

*Build a*  
**BETTER**

**BREAKFAST**

with **Quorn**<sup>TM</sup>



# Boost Your Breakfast Sales

Using Quorn can help you to create a delicious and nutritious breakfast offer for your consumers.

Be it on-the-go or recipes to enjoy in, Quorn's versatility as an ingredient provides endless opportunities.

People are spending more on breakfast out of home. A third of people are regularly eating breakfast on the go.<sup>1</sup>

70% of adults want to eat more healthily when eating out and more than a third of people in Britain are claiming to be reducing their meat consumption.<sup>2</sup>

So now more than ever, getting your breakfast offer right is fundamental to maximising sales during this day part. Quorn can help.

## Quorn is for everyone

Before we get to the good stuff, let's be clear about one thing. Eating meat free doesn't mean opting out of meat entirely. Did you know that 73% of Quorn enthusiasts are meat eaters?<sup>3</sup>

All those meat eaters choosing to slash their salt, fat and calorie intake and all those vegetarians means that on any one day, almost half of your customers may want to choose from great meat free options from your menu.

Which is where Quorn comes in.



## Discover why Quorn is a healthy meat free protein

- ✓ Quorn is high in fibre and protein
- ✓ Quorn is lower in fat, salt and calories and has a low GI Index
- ✓ Quorn contains no GMO or soya
- ✓ Quorn meets School Food Standards and BDA guidelines

## Better for the planet

- ✓ Requires less land and water than intensive animal farming
- ✓ Accredited by the Carbon Trust
- ✓ Accredited by the Soil Association's Food For Life programme
- ✓ Bronze Food For Life compliant
- ✓ Can help you reach Silver and Gold Catering Marks

## Discover why chefs love cooking with Quorn

- ✓ Easy to store and simple to use
- ✓ Cooks straight from frozen with minimal prep
- ✓ Low in allergens, soya-free and uses only free range eggs
- ✓ Versatile enough to use for everything from a full English breakfast to a sausage and egg muffin or a Mexican-inspired huevos rancheros

Quorn makes a tasty, nutritious meat free breakfast that's healthier than the meat alternative. It also uses a protein source that requires less land and water than animal protein production, so it's better for our planet. It's easier for chefs and attracts new customers.

*Don't your customers deserve a no-compromise meat free alternative for breakfast?*

<sup>1</sup>The Caterer - July 2017 - Wake Up & Smell The Coffee

<sup>2</sup>Research conducted in 2016 by Forum for the Future and Counterpoint

<sup>3</sup>Kantar Worldpanel

What's the most popular dish on your breakfast menu?

We bet the full English breakfast is a strong contender.

Delicious, no doubt. filling, unquestionably. Good for you?

The full English delivers a bulky 689 calories to your customers' guts, if the British Heart Foundation has its facts straight. More than double the recommended amount we should consume in the morning. It's not short on fat, either.

### A delicious full English with a twist

But there's good news. You can offer a healthier option that's guaranteed to hit the spot. You're going to substitute some meat, but this doesn't mean you will be compromising on taste.



Our full English contains all the traditional items, fried egg, grilled tomatoes, hash brown and mushrooms but it comes with two of our delicious Quorn Best of British Sausages and two Quorn Bacon Slices. Just by switching from meat sausages and bacon to Quorn your consumers would save over 310 calories. Meaning that they can enjoy the traditional breakfast favourite, just with less fat, salt and calories!

WHY NOT ADD BEANS TO YOUR FRY UP AND SPICE UP YOUR BEANS BY ADDING TANGY WORCESTERSHIRE SAUCE OR SWEET AND SPICY SRIRACHA SAUCE.

WITH THE FOOD-TO-GO MARKET TO BE WORTH

**OVER £2BN BY 2021<sup>4</sup>**

WHY NOT ADD ALL THE INGREDIENTS OF A FULL ENGLISH INTO A BAGUETTE FOR CONSUMERS TO EAT ON THE GO?

Want some recipe inspiration? Check out some of our meat free breakfast favourites...



## BREAKFAST CHORIZO HASH

*A delicious hash of diced potatoes, red peppers, crispy onions & diced Quorn Chorizo. Topped with a poached egg & sprinkled with crushed black pepper & freshly chopped parsley.*

### INGREDIENTS

- 300g Quorn Chorizo, defrosted and diced
- 1kg potatoes, peeled and cut into 1cm dice
- 1 tbsp olive oil
- 200g onion, finely diced
- 1 tbsp smoked paprika
- 1 red pepper, diced
- 10 eggs, poached eggs
- Chopped flat leaf parsley
- Crushed black pepper

### METHOD

1. Bring a large pan of water to the boil, add the potatoes and simmer for 6-8 minutes. Drain.
2. Heat the oil in a pan and gently fry the onion over a low heat without colouring. Stir in the diced Quorn Chorizo, red pepper and paprika. Cook for a further 1-2 minutes. Add the potato and cook for a further 5 minutes.
3. Preheat the oven to 200°C/Gas Mark 6.
4. Place the hash in a shallow oven proof dish and cook for 10 minutes.
5. Divide between 10 portions, top each with a poached egg and garnish with plenty of chopped parsley and crushed black pepper.

### PREPARATION TIME

20 minutes

### COOKING TIME

15 minutes

### SERVES

10

Try using Quorn Chipolatas as an alternative to Quorn Chorizo.

### NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
222kcal	9.5g	2.8g	3.1g	0.8g
	MED	LOW	LOW	MED



# BREAKFAST QUESADILLA

*A baked folded tortilla wrap filled with creamy scrambled egg, diced Quorn Sausage Pattie, grated cheddar cheese, freshly chopped tomatoes & finely sliced spring onions.*

## PREPARATION TIME

15 minutes

## COOKING TIME

20 minutes

## SERVES

10

## INGREDIENTS

- 10 Quorn Sausage Patties
- 1 tbsp olive oil
- 10 eggs
- 600ml semi skimmed milk
- 15g butter
- 70g low fat cheddar cheese, grated
- 75g tomatoes, deseeded and finely chopped
- 1 bunch spring onions, finely sliced
- Seasoning
- 10 tortilla wraps

## METHOD

1. Brush the Quorn Sausage Patties with the oil and cook in the oven following the pack instructions. Alternatively heat in the microwave until core temperature is reached. Remove from the oven and dice.
2. Make the scrambled egg: whisk the eggs together with the milk. Melt the butter in a pan and pour in the egg mixture. Continue to cook over a low heat, stirring all the time. Remove from the heat while the mixture is creamy and still soft. Stir in the Quorn Sausage Patties, cheese, tomatoes and spring onions. Season to taste.
3. Divide the scrambled egg between each wrap and fold in half.
4. Heat a large non-stick frying pan and cook the tortilla on one side for 1-2 minutes then flip over and cook on the other side until golden in colour. Tip out, cut in half and keep warm.
5. Repeat with remaining tortillas.

## NUTRITIONAL INFORMATION PER SERVING

Energy 376kcal	Fat 16g MED	Saturates 5.6g MED	Sugar 5.7g LOW	Salt 1.7g MED
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# SAUSAGE ROLEX

*A delicious East African-style omelette filled with diced Quorn Chipolatas, cabbage, red onion & tomato, served in a rolled chapatti.*

## PREPARATION TIME

10 minutes

## COOKING TIME

14 minutes plus  
3 minutes per Rolex

## SERVES

10

Try using Quorn Sausage Patties, diced, as an alternative to Quorn Chipolatas.

## INGREDIENTS

- 5 Quorn Chipolatas or Sausages
- 3 tbsp vegetable oil
- 20 eggs
- 250g white cabbage, finely chopped
- 250g red onion, finely chopped
- 250g carrot, grated
- 10 Chapatis
- 300g tomatoes, thinly sliced

## GARNISH

- Coriander, chopped

## METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Lightly brush the Quorn Chipolatas or Sausages with 1 tbsp of the oil and bake for 12-14 minutes or until core temperature is reached. Cut into small dice.
3. To make one Rolex; beat 2 eggs in a jug and add half a diced Quorn Chipolata or Sausage and 25g each of chopped cabbage, onion and carrot.
4. Heat a drop of the remaining oil in a non-stick pan that is the same size as the chapatis.
5. Pour the egg mixture into the hot pan, cook for a minute then flip over. Place the chapati on top of the omelette to soften as the underside cooks. Cook for another minute or until golden brown then flip out, chapatti side down onto a board.
6. Place 3 slices of tomato onto the omelette then roll up the chapati tightly and serve warm wrapped in deli paper.
7. Repeat from point 3 to make 9 further Rolex.

## NUTRITIONAL INFORMATION PER SERVING\*

Energy 377kcal	Fat 16g MED	Saturates 3.3g LOW	Sugar 5.7g LOW	Salt 0.6g LOW
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\* Nutritional information based on using Quorn Chipolatas



# SAUSAGE & EGG MUFFIN

*A delicious Quorn Sausage Pattie, topped with a poached egg, served in a lightly toasted muffin.*

**PREPARATION TIME**  
2 minutes

**COOKING TIME**  
10 minutes

**SERVES**  
10

## INGREDIENTS

- 10 Quorn Sausage Patties
- 10 English muffins, sliced in half
- 10 free range eggs
- 10 cheese slices
- 1 tbsp vegetable oil

## METHOD

1. Pre-heat the oven to 200°C/Gas Mark 6. Brush the Quorn Sausage Patties with a little oil and oven bake for 6-7 minutes until core temperature is reached.
2. Meanwhile, in a large pan, boil the water and poach the eggs.
3. Toast the muffins and top one half with a cheese slice, a Quorn Sausage Pattie and a poached egg, before placing the other half of the muffin on top. Serve warm.

## NUTRITIONAL INFORMATION PER SERVING

<b>Energy</b> 315kcal	<b>Fat</b> 13g MED	<b>Saturates</b> 4.6g MED	<b>Sugar</b> 3.9g LOW	<b>Salt</b> 1.6g LOW
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Change the English muffin for a potato rosti, remove the cheese and top with delicious hollandaise sauce for Sausage Eggs Benedict.



# BREAKFAST BOX

*Creamy scrambled egg & diced Quorn Chipolatas on a bed of spinach with roasted baby vine tomatoes, topped with crunchy seeds & served in a takeaway box.*

**PREPARATION TIME**  
10 minutes

**COOKING TIME**  
15 minutes

**SERVES**  
10

Try using Quorn Sausage Patties, diced, as an alternative to Quorn Chipolatas.

## INGREDIENTS

- 10 Quorn Chipolatas or Sausages
- 100g spinach leaves, washed
- 100g tomatoes, deseeded and diced
- 25g butter
- 150ml milk
- Salt and white pepper
- 20 eggs, beaten
- 50g mixed seeds
- 10 takeaway boxes

## METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Divide the spinach leaves between the serving boxes.
3. Lightly brush the Quorn Chipolatas or Sausages with the oil and bake for 12-14 minutes or until core temperature is reached. Slice each Quorn Chipolata or Sausage into 6 on the diagonal and keep warm.
4. Melt the butter in a large pan. Add milk and seasoning to the beaten eggs and tip into the pan. Stir constantly until just set. Add the sliced Quorn Chipolatas or Sausages.
5. Divide the scrambled eggs between the 10 boxes, add the tomatoes and sprinkle with the seeds.

## NUTRITIONAL INFORMATION PER SERVING\*

<b>Energy</b> 253kcal	<b>Fat</b> 18g MED	<b>Saturates</b> 5.0g MED	<b>Sugar</b> 1.2g LOW	<b>Salt</b> 0.77g MED
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\* Nutritional information based on using Quorn Chipolatas



# THE BETTER Sausage Switch

You can guess what's coming next. Two average 50g pork sausages weigh in at a waistband-busting 265 calories.<sup>5</sup> Two Quorn meat free sausages are a rather trimmer 177 calories. Almost 100 calories less.

They'll even cook straight from frozen, which makes life easier in the kitchen. Slap these savvy sausages in a sandwich, or nestle them among the other goodies in a grilled British breakfast, and you've just cut fat, salt and calorie count for customers.

And because they're every bit as delicious as the porkier version, they'll go down like the treat they are.

Of course, your customers might need a nudge. Just as you may do. So we've got promo posters to help you publicise your healthier alternative. Give your customers the chance to get involved in The Better Sausage Switch.

To get your free posters and Build a Better Breakfast with Quorn, contact us today on **0845 602 9000**

## WAFFLE STACK

*An indulgent brunch that's both sweet & savoury; waffles layered with a succulent Quorn Sausage Pattie, drizzled with sweet maple syrup & garnished with fresh berries.*

### INGREDIENTS

- 10 Quorn Sausage Patties
- 1 tbsp vegetable oil
- 20 potato waffles
- 150ml maple syrup

### GARNISH

- 150g mixture of blueberries, strawberries & raspberries

### METHOD

1. Preheat oven to 180°C/Gas Mark 4.
2. Place the Quorn Sausage Patties on a baking tray, brush lightly with the oil and cook for 9-10 minutes or until core temperature is reached.
3. Cook waffles according to pack instructions.
4. Cut a Quorn Sausage Pattie in half and 2 waffles in half diagonally. Arrange the 4 waffle slices and Quorn Sausage Pattie halves in a stack on a plate and drizzle over the maple syrup. Repeat with the other 9 plated stacks.
5. Garnish with a selection of berries.

### PREPARATION TIME

5 minutes

### COOKING TIME

15 minutes

### SERVES

10

### NUTRITIONAL INFORMATION PER SERVING

<b>Energy</b> 334kcal	<b>Fat</b> 13g MED	<b>Saturates</b> 1.4g LOW	<b>Sugar</b> 11g MED	<b>Salt</b> 1.3g MED
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Try using runny honey as an alternative to maple syrup.



Don't forget, sausages aren't the only healthier meat free breakfast favourite. See if you can taste the difference with our Quorn Sausage Patties and Chorizo.

### Typical breakfast calorie count per 100g\*

Grilled pork sausage	265 calories	Quorn Sausage	177 calories
Typical chorizo	396 calories	Quorn Chorizo	213 calories
Asda sausage patties	243 calories	Quorn Sausage Patties	127 calories

<sup>5</sup> Data extrapolated from Nutracheck.co.uk

# Product Range

PRODUCT DESCRIPTION	SUITABLE FOR			ALLERGENS			
	VEGETARIANS	GLUTEN-FREE	HALAL	EGG	MILK	WHEAT	BARLEY
Quorn Sausages (50g)	✓		✓	✓	✓	✓	✓
Quorn Sausage Patties (63g)	✓		✓	✓	✓	✓	✓
Quorn Best of British Sausages (60g)	✓		✓	✓	✓	✓	✓
Quorn Chipolatas (30g)	✓		✓	✓	✓	✓	
Quorn Mini Chorizo	✓	✓	✓	✓	✓		
Quorn Bacon Style Slices	✓	✓	✓	✓			
Quorn Cumberland Sausages (50g)	✓		✓	✓	✓	✓	✓

**Using Quorn can help you to create a delicious, nutritious, on-the-go or eat in breakfast offer for your consumers with endless possibilities.**

**To introduce delicious Quorn dishes to your breakfast menus, contact us today on 0845 602 9000**



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