



— RECIPE INSPIRATION —

# *Discover Quorn*

AUTUMN / WINTER 2017





# *Introduction*

There is no doubt that there has never been a stronger, more dynamic and more vibrant food culture in the UK, with literally endless choice wherever you go.

At **Quorn™**, we know just how important it is to keep in touch with what's going on across the incredible UK food scene and so our Autumn and Winter recipes have all been developed and inspired by some of the latest food trends and a recent Quorn development team food tour to Camden, London's KERB.

The result? 12 fabulously tasty, on-trend and meat free recipe ideas, complete with ingredients lists, methods and nutritional information for you to easily transfer onto your menus.



# The inspiration behind our recipes

## KERB Camden Food Tour

As one of the coolest areas – Camden in London is renowned for its atmosphere, creative culture and world-famous food markets. There is something on offer for every foodie. From gourmet mac 'n' cheese and Huevos Con Chorizo (eggs scrambled with chorizo and served with beans and tortillas) and frankly amazing Katsu curry; the food on offer in Camden is as varied as Camden is cool.

On our tour we visited 24 street food vendors – and tried dishes from all over the world including; Venezuela, India, Italy, Korea, Japan, Mexico and Vietnam. Whilst the cuisines were all very different, the flavours were all bold and vibrant in colour and there were some common themes running through the offers: flavour fusions, taste authenticity, healthy indulgence and value for money through price point and portion size. All of which you'll see glimpses of across the recipes we've developed.

If you haven't already received a copy of our Food Tour document, which is a full summary of all 24 street food vendors including food styles, dish examples, price points and popularity, please get in touch – we'd love to share it with you.



## Food Trends 2017/2018

As well as our visit to Camden, we've been keeping an eye on the food trends that are set to take 2017/2018 by storm. Whilst you'll see sprinklings of many of them throughout our recipes, according to The Food People, two of them are right up our street and respond to the growing number of UK consumers that are now choosing to eat less meat as a personal lifestyle choice:



**Vegetables at the centre of the plate** – burgers and kebabs that are indulgent and rich but this time with vegetables as the main ingredient.

**Faux food** – creating imitation meat with alternative ingredients to confuse and excite the senses as well as satisfy the needs to meat-eaters that are cutting down on their meat intake.







## Discover a healthier, tastier and more versatile meat-free menu with Quorn

### Quorn is for everyone

Did you know that 73% of Quorn enthusiasts are meat eaters?\* Eating meat free doesn't necessarily mean opting out of meat entirely.

Yet if 6% of the population is vegetarian, a third of UK consumers are claiming to be reducing their meat consumption – and if that number does go up by 10% as predicted – then on any one day, almost half of your customers want to choose from great meat-free options from your menu.

They choose it because it tastes good, it's better for the planet, it's impressively versatile and it's a healthy protein source.

When your menu includes Quorn, you're giving every customer countless delicious options that can satisfy their ethics, health aspirations and, most importantly, their taste buds.

### Discover why chefs love cooking with Quorn

Where Quorn really comes into its own is as an ingredient.

- Quorn is easy to store, quick and simple to cook with
- It cooks straight from frozen and there's minimal preparation
- Its versatility allows chefs and food development teams to be as creative as they like
- Quorn is low in fat, low in salt, low in calories and is free of undesirable additives
- It's a nutritious source of protein (the same 20 amino acids make up the protein in Quorn as you'll find in meat) and fibre
- It doesn't shrink during cooking and chefs can use less Quorn than meat – achieving a better yield as there's no wastage

In addition, Quorn gives your customers a filling, nutritious, protein-rich meal, which adds up to a premium-priced plate and a selling point that sees footfall and profits grow.

### Sustainable nutrition

Quorn products provide sustainable nutrition, through the unique protein that we produce, Mycoprotein™, which is naturally high in protein and fibre and low in saturated fat. Producing this protein uses less land and water than animal protein production, so it's better for the planet too.

No wonder Quorn achieved Carbon Trust accreditation. It's also the only meat-free brand accredited by the Soil Association.

**DID YOU KNOW THAT THE CARBON FOOTPRINT OF QUORN MINCE IS 90% LOWER THAN BEEF.**

Plus our palm oil is RSPO-certified, which means it comes from sustainable sources.

So Quorn doesn't just help make almost any dish on your menu healthier than the meat version, it makes it better for the planet.



### The source of all that goodness

Quorn is a British discovery, first found in Marlow, in Berkshire. We now produce all of our products in the north of England. Quorn starts with a natural nutritious fungus that grows in the soil. We then ferment it, to convert carbohydrate into protein. The result is a dough that we call Mycoprotein™ (Greek for fungus-protein). Then we add

various blends of herbs and spices and vegetable-based flavourings to give each product its particular taste.

And what a taste. We hope you enjoy making and tasting our 12 Autumn and Winter recipe ideas as much as we enjoyed creating them. More than that – we hope we see some of them on your menus. If you'd like to know more about Quorn then please get in touch.



## HINTS & TIPS

Add yellow and green peppers for extra colour. Try using Quorn Sausages as an alternative to Quorn Chorizo.

## INSPIRATION & INSIGHTS

KERB'S Cafe Chula - authentic Mexican breakfast dishes.

# Breakfast Chorizo Hash

**PREPARATION TIME:**

20 minutes

**COOKING TIME:**

15 minutes

**SERVES:**

10

## 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 200C/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.

## NUTRITIONAL INFORMATION PER SERVING

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

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.



# Breakfast Quesadilla

## INSPIRATION & INSIGHTS

The delicious Huevos Con Chorizo dish that we tried at KERB'S Cafe Chula, which is all about authentic Mexican dishes.

### 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 pattie, 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	Fat	Saturates	Sugar	Salt
376kcal	16g	5.6g	5.7g	1.7g
	MED	MED	LOW	MED

## HINTS & TIPS

Try using Quorn Sausages instead of Quorn Sausage Patties. For a more colourful appearance, replace the cheddar cheese with Red Leicester cheese.

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



## HINTS & TIPS

Add more chipotle sauce and sliced jalapeño peppers for an extra spicy taste. Serve the bun with a bamboo skewer. Serve with sweet potato fries.



Quorn 1/4 pounder served in a bun with mixed salad leaves, grilled red peppers, plum tomatoes, sliced avocado & chipotle mayonnaise, finished with fresh lime juice & chopped coriander.

## INSPIRATION & INSIGHTS

Flavour fusion: a mixture of KERB'S Ghetto Grillz juicy burgers and Luardos delicious Mexican street food flavours and ingredients.

# Mexican Burger

### PREPARATION TIME:

5 minutes

### COOKING TIME:

18 minutes

### SERVES:

10

## INGREDIENTS

- 10 Quorn ¼ Pounder Burgers
- 1 tbsp olive oil
- 10 burger buns
- 150g light mayonnaise
- 1-2 tsp chipotle sauce
- 100g mixed salad leaves
- 250g grilled red peppers, sliced
- 250g plum tomatoes, sliced
- 250g avocado (skinned and stone removed), sliced
- 1 lime, juice
- 1 tbsp coriander, roughly chopped

## METHOD

1. Preheat the oven to 200C/Gas Mark 6 and brush each side of the Quorn 1/4 pounders lightly with oil. Cook for 18 minutes until core temperature is reached.
2. Mix together the mayonnaise and chipotle sauce.
3. Fill the buns by layering all the ingredients and spoon over the chipotle mayonnaise.
4. Drizzle the lime juice and sprinkle over the coriander before topping the bun.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
438kcal	20g	5g	6.8g	2.3g
	MED	MED	LOW	HIGH



# Chorizo Mac n Cheese

## INSPIRATION & INSIGHTS

KERB'S The Mac Factory has taken an old favourite and added some exciting flavour combinations.

### PREPARATION TIME:

15 minutes

### COOKING TIME:

20-25 minutes

### SERVES:

10

## INGREDIENTS

- 2 Quorn Chorizo Chubb, diced
- 750g macaroni
- 50g brioche breadcrumbs
- 1 tbsp thyme
- Salt and white pepper

### CHEESE SAUCE

- 50g butter
- 50g plain flour
- 1 litre skimmed milk
- 160g low fat cheddar cheese, grated

## METHOD

1. Preheat the oven at 180C/Gas Mark 4.
2. Cook the macaroni in a large pan of boiling water for 10 minutes and drain.
3. Make the cheese sauce: melt the butter and flour together in a saucepan. Cook for 1 minute stirring all the time. Remove from the heat and whisk in the milk. Return to the heat and continue stirring until the sauce thickens and begins to simmer.
4. Add the Quorn Chorizo and 100g cheese.
5. Put the cooked macaroni into a large ovenproof dish and pour over the cheese and Quorn mixture. Season to taste with salt and white pepper.
6. Sprinkle the brioche breadcrumbs, remaining cheese and thyme over the top.
7. Cook for 20-25 minutes until the breadcrumbs are golden and cheese is bubbling.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
465kcal	11g	5.8g	6.6g	1g
	MED	MED	LOW	MED

## HINTS & TIPS

Try using sliced Quorn Frankfurters instead of Quorn Chorizo. Serving Suggestion - Serve with crusty sour dough bread and a crispy green salad with romaine lettuce, cucumber and celery.

Macaroni cooked in a rich, creamy cheese sauce with diced Quorn Chorizo. Topped with brioche breadcrumbs & thyme.



## HINTS & TIPS

Delicious with Thai sticky rice.

**Crispy southern style Quorn Bites drizzled with a fiery Katsu curry sauce. Topped with a sprinkling of coriander & spring onions.**

## INSPIRATION & INSIGHTS

KERB'S YU-KYU Katsu House and the amazing Japanese soul food.

# Japanese Katsu Curry

**PREPARATION TIME:**  
5 minutes

**COOKING TIME:**  
30 minutes

**SERVES:**  
10

## INGREDIENTS

- 30 Southern Style Quorn Bites
- 1 tbsp vegetable oil
- 300g onions, chopped
- 200g carrots, diced
- 1 tbsp medium curry powder
- 1 tbsp turmeric
- 1 tbsp garam masala
- 1 tsp mild chilli powder
- 1 bay leaf
- 3 cloves garlic, crushed
- 1 litre vegetable stock
- 3 tbsp light soy sauce
- 3 tbsp honey
- Salt and pepper
- 1 tbsp coriander, chopped
- 100g spring onions, thinly sliced

## METHOD

1. Preheat the oven to 200C/Gas Mark 6.
2. Cook the Quorn Southern Style Bites following the pack instructions.
3. Make the Katsu Sauce: heat the oil in a saucepan, add the onion and carrot. Cook on a medium to low heat for 8 minutes until softened.
4. Add the spices and garlic and cook for a further 1 minute.
5. Pour in the stock and add the bay leaf, bring to the boil and simmer for 20 minutes.
6. Add the soy sauce and honey then stir. Remove the bay leaf.
7. Put the mixture into a blender and blitz until smooth and thick.
8. Season to taste and serve poured over the Quorn Southern Style Bites, sprinkled with coriander and spring onions.

## NUTRITIONAL INFORMATION PER SERVING

**Energy**  
264kcal

**Fat**  
10g

MED

**Saturates**  
1.2g

LOW

**Sugar**  
9.8g

MED

**Salt**  
1.4g

MED



## INSPIRATION & INSIGHTS

The Food People insights that 'carbs are making a come back'.

# Pea, Bean & Lemon Risotto

### PREPARATION TIME:

5 minutes

### COOKING TIME:

25 minutes

### SERVES:

10

## INGREDIENTS

- 10 Quorn Fillets, defrosted and shredded
- 2 tbsp olive oil
- 300g onions, diced
- 3 cloves garlic, crushed
- 400g Arborio rice
- 1.2 litres vegetable stock
- 200g peas
- 200g broad beans
- 1 lemon, juice and zest
- 1 tbsp each of parsley, chives and mint, chopped
- Salt and white pepper

## METHOD

1. Heat the oil in a large pan, fry the onions on a medium to low heat for 5 minutes.
2. Add the garlic and cook for a further 2 minutes.
3. Stir in the rice and cook stirring constantly for 1 minute to coat the grains of rice.
4. Pour in the stock, add the Quorn Fillets and bring to the boil. Reduce the heat, cover with a tight fitting lid and simmer for 12-15 minutes until the rice has cooked and absorbed most of the stock.
5. Stir in the peas and broad beans, add the lemon juice and zest and continue to cook for 2 minutes.
6. Just before serving, stir in the herbs and season to taste with salt and white pepper.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
279kcal	5.9g	1.5g	2.8g	1g
	LOW	LOW	LOW	MED

## HINTS & TIPS

Swap the Quorn Fillets for 500g Quorn Pieces.

Serving suggestion - Serve with crusty bread and a light, crispy green salad.

Creamy risotto made with Quorn Fillets, peas & broad beans.



## HINTS & TIPS

Serve the keema samosas with raita, tomato and onion salad and sweet mango chutney, sprinkled with chopped coriander.

## INSPIRATION & INSIGHTS

KERB'S Baba G - Indian inspired street food using authentic ingredients.

# Keema Samosas

### PREPARATION TIME:

10 minutes

### COOKING TIME:

25 minutes

### SERVES:

10

## INGREDIENTS

- 300g Quorn Mince
- 2 tbsp vegetable oil
- 200g onions, diced
- 150g red pepper, diced
- 2 cloves garlic, finely chopped
- 2 tbsp korma paste
- 1 tbsp tomato puree
- 300ml vegetable stock
- 50g petit pois peas
- 1 tbsp coriander, chopped
- 10 Chapattis

## METHOD

1. Heat 1 tbsp oil in a large pan, fry the onions for 3-4 minutes, then add the peppers and cook until soft.
2. Add the garlic and korma paste and cook for a further 2 minutes.
3. Stir in the Quorn Mince, tomato puree and vegetable stock. Bring to the boil and simmer gently for 15-20 minutes.
4. Add the peas and coriander and cook for a further 4-5 minutes.
5. Fill the chapattis: spoon the mix between each chapatti and fold.
6. Heat the remaining oil in a frying pan and fry each chapatti for 1 minute on each side until golden brown.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
257kcal	5.2g	0.5g	3.9g	0.9g
	LOW	LOW	LOW	MED

Chapattis filled with delicately spiced Quorn Keema curry.



# Kati Roll

## INSPIRATION & INSIGHTS

KERB'S Kolkati - Indian flatbreads with brilliant textures and flavours. Coconut, coriander and dates are some of their key ingredients that add amazing flavour.

### PREPARATION TIME:

5 minutes  
(excluding chutney)

### COOKING TIME:

30 minutes  
(excluding chutney)

### SERVES:

10

## INGREDIENTS

- 400g Quorn Mince
- 2 tbsp vegetable oil
- 2 onions, chopped
- 3 cloves garlic, crushed
- 2 carrots, diced
- 5cm fresh ginger, peeled and grated
- 1 tbsp turmeric
- 1 tbsp ground cumin
- 1 tbsp garam masala
- 1 tbsp ground coriander
- 2 tsp chilli flakes

- 1 tbsp tomato puree
- 400g tin chopped tomatoes
- 1 vegetable stock cube
- 400ml coconut milk
- 200g peas
- 2 tbsp chopped coriander

### PLUM AND DATE CHUTNEY

(a bought chutney can be substituted for this recipe)

- 300g plums, halved, stoned and finely chopped
- 1 onion, finely chopped

- 30g dried dates, roughly chopped
- 3cm finely grated ginger
- 1 tbsp ground cumin
- 1 tbsp paprika
- 1 tsp chilli flakes
- 100ml red wine vinegar
- 150g light muscovado sugar

### ROTI

Pre-made flatbread (can make your own home made roti if you prefer)

## METHOD

### FOR PLUM AND DATE CHUTNEY

1. Place all ingredients, other than the sugar, into a deep pan. Stir and bring to the boil. Reduce the heat, cover and simmer for 10 minutes.
2. Stir in the sugar and simmer for a further 25-30 minutes without the lid. Stir regularly.
3. Bubble until the liquid has reduced and the mixture is thick and ready to serve. Serve hot from the pan, or put into sterilised jars to keep.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
331kcal

Fat  
11g  
MED

Saturates  
1.2g  
LOW

Sugar  
7.4g  
LOW

Salt  
1.1g  
MED

## METHOD

### BOMBAY CURRY

1. In a large pan, heat the oil and add the onions. Fry gently for 5 minutes, until beginning to soften. Stir in the garlic, carrots, ginger and dry spices and fry for a further 3 minutes.
2. Stir in the tomato puree and chopped tomatoes, fry for 1 minute and then add the stock cube. When simmering, add the Quorn Mince and coconut milk. Put the lid on the pan and simmer for 10 minutes, stirring occasionally. Add the peas, remove from the heat and set aside.
3. Spoon 1-2 tbsp of curry onto each flatbread. Sprinkle with fresh coriander, and roll up the flatbread, similar to a burrito. Serve hot, either wrapped in foil as a hand-held meal, or on a warm plate with steamed vegetables and a generous dollop of plum and date chutney.

## HINTS & TIPS

For a spicier curry, add 2 tsp cayenne chilli pepper with the dry spices in the recipe.



**Quorn Bombay curry made with rich, authentic spices, freshly grated ginger, chopped tomatoes & creamy coconut milk, wrapped up in a warm, floury flatbread & served with a generous dollop of plum & date chutney.**



## HINTS & TIPS

For a stronger flavour, marinate the Quorn balls overnight.

## INSPIRATION & INSIGHTS

KERB'S Luardos – delicious Mexican street food.

# Lamb Style Mint Burritos

### PREPARATION TIME:

10 minutes

### COOKING TIME:

15 + 30 minutes  
marinating

### SERVES:

10

## INGREDIENTS

- 30 Quorn Swedish Style Balls, defrosted and cut in half
- 10 tbsp mint sauce
- 15 garlic cloves, minced
- 2 tbsp olive oil
- 2 tbsp vegetable oil
- 10 tortilla wraps
- 1 red onion, very finely sliced
- 50g iceberg lettuce, finely shredded
- 1 bunch fresh mint, chopped

### TZATZIKI DIP

- 200ml natural yogurt
- 70g cucumber, diced
- 20g mint sauce

## METHOD

1. Pre-heat the oven to 180C/Gas Mark 4.
2. In a large bowl, combine the Quorn Swedish Style Balls with the mint sauce, garlic and olive oil. Mix well, cover and refrigerate. Allow to marinate for approximately 30 minutes.
3. Line a baking tray and spread out the Quorn Balls evenly. Bake for 15 minutes until cooked thoroughly.
4. Meanwhile, combine all of the ingredients for the tzatziki dip and mix well.
5. On a flat tortilla, place on 6 halves of the marinated Quorn Balls, drizzling over 1 tbsp of the remaining marinade. Sprinkle over the sliced onion, a small handful of shredded lettuce, fresh mint and spoon over 1 tbsp of tzatziki dip. Roll up the tortilla tightly, wrap in foil and serve hot.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
343kcal

Fat  
11g  
MED

Saturates  
3g  
LOW

Sugar  
7g  
LOW

Salt  
1.5g  
MED

Quorn Balls marinated in sweet mint sauce & garlic, with crisp, fresh lettuce, soft onions & fresh mint. Wrapped in a soft flour tortilla & served with a cool tzatziki dip.



## INSPIRATION & INSIGHTS

KERB'S Chia - healthy and tasty dishes that are inspired from all corners of the world.

# Piri Piri Fillets with Warming Winter Salad

### PREPARATION TIME:

10 minutes

### COOKING TIME:

50 minutes

### SERVES:

10

## INGREDIENTS

### JERK SAUCE

- 10 Quorn Fillets
- 2 tbsp oil
- 1 tsp hot chilli powder
- ½ tsp cinnamon
- ½ tsp ground ginger
- 2tbsp brown sugar
- 200ml pineapple juice
- 3 tbsp mango chutney

### SALAD

- 1 small butternut squash, peeled and cut into 3cm x 3cm dice
- 2 red or yellow peppers, de-seeded and sliced
- 400g cherry tomatoes
- 2 tbsp olive oil
- 300g couscous
- 500ml boiling water
- 50g pine nuts, toasted
- Bunch fresh coriander, chopped
- 2 spring onions, washed and sliced
- 1 lime, juice

## NUTRITIONAL INFORMATION PER SERVING

Energy  
325kcal

Fat  
12g  
MED

Saturates  
1.4g  
LOW

Sugar  
13g  
LOW

Salt  
0.8g  
MED

## METHOD

1. Pre-heat the oven to 200C/Gas Mark 6.
2. Heat the oil in a heavy based pan, add the chilli, cinnamon and ginger and cook for 1 minute. Reduce the heat to low, add the brown sugar and cook for a further 30 seconds.
3. Add the pineapple juice and mango chutney, bring to the boil then reduce to a simmer for 15 minutes or until thickened.
4. Place the Quorn Fillets onto a baking tray and pour over the Jerk sauce.
5. Bake for 10-12 minutes or until core temperature is reached. Remove from the oven and using two forks, shred the fillets into strips. Keep warm if serving hot.
6. On a second baking tray, spread out the butternut squash, peppers and plum tomatoes. Drizzle with oil and bake for 25-30 minutes until golden and tender.
7. Meanwhile, in a large pan, bring the water to the boil. Add in the couscous, remove from the heat and cover. Leave for 10 minutes.
8. Stir the vegetables through the fluffy couscous and drizzle with olive oil and fresh lime juice.
9. Place the shredded fillets on top of the salad. Sprinkle with toasted pine nuts, coriander and spring onions and serve hot or cold.

## HINTS & TIPS

As an alternative, try using quinoa in place of couscous.



**Shredded piri piri Quorn Fillets served on a bed of fluffy couscous mixed with roasted butternut squash, peppers & plum tomatoes. Topped with toasted pine nuts, spring onions & coriander.**



## HINTS & TIPS

Drizzle a dash of lemon juice onto the sliced avocado to prevent any browning if not being used immediately.

# Pieces & Mango Salsa Fajita

## INSPIRATION & INSIGHTS

KERB'S Luardos – delicious Mexican street food.

### PREPARATION TIME:

10 minutes

### COOKING TIME:

12 minutes + 30 minutes  
marinating

### SERVES:

10

## INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 2 onions, sliced
- 2 red peppers, thinly sliced
- 5 cloves garlic, crushed
- 1 tbsp paprika
- 2 tsp chilli flakes
- 2 tsp chilli powder
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 lime zest and juice

### SALSA

- 1 small, ripe mango, cut into small cubes
- 1 small, red onion, diced
- 1 tbsp lemon juice
- 3 tbsp mango chutney
- 3 ripe avocados, de-skinned, pitted and sliced
- 10 flour tortillas, warmed
- Freshly chopped coriander

## METHOD

1. In a large non-stick pan, heat the oil. Add the Pieces and fry for 5 minutes until beginning to turn golden. Add the onion and peppers and fry for 5 minutes. Sprinkle over the garlic, dry spices and lime, then mix well and fry for a further 5 minutes, ensuring the onions are softened.
2. In a large bowl, combine the mango, red onion, lemon juice and mango chutney. Cover and refrigerate.
3. Place approximately 5 slices of avocado onto each warmed wrap, with a spoonful of the mango salsa and a heaped spoonful of the fajita mix.
4. Sprinkle generously with coriander. Wrap up tightly and either roll in foil for a hand held snack, or serve with salad and crispy potato wedges.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
337kcal

Fat  
12g  
MED

Saturates  
2.9g  
LOW

Sugar  
9.4g  
LOW

Salt  
1.3g  
MED

Mexican-spiced Quorn Pieces served with a sweet, fiery mango salsa & creamy avocado in a warm flour tortilla.



## INSPIRATION & INSIGHTS

The delicious Banh Mi from KERB'S  
Hanoi - Vietnamese inspired street food.

# Banh Mi

### PREPARATION TIME:

10 minutes

### COOKING TIME:

10 + 30 minutes  
marinating

### SERVES:

10

## INGREDIENTS

- 10 Quorn Fillets, defrosted

### MARINADE

- 2 limes, juice and zest
- 5 cloves garlic, minced
- 5cm fresh ginger, finely chopped
- 2 tbsp soy sauce
- ½ tsp chilli flakes
- 2 tbsp olive oil
- 1 cabbage, finely sliced
- 2 large carrots, peeled julienne style
- 10 freshly baked sandwich baguettes
- Bunch fresh coriander, washed and chopped
- 3 small red chillies, thinly sliced with seeds removed
- 1 lime, juice

## METHOD

1. Preheat the oven to 180C/Gas Mark 4.
2. With 2 forks shred the Quorn Fillets. Combine the marinade ingredients and stir in the shredded fillets. Marinate for 30 minutes or overnight.
3. Meanwhile, steam the cabbage and carrot for approximately 5 minutes until slightly al dente.
4. Pour the marinated fillets onto a lined baking tray and place in the middle shelf of the oven. Cook for 10-12 minutes, until core temperature is reached.
5. Slice the baguettes down the middle to open them up, scoop out the bread from the middle leaving a hollow crust (the left-over bread from this step can be reserved to make breadcrumbs). Fill the baguette with a layer of shredded fillets, steamed vegetables, a generous sprinkling of chopped coriander and a scattering of sliced chillies.
6. Squeeze over fresh lime juice and serve immediately.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
315kcal	5g	0.9g	4.8g	1.7g
	LOW	LOW	LOW	MED

## HINTS & TIPS

For an additional kick, leave the seeds in the chillies scattered on top.

A freshly baked Vietnamese style baguette with shredded Quorn Fillets marinated in lime, garlic & ginger. Topped with fresh coriander & sliced red chillies.





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