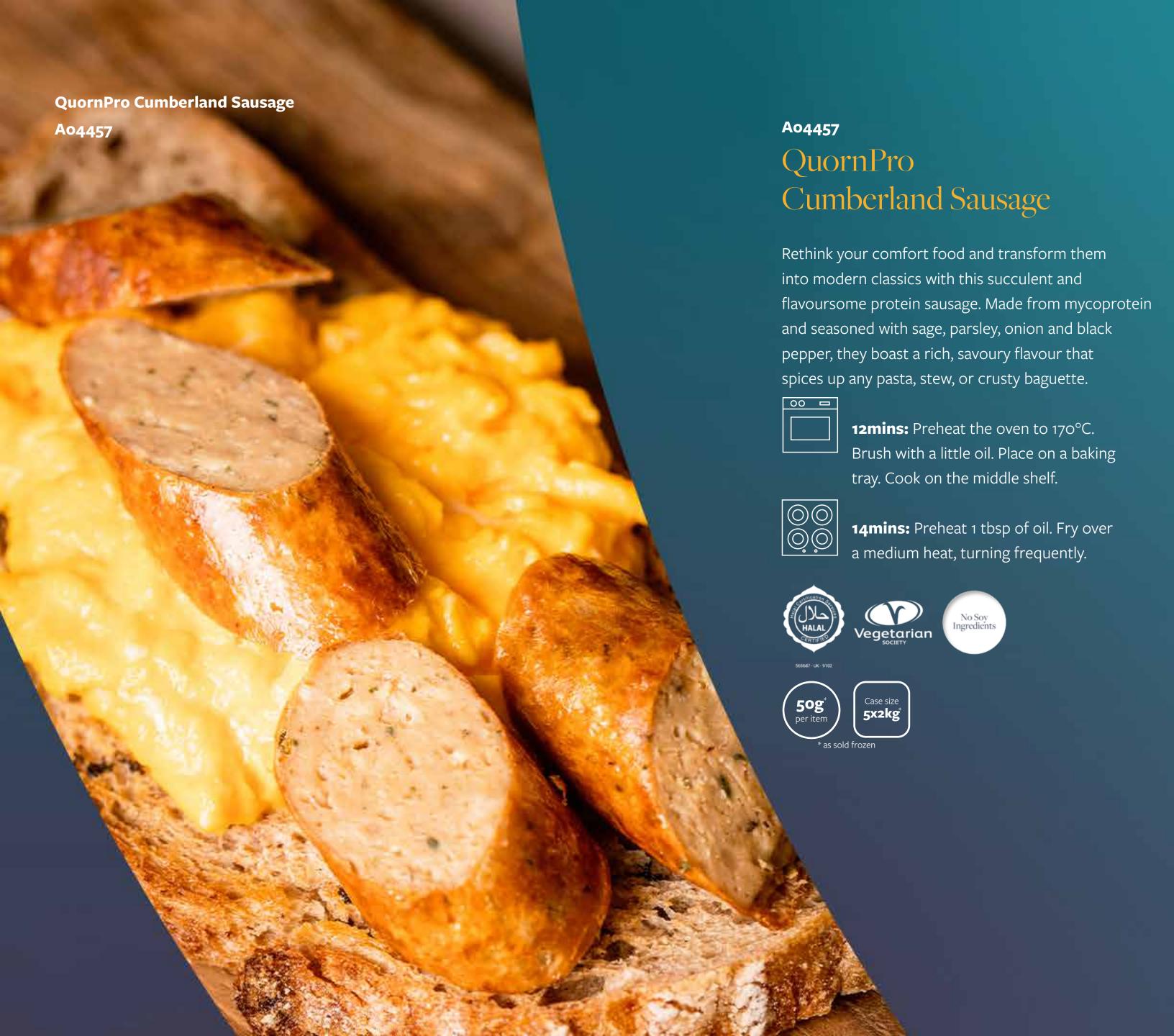
Pour the mixture into a blender and mix until smooth and thick.

Season lightly to taste, reheat and pour over the Quorn Dippers/ Nuggets and serve garnished with coriander and spring onions.

Tip - delicious with Thai sticky rice.







QuornPro Vegan Sausage

What dishes will this rich, juicy protein sausage inspire for you? Made from mycoprotein, their succulent texture adds a robustness not just to breakfasts, but also depth to sauces, comfort to casseroles. Grill or fry, slice or serve as they are. Whatever you do with them, you'll discover they're made for more than mash.



16mins: Preheat the oven to 200°C/180°C Fan/Gas Mark 6. Brush with a little oil. Place on a baking tray. Cook on the middle shelf.



14mins: Preheat 1 tablespoon of oil. Fry over a medium heat, turning occasionally.











QuornPro Vegan Sausage Ao4613

RECIPE

QuornPro Posh Breakfast Bun (Vegetarian)

INGREDIENTS

- 4 Quorn sausage patties
- 15ml vegetable oil
- 25g butter
- 100g fresh spinach, washed & picked
- 2 eggs
- 2 croissant swirl buns, halved

METHOD

Heat the oil in large nonstick frying pan and gently sauté the Quorn patties for 5-6 minutes, turning occasionally until piping hot.

Meanwhile, melt the butter in a small pan, add the spinach and heat for 2-3 minutes, until wilted. Season well.

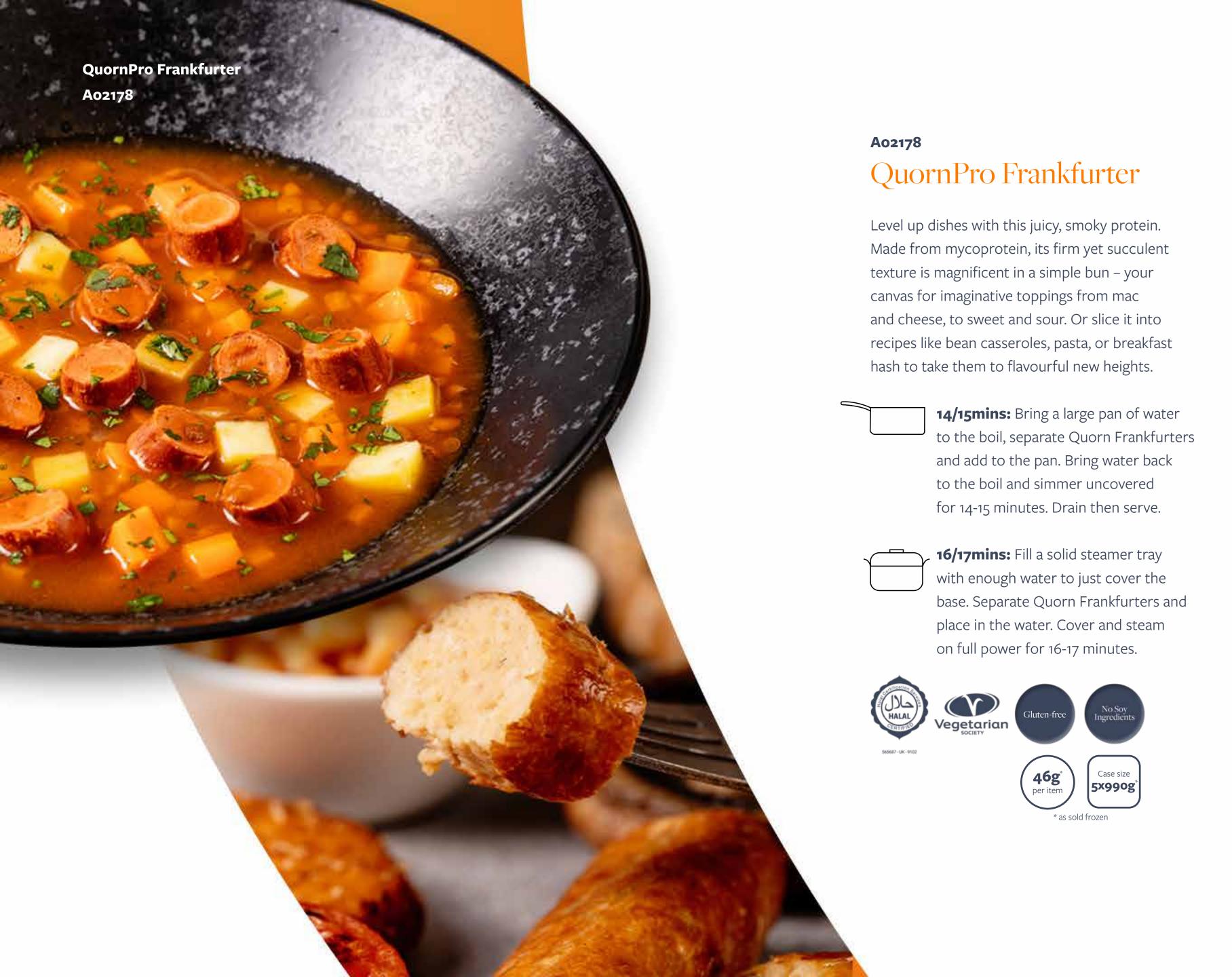
Once the patties are cooked remove from the pan and fry the eggs until just cooked but with a runny yolk

To assemble, place the spinach on the base of each croissant, top with our QuornPro sausage pattie, fried egg, second patty and then the croissant lid.

Serve immediately with your favourite sauce.

Tip - just as delicious with poached egg.
Also works well with toasted brioche buns or English muffins.





QuornPro Best of British Sausage

Create dishes to savour with this rich, juicy protein, bursting with sweet onion and black pepper.

Made from mycoprotein, their deep, glossy brown colour and tantalising flavours bring depth of taste and texture to all manner of dishes. Grilled or fried, diced or served as they are, they elevate everything from elegant pasta to classic breakfasts.

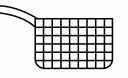


10-16mins: Preheat the grill to medium. Brush sausages with a little oil and cook. Turning frequently:

10 Sausages - cook for 10 minutes.

20 Sausages - cook for 16 minutes.

All appliances vary, these are guidelines only. Check product is piping hot before serving.



8mins: Preheat fryer to 165°C and cook Quorn Sausages for 8 minutes. Allow to drain for 1 minute. All appliances vary, these are guidelines only. Check product is piping hot before serving.













as sold frozen



QuornPro Vegan Sausage Roll

Make any moment golden with this mouth-watering protein in flaky baked pastry. Made from mycoprotein, they steam with deliciously savoury flavours – a crowd-pleasing staple for cold hands at stadiums. Or even a spark of inspiration for elegant vol-au-vents, chopped and topped with vibrant fillings.



25mins: Re-heat from frozen, Pre-heat oven to 170°C. Remove the rolls from the packaging and place onto a baking tray into the pre-heated oven and bake for 25 mins. All appliances vary, these are guidelines only. Ensure product reaches an internal temperature of 82°C or above before serving. Not suitable to microwave from frozen.





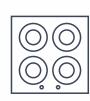






QuornPro Sausage Patty

Wake up morning menus, reinvigorate recipes, or theme new dishes around this juicy protein, whatever the occasion. Made from mycoprotein, they're rich with comforting textures and satisfying umami flavours. Transform this humble patty into the hero of hangovers, crowned with a golden yolk. Or simply add your twist to child-friendly lunches and crowd-pleasing dinners.



7mins: Preheat 1 tbsp of oil. Fry over a medium heat, turning frequently.













QuornPro Vegan Pie

Make any meal a masterpiece with this rich, hearty protein in flavoursome gravy and flaky puff pastry. Made with tender mycoprotein, it's a satisfying feast to savour on its own. Or let it be your muse for an array of original sides.



40mins: Reheat from frozen. Pre-heat oven to 170°C. Remove pie from outer packaging and leave in foil tray.

Place onto a baking tray and place into the pre-heated oven for 40 minutes.

All appliances vary – these are guidelines only. Ensure product reaches an internal temperature of 82°C or above.

Not suitable to microwave from frozen.







A02273

QuornPro Roast

Spark bold culinary ideas or reinvigorate classic dishes with this joint of succulent protein. Made from mycoprotein and seasoned with aromatic sage and onion, it's ready to work wonders with. Shred it into sandwiches, steep it in stews and curries, or let it be the magnificent centrepiece of the plate, accompanied with all the trimmings.



45-50mins: Preheat oven and baking tray to 220°C/425°F/Gas Mark 7. Pierce the film around the roast, but do not remove film or clips and place on baking tray. Cook for 45-50 minutes. Stand for 5 minutes. Carefully remove film and clips. Reduce cooking time by 5 minutes for fan assisted ovens.











* as sold froz



QuornPro Vegan Pi Ao4908

Product Matrix

PRODUCT NAME	QUORN PRODUCT CODE	COOKING ICONS	HALAL	VEGAN	VEGETARIAN	KOSHER	GLUTEN- FREE	HFSS	NO SOY INGREDIENTS	BAG SIZE	GRAMS PER ITEM	CASE SIZE
Quorn Vegan Beef Burger	A05029	HOB - 12-15 mins DEEP FRY 4-5 mins	<u> </u>	<u> </u>	X	X	X	X	✓		109g	3 x 1.962kg
QuornPro 50g Burger	A02490	OVEN: 8 mins HOB: 13 mins	✓	×	✓	X	×	X	✓		50.3g	5 x 2kg
QuornPro Veggie Mince	A04916	HOB - 10 mins	✓	X	✓	✓	✓	X	✓		N/A	4.1.5kg
QuornPro Vegan Beef Pieces	A04917	HOB - 12 mins	✓	✓	X	X	X	X	✓		N/A	4 x 1.5kg
QuornPro Veggie Pieces	A00854	PAN - 4 mins	✓	×	✓	X	✓	✓	✓		75g	10 x 1kg
Quorn Vegan MeatBalls (16gr)	A04750	OVEN - 20 mins	✓	✓	X	X	X	X	✓		16gr	5 x 1kg
QuornPro ChiQin Vegan Buttermilk Burger	A04494	OVEN - 15 mins DEEP FRY - 6 mins	✓	<u> </u>	X	X	X	✓	✓		100g	5 x 2kg
QuornPro Vegan ChiQin Fillet	A04635	OVEN - 15 mins HOB - 12 mins	✓	✓	X	X	X	X	✓		69g	5 x 2kg
QuornPro Vegan ChiQin Strip	A04775	OVEN - 16 mins DEEP FRY - 4 mins	✓	✓	×	X	×	✓	✓		42-45g	3 x 2kg
QuornPro Vegan ChiQin Crispy Wings	A04641	OVEN - 16-18 mins DEEP FRY - 4-5 mins	✓	✓	X	X	×	✓	✓		29.4g	3 x 2kg
QuornPro Southern Style Vegan Burger	A05062	OVEN - 16 mins GRILL - 12 mins	/	✓		X	X	─ ✓			75g	3x2kg
QuornPro Breaded Escalope	A00487	OVEN - 25 minutes. DEEP FRY - 3½ minutes SHALLOW FRY - 12-15 minutes GRILL - 12-15 minutes	<u> </u>	×	<u> </u>	X	×	X	<u> </u>		110g	1 x 1.32kg
QuornPro MisFits	A04910	HOB - 12 mins		X		X	X	X			N/A	3 x 2kg

Product Matrix

PRODUCT NAME	QUORN PRODUCT CODE	COOKING ICONS	HALAL	VEGAN	VEGETARIAN	KOSHER	GLUTEN- FREE	HFSS	NO SOY BAG SIZE INGREDIENTS	GRAMS PER ITEM	CASE SIZE
QuornPro New Vegan Mini Fillet	A05022	HOB - 12 mins	✓	✓	X	X	X	X		58g	5 x 1kg
Quorn Vegan Dippers	A04888	OVEN - 16 mins	✓	✓	X	X	X	✓		18.5g	3 x 2kg
QuornPro Vegan Nuggets	A04969	OVEN - 12 mins	✓	✓	X	X	X	✓		20.8g	5 x 2kg
QuornPro ChiQin Southern Fried Vegan Nugget	A04415	OVEN - 18 mins	✓	/	X	X	X	✓		17-23g	5 x 1kg
QuornPro Vegan Fishless Fingers	A03765	OVEN - 15 mins GRILL - 10 mins		/	X	X	X	/		21g	8 x 200g
QuornPro Cumberland Sausage	A04457	OVEN - 12 mins HOB - 14 mins	✓	✓	✓	X	×	×		50g	5 x 2kg
QuornPro Vegan Sausage	A04613	OVEN - 16 mins HOB - 14 mins	✓	/	X	×	X	X		50.5g	3 x 2kg
QuornPro Frankfurter	A02178	PAN COOK - 14-15 mins STEAMER - 16-17 mins	✓	X	✓	X	✓	X		46g	5 x 990g
QuornPro Best of British Sausage	A04466	GRILL - 10-16 mins DEEP FRYER - 8 mins	✓	/	X	×	X	X		60.5g	2 x 2.04kg
QuornPro Sausage Patty	A03508	HOB - 7 mins	✓	X	✓	X	X	X		42.2g	5 x 2kg
QuornPro Vegan Sausage Roll	A04907	OVEN - 25 mins	X	✓	X	X	X	X		168g	24 x 168g
QuornPro Vegan Pie	A04908	OVEN - 40 mins	X	✓	X	X	X	X			12 X 212g
QuornPro Roast	A02273	OVEN - 45-50 mins	✓	X	✓	X	✓	X		46.3g	8 x 454g

