



# *Love* **COOKING** with **Quorn**<sup>TM</sup>

RECIPE INSPIRATION  
FOR SCHOOL MEALS

AUTUMN / WINTER 2017



# Introduction

There has never been a more dynamic and more vibrant food culture in the UK for children and young adults to grow up with. Endless high street choices and a growing trend of eating out as a family means that taste buds are becoming more adventurous and expectations even greater.

At **Quorn™**, we know how important it is to keep in touch with what's going on across the UK food scene – not just on the high street, but eating as a family at home too. Our Autumn and Winter recipes for schools have all been developed and inspired by a recent online survey of over 150 parents and a food tour to Camden, London's KERB.

The result? 16 fabulously tasty, on-trend and meat free recipe ideas which are segmented by age group and day part and come complete with ingredients lists, methods and nutritional information for you to easily transfer onto your Autumn/Winter school meals menus.

## The inspiration behind our recipes

### Parent Survey

What better way to find out what parents want to see more of on a school menu than by speaking to them? Specifically those with children at primary school as we know that parents are still the decision makers at this point. And, we know this is more so for early years and KS1 parents given the added incentive of not having to pay for school meals through the UIFSM scheme.



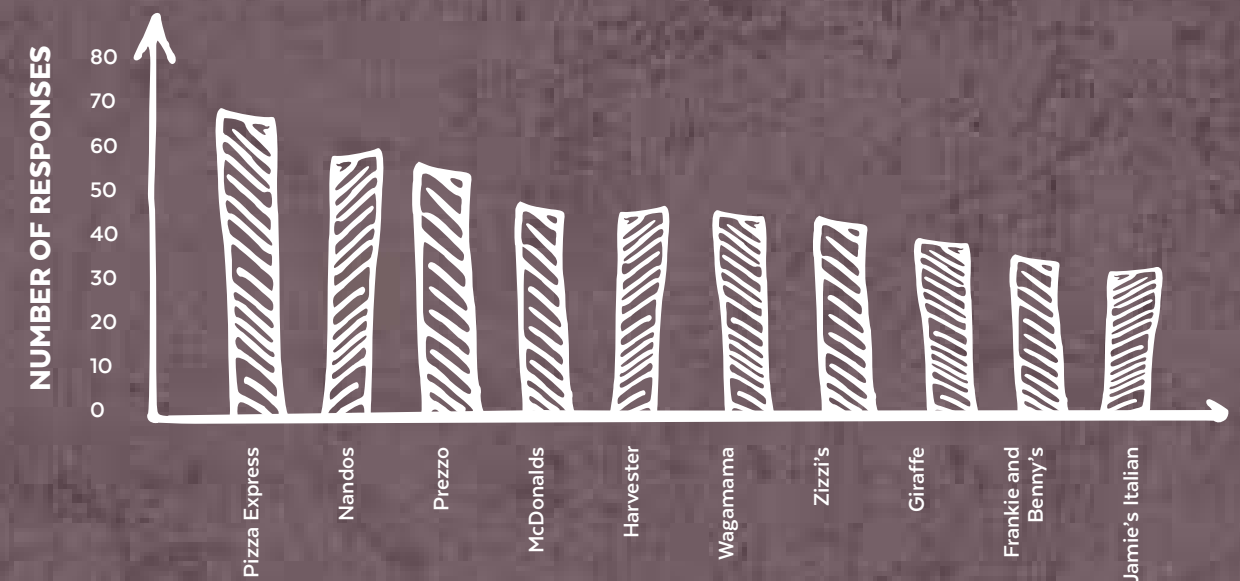
We spoke virtually to over 150 parents with children aged 4 – 16, to understand their family eating habits at home and on the high street and, importantly what they'd like to see on the school menus. It's the insights from these responses that have inspired the eight deliciously healthy and tasty Quorn recipes within the primary section of this book that are designed to help you with your Autumn/Winter menu and theme day planning and, importantly help in driving participation and uptake.

The key themes that helped us to develop our recipes:



### Top 10 Restaurants Visited

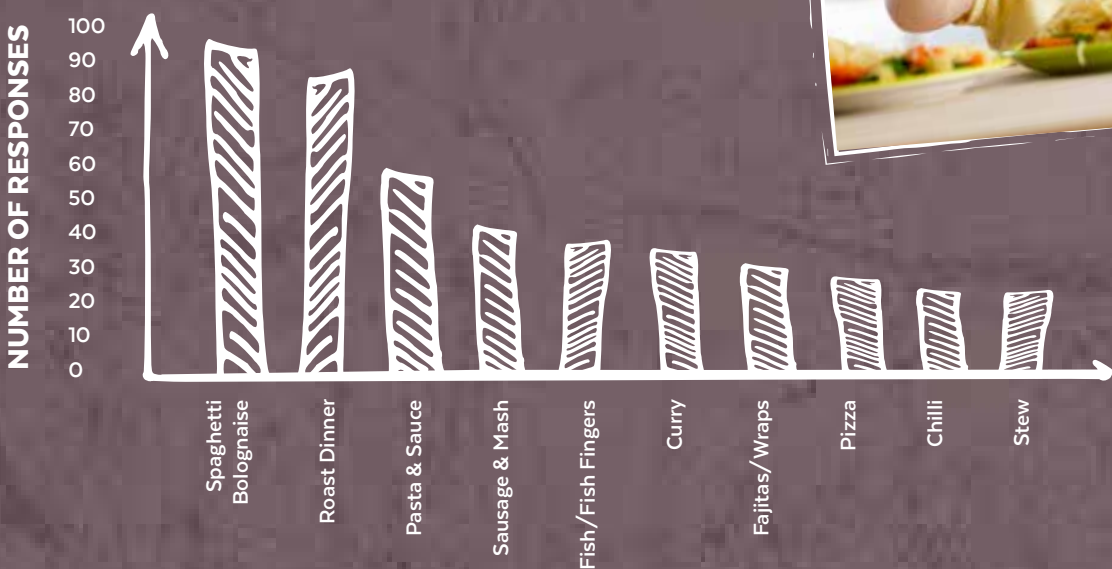
**Italian was strong in the most popular high street brands visited** as a family with five of the top 10 brands having Italian themes. The presence of Wagamama, Giraffe and Frankie & Benny's (American/Italian twist) provided exciting inspiration for our recipes beyond the Italian norm.





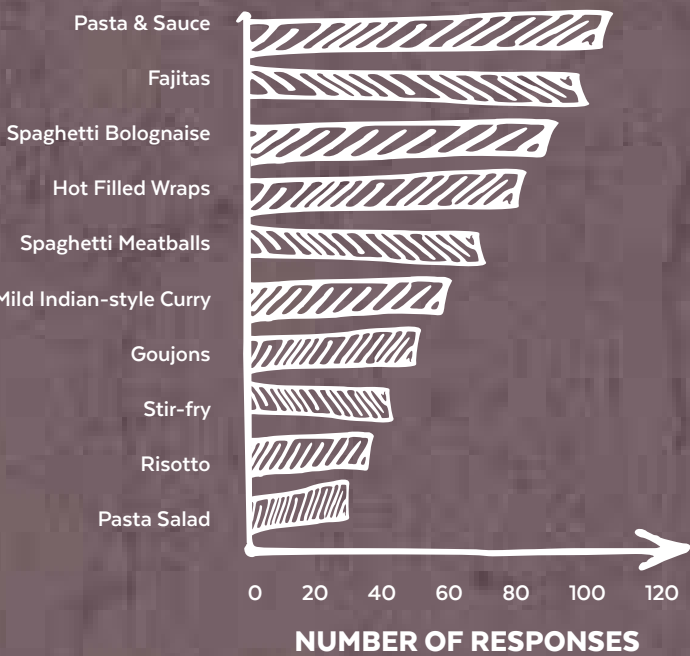
# Top 10 Most Popular Dishes Cooked At Home

Traditional British favourites and Italian still win when cooking for children at home though Mexican and Indian flavours are an at home staple now too, which supported our recipe development.



# Top 10 Dishes Parents Would Like To See On School Menus

Parents want safe options from a school menu (most probably because it provides reassurance that their child/children won't go hungry) with a number of the most popular dishes cooked at home featured on the list of dishes they'd like to see on school menus. Interestingly though, lighter options such as pasta salads, stir-fry and hot filled wraps feature too.



# KERB Camden Food Tour

For older students, we know that Street Food and world cuisine is becoming popular. 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 for the 11-16 age group.

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.





# Quorn: A versatile nutritious protein source for school menus

Across England, Scotland and Wales 23% of children starting primary school are overweight or obese\*.

But we have the power to make a real difference. Through healthy, nutritious and creative cooking.

Offering school menu choices like Quorn is a big step in the right direction. Quorn lives up to School Food Standards and makes it easy to recreate healthier versions of children's favourite meals.

## Quorn is for everyone

Did you know that 73% of Quorn enthusiasts are meat eaters?\*\*\*

Parents choose Quorn because it tastes good, it's better for the planet, it's impressively versatile and it's a nutritious protein source.

When you offer Quorn on the menu, you're giving every child a delicious option that crosses cultures and that's genuinely beneficial.

## Discover why Quorn is a healthy protein source

Where Quorn really comes into its own is as an ingredient for school meals menus.

- 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
- Quorn is low in fat, low in salt and is free of undesirable additives
- Quorn is easy to store, quick and simple to cook with
- It cooks straight from frozen and there's minimal preparation

- Its versatility allows complete creativity
- It doesn't shrink during cooking and chefs can use less Quorn than meat - achieving a better yield as there's no wastage

Quorn products can have the taste, appearance and texture of all sorts of meat dishes - from dippers to mince to curry or stir fries. It can be used for breakfast, mid-morning break, hand held snacks and firm lunchtime favourites with equal ease. With a range of good-to-go flavours and the freedom to season exactly as you want, Quorn helps you create great-tasting, adventurous and authentic meat free meals for any sort of cuisine and creates healthier alternatives of children and families most loved meals.

Perfect for picky kids and young adults. A versatile option for vegetarians. Our products are even suitable for use in halal dishes and our mince is kosher. It's socially and culturally inclusive, and makes day-to-day school kitchen prep easier.

Quorn gives a filling, nutritious, protein-rich meal - and the versatility to make school meals both tasty and creative. Which encourages empty plates, healthier eating and reduced waste.



## 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 substitute accredited by the Soil Association. And talking of certificates, all Quorn products are Bronze Food For Life compliant, and some will even help you towards Silver and Gold Catering Marks too.

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.

**DID YOU KNOW THAT THE  
CARBON FOOTPRINT OF  
QUORN MINCE IS**

**90%**

**LOWER THAN BEEF**

## 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. We start 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. In fact school children in taste tests around the UK don't believe that our dippers aren't made with chicken. Or that our fishless fingers are any different to the fish ones they're used to.

You can help more kids - and teachers, of course - discover the difference with Quorn.

We hope you enjoy making and tasting our 16 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.

\*The Royal College of Paediatrics and Child Health's State of Child Health Report 2017

\*\*Source Kantar Worldpanel



# Swedish Style Loaded Pizza

## INSPIRATION & INSIGHTS

A firm favourite. Almost half of parents surveyed visit Pizza Express when eating out as a family on the high street.

A HEALTHIER HOMEMADE PIZZA LOADED WITH A GRATED CARROT & COURGETTE BASE & TOPPED WITH A HOMEMADE TOMATO SAUCE, QUORN SWEDISH STYLE BALLS, SWEETCORN, DICED RED PEPPER & A SPRINKLING OF CHEESE.

### PREPARATION TIME:

15 minutes plus  
30 minutes proving

### COOKING TIME:

40 minutes

### SERVES:

10

### PRIMARY RECIPE

## INGREDIENTS

- 20 Quorn Swedish Style Balls, defrosted, quartered
- 500g white bread mix
- 75g finely grated carrot
- 75g finely grated courgette
- 250ml warm water
- Flour for rolling

### TOMATO SAUCE

- 1 tbsp olive oil
- 1 onion, chopped
- 1 carrot, finely diced
- 1 courgette, finely diced
- 2 clove garlic, crushed
- 25g tomato puree
- 400g can chopped tomatoes
- 2 tsp dried mixed herbs
- 100ml vegetable stock

### TOPPING

- 300g grated mozzarella cheese
- 1 large red pepper, finely diced
- 200g sweetcorn

## METHOD

1. Place the bread mix, grated carrot and courgette in a small mixer bowl fitted with a dough hook. Gradually add the water and mix on a medium speed for 8 minutes.
2. Roll the dough on a lightly floured surface to a large rectangle to fit a 32 x 52 cm shallow greased gastronome tin. Leave in a warm place to prove for 30 minutes.
3. To make the sauce, heat the oil in a pan then add the onion and carrot and fry for 5 minutes until the onion softens but is not coloured. Add the courgette and garlic and cook for a further 5 minutes.
4. Stir in the tomato puree, canned tomatoes, mixed herbs and vegetable stock. Simmer for 15- 20 minutes until the vegetables are tender, adding a splash of water if necessary. Puree with an electric stick blender and leave to cool slightly.
5. Spread the sauce over the pizza base then sprinkle over  $\frac{3}{4}$  of the cheese. Scatter the Quorn Balls, peppers and sweetcorn evenly over the top then sprinkle over the remaining cheese.
6. Bake in a preheated oven 200C/Gas Mark 6 for 20-25 minutes until the base is cooked and the cheese is melted and bubbling.



**TIP: FOR A DEEPER CRUST PIZZA USE 750G OF BREAD MIX AND 300ML OF WATER.**

## NUTRITIONAL INFORMATION PER SERVING

Energy  
357kcal

Fat  
10g  
MED

Saturates  
5g  
MED

Sugar  
7.3g  
LOW

Salt  
1.6g  
MED



THEME MENU IDEAS

British Pie Week

Monday 5th – Sunday 11th March 2018

INSPIRATION & INSIGHTS

British came out top! 88% of parents surveyed enjoy eating British food as a family at home.

# Sausage Colcannon Pie

SLICED QUORN CHIPOLATAS SERVED IN AN ONION GRAVY, TOPPED WITH A SHREDDED CABBAGE & LEEK COLCANNON MASH.

PREPARATION TIME:

15 minutes

COOKING TIME:

40 minutes

SERVES:

10

PRIMARY  
RECIPE

INGREDIENTS

- 20 Quorn Chipolatas Sausages
- 1 tbsp vegetable oil

ONION GRAVY

- 25g butter or margarine
- 2 large onions, halved and finely sliced
- 2 tsp caster sugar
- 2 tsp dried thyme
- 1.5 litre vegetable stock
- 2 tbsp cornflour mixed with 2 tbsp cold water
- 1 tbsp vegetarian Worcestershire sauce
- 50g tomato puree

COLCANNON MASH

- 1kg potatoes, peeled and quartered
- 25g butter or margarine
- 1 leek, finely sliced
- 250g savoy or spring cabbage, finely shredded
- 3 tbsp milk
- Black pepper

METHOD

1. Preheat the oven to 190C/Gas Mark 5.
2. To make the onion gravy melt the butter in a pan, add the onions and cook gently for 5 minutes until soft. Sprinkle over the sugar and cook for a further 15 minutes over a low heat until the onions are caramelised and golden. Add remaining gravy ingredients and simmer for 5 minutes until the gravy thickens.
3. Meanwhile cook potatoes in boiling water for 20 minutes until tender.
4. Place the Quorn Chipolatas on a baking tray and lightly brush with oil then cook for 14 minutes (reduce the time to 12 minutes for fan assisted ovens). When cooked slice each sausage into three equal pieces and add to the onion gravy then transfer to an oven proof dish.
5. To finish the Colcannon mash, drain the potatoes into a colander then melt the butter in the same pan and stir-fry the leek and cabbage for 5 minutes, season with black pepper. Return the potatoes to the pan with the leek and cabbage and 3 tbsp milk. Mash until smooth and check seasoning.
6. Top the pie with the mash and return to the oven for about 15 minutes until the topping is golden and the filling is piping hot.

TIP: AS AN ALTERNATIVE TRY TOPPING WITH A CAULIFLOWER OR SWEET POTATO MASH.

NUTRITIONAL INFORMATION PER SERVING

Energy  
246kcal

Fat  
11g  
LOW

Saturates  
3.8g  
LOW

Sugar  
6.4g  
LOW

Salt  
1.2g  
MED



# Sunshine Pasta Pot

## INSPIRATION & INSIGHTS

Italian is the most popular food eaten as a family on the high street and 71% of parents surveyed want to see a pasta and sauce dish on the school menu.

DELICIOUS PASTA SALAD WITH QUORN PIECES MARINATED IN ORANGE & HONEY, MIXED PEPPERS, SWEETCORN, CHERRY TOMATOES, CARROT & CUCUMBER & AN ORANGE & HONEY DRESSING.

### PREPARATION TIME:

15 minutes plus  
15 minutes to marinate

### COOKING TIME:

15 minutes

### SERVES:

10

### PRIMARY RECIPE

## INGREDIENTS

### MARINADE

- 10 Quorn Fillets, defrosted and sliced
- 2 tbsp runny honey
- 1 tsp chilli powder
- 1 large orange, juice and zest, reserve the juice for dressing
- 1 tbsp vegetable oil

### SALAD

- 400g pasta spirals, cooked and cooled
- 325g can sweetcorn, drained
- 200g cherry tomatoes, halved
- 250g mixed peppers, diced
- 200g cucumber, diced
- 125g grated carrot
- 200g fresh mango or pineapple
- 2 tbsp chopped curly parsley

### DRESSING

- 4 tbsp fresh orange juice
- 1 tbsp honey
- 1 clove garlic crushed
- 3 tbsp olive oil
- Seasoning

## METHOD

1. Preheat the oven to 180C/Gas Mark 4. Add the Quorn Fillets to a bowl with the marinade ingredients, mix well then leave for 15 minutes for the flavours to develop. Transfer to a baking tray and cook for 15 minutes until core temperature is reached. Set aside to cool.
2. Add all the salad ingredients to a large bowl plus the cooled Quorn and mix well.
3. Place the dressing ingredients into a jug and whisk until combined. Check seasoning then drizzle the dressing over the salad and toss gently.
4. Divide the pasta salad between the serving pots.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
243kcal

Fat  
8.1g  
MED

Saturates  
1.2g  
LOW

Sugar  
16g  
MED

Salt  
0.7g  
LOW

TIP: TRY USING CANNED PEACHES OR PINEAPPLES INSTEAD OF FRESH FRUIT







## INSPIRATION & INSIGHTS

Over 30% of parents surveyed want to see a Spanish-style rice dish on the school menu.

# Spanish Style Rice

A TRADITIONAL, SMOKEY SPANISH RICE DISH WITH PEAS, GREEN BEANS, RED PEPPER, QUORN PIECES & QUORN CHORIZO.

### PREPARATION TIME:

10 minutes

### COOKING TIME:

20 minutes

### SERVES:

10

### PRIMARY RECIPE

## INGREDIENTS

- 2 x 150g Quorn Chorizo, diced
- 250g Quorn Pieces
- 1 tbsp oil
- 1 large onion, peeled and finely chopped
- 2 garlic cloves, crushed and chopped
- 1 large red pepper, thinly sliced
- 1 tbsp smoked paprika
- 2 tsp ground turmeric
- 400g easy cook long grain rice, washed and drained
- 1.2 litre hot vegetable stock
- 150g frozen garden peas
- 150g green beans, blanched and cut into 3cm pieces
- 2 tbsp chopped curly parsley

## METHOD

1. Heat the oil in a large saucepan. Gently fry the onions for 2 minutes until soft but not coloured then add the garlic and red pepper and fry for a further 2 minutes. Sprinkle over the paprika and turmeric and continue stir-frying for a minute to cook the spices.
2. Add the rice to the saucepan and continue to cook for 2 minutes, stirring all the time until the rice is fully coated in the spices.
3. Add the Quorn Chorizo and Quorn Pieces, continue frying for 2 minutes then pour over the stock and bring to the boil.
4. Reduce the heat, cover with a tight fitting lid and simmer on a low heat for about 15 minutes until the rice is cooked and has absorbed most of the moisture.
5. Add the peas and green beans, bring back to simmering then stir through the parsley, reserving a little for garnish.

**TIP: THIS RECIPE CAN BE COOKED IN THE STEAMER. FOLLOW INSTRUCTIONS TO METHOD 4 AND THEN TRANSFER RICE TO A BAKING TIN, COVER WITH LID AND STEAM FOR APPROXIMATELY 30 MINUTES, ADD PEAS AND BEANS AND STEAM FOR ANOTHER 5 MINUTES.**

**TRY ADDING QUORN FRANKFURTERS INSTEAD OF QUORN CHORIZO**

## NUTRITIONAL INFORMATION PER SERVING

Energy  
274kcal

Fat  
6.1g  
LOW

Saturates  
1.7g  
LOW

Sugar  
3g  
LOW

Salt  
1.2g  
MED



# Sweet & Sour Stir-fry Noodles

QUORN DIPPERS BRUSHED WITH SWEET & SOUR SAUCE & SERVED WITH A VEGETABLE & NOODLE STIR-FRY.

**PREPARATION TIME:**

10 minutes

**COOKING TIME:**

15 minutes

**SERVES:**

10

**PRIMARY  
RECIPE**

## INGREDIENTS

- 30 Quorn Dippers
- 1 tbsp vegetable oil
- 1 each of red, yellow and green peppers, cut into 2.5cm dice
- 3cm piece of ginger, peeled and grated
- 1 clove garlic, crushed
- 6 spring onions, chopped on the diagonal
- 435g can chopped pineapple, juice reserved for sauce
- Ground white pepper
- 500g dried egg noodles, cooked as directed on pack

### FOR THE SAUCE

- 50g soft brown sugar (or to taste)
- 2 tbsp vinegar
- 30ml soy sauce (low salt variety)
- 300ml vegetable stock
- 4 tbsp tomato puree
- 2 tbsp cornflour mixed to a paste with a little water

## INSPIRATION & INSIGHTS

50% of families enjoy eating Chinese food at home and 45% said they'd like to see a stir-fry dish on the school menu.

## METHOD

1. Preheat the oven to 220C/Gas Mark 7. Place the Quorn Dippers on a baking tray and cook for 13-15 minutes until a core temperature is reached.
2. For the sauce heat the oil in a pan and gently fry the peppers, ginger and garlic for 5 minutes.
3. Add the spring onions and continue to cook gently for a further minute then add the pineapples and reduce the heat to low.
4. Meanwhile combine the sauce ingredients including the reserved juice from the canned pineapple, add to the pan and bring to the boil, stirring. Simmer gently for 5 minutes until the sauce thickens and looks translucent.
5. To serve divide the noodles between the serving plates and add the Quorn Dippers followed by the sweet and sour sauce.

## THEME MENU IDEAS

Chinese New Year

Friday 16th February 2018

## NUTRITIONAL INFORMATION PER SERVING

Energy  
333kcal

Fat  
9.6g  
MED

Saturates  
1.5g  
LOW

Sugar  
14g  
MED

Salt  
1.7g  
MED

**TIP: TRY ADDING OTHER VEGETABLES SUCH AS MANGE TOUT OR CARROT BATONS**





## THEME MENU IDEAS

National Curry Week

Monday 9th – Sunday 15th October 2017

## INSPIRATION & INSIGHTS

Over 50% of parents surveyed want to see a mild Indian-style curry dish on the school menu and enjoy eating Indian food as a family at home.

# Quorn Korma

A MILD, CREAMY QUORN INDIAN CURRY WITH BUTTERNUT SQUASH.

### PREPARATION TIME:

15 minutes

### COOKING TIME:

20 minutes

### SERVES:

10

### PRIMARY RECIPE

## INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 350g onion, finely chopped
- 1 small green chilli, seeds removed and chopped finely
- 10g fresh ginger, grated
- 2 cloves garlic, crushed
- 350g butternut squash, cut into 1.5cm dice
- 3 tbsp Korma curry paste
- 400ml can of low fat coconut milk
- 300ml vegetable stock
- 2 tbsp chopped coriander for garnish

## METHOD

1. Heat oil in a pan and add the onions and fry gently for 5 minutes until the onions are golden.
2. Add the chilli, ginger and garlic and continue to cook for 1 minute. Then add the butternut squash, korma paste and Quorn Pieces and cook over a moderate heat for 5 minutes stirring constantly.
3. Pour the coconut milk and stock into the pan and mix well. Bring the curry to the boil and then cover and simmer for 15 minutes or until the butternut squash is tender.
4. Serve with a portion of basmati rice and garnish with some freshly chopped coriander.

**TIP: SWEET POTATO CAN BE ADDED AS AN ALTERNATIVE TO BUTTERNUT SQUASH.**

## NUTRITIONAL INFORMATION PER SERVING

Energy  
141kcal

Fat  
7.8g  
MED

Saturates  
3g  
LOW

Sugar  
5.2g  
LOW

Salt  
1g  
MED



# Chipolatas & Boston Beans Jacket

## INSPIRATION & INSIGHTS

Over 1 in 4 parents said sausage and mash is in the top 5 dishes they commonly cook at home for their child/children. Our jacket takes potato and sausage for a lighter lunch version.

BAKED JACKET POTATO FILLED WITH SLICED QUORN CHIPOLATAS & BOSTON BEANS (BAKED BEANS COOKED WITH ONION, GARLIC, RED PEPPER & SMOKED PAPRIKA).

### PREPARATION TIME:

10 minutes

### COOKING TIME:

60 minutes

### SERVES:

10

### PRIMARY

RECIPE

## INGREDIENTS

- 15 Quorn Chipolatas Sausages
- 2 tbsp oil
- 10 medium sized baking potatoes

### BOSTON BEANS

- 1 tbsp vegetable oil
- 1 large onion, diced finely
- 2 cloves garlic crushed
- 1 large red pepper, diced finely
- 1 tbsp smoked paprika
- 4 tbsp BBQ sauce
- 150ml vegetable stock
- 1kg reduced salt and sugar baked beans

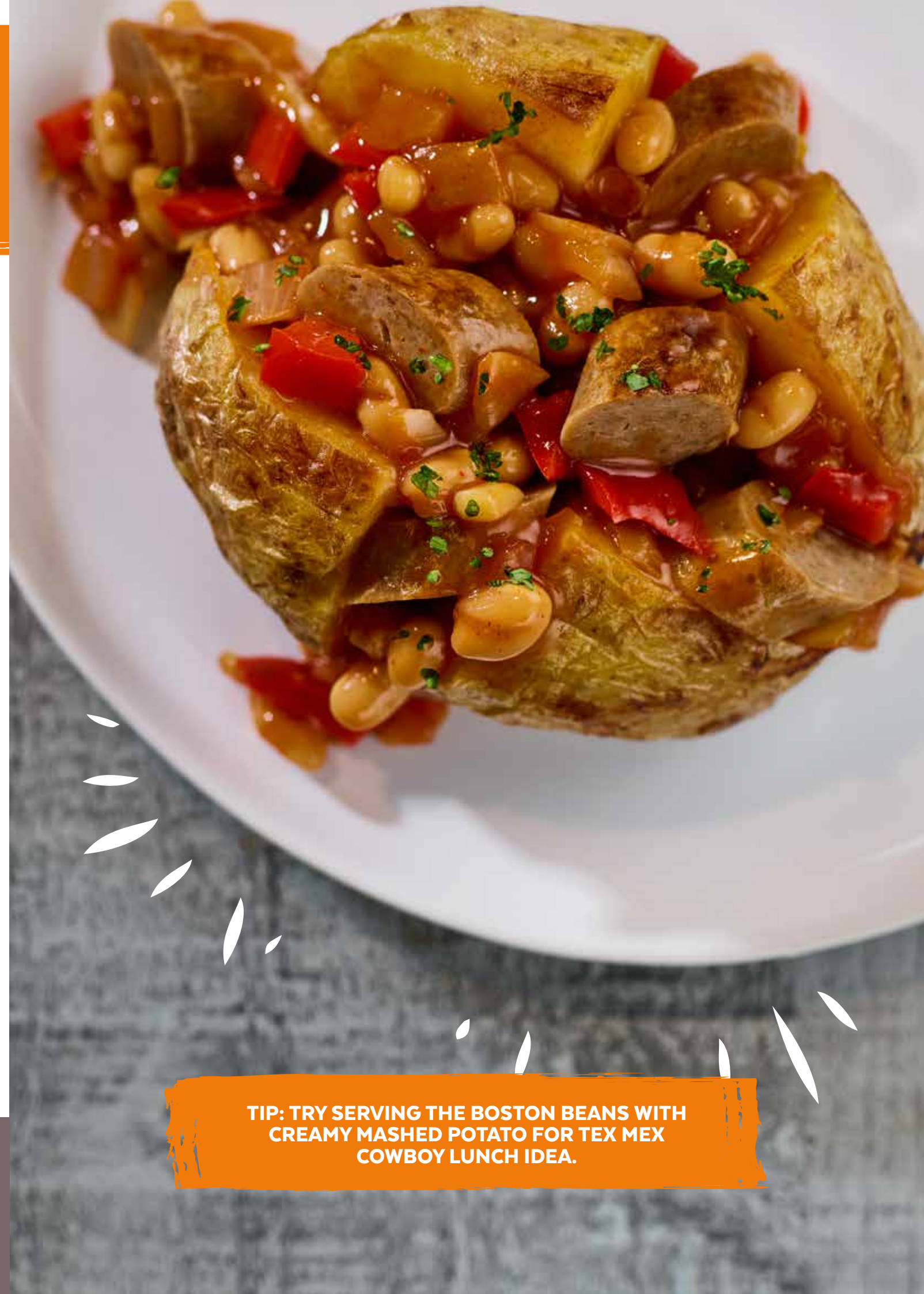
## METHOD

1. Pre-heat the oven to 200C/Gas Mark 6. Prick each potato with a fork then rub over a little oil. Bake in the oven for an hour until the skin is crisp and the flesh is soft.
2. When the potatoes have been in the oven for about 45 minutes reduce the heat to 190C/Gas Mark 5. Place the Quorn Chipolatas on a baking tray and lightly brush with the remaining oil then cook for 14 minutes (reduce the cooking time to 12 minutes if using a fan assisted oven).
3. Meanwhile to prepare the Boston beans heat oil in a pan and gently fry the onion for 5 minutes until softened. Add the garlic and peppers then fry for 3 minutes. Sprinkle over the paprika, stir and cook for a minute.
4. Add the BBQ sauce and stock then simmer gently for 10 minutes.
5. Cut the Quorn Chipolatas diagonally into four equal pieces and add to the pan with the baked beans then heat gently for 2-3 minutes.
6. Make a cross in each jacket potato and push out the flesh slightly then divide the Boston beans between each potato.

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
365kcal	8.4g	1.2g	9.8g	1.5g
	LOW	LOW	LOW	MED

TIP: TRY SERVING THE BOSTON BEANS WITH CREAMY MASHED POTATO FOR TEX MEX COWBOY LUNCH IDEA.





## THEME MENU IDEAS

Day of the Dead (Mexican holiday)

Thursday 2nd November 2017

## INSPIRATION & INSIGHTS

Just over 40% of families enjoy eating Mexican food together at home.

# Chunky Chilli Tacos

A RICH, MILD QUORN MINCE CHILLI SERVED ON A SMALL WARM SOFT TORTILLA & TOPPED WITH FRESH SALSA.

### PREPARATION TIME:

15 minutes

### COOKING TIME:

27 minutes

### SERVES:

10

### PRIMARY RECIPE

## INGREDIENTS

- 400g Quorn Mince
- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, finely chopped
- 1 large red pepper, diced
- 1 tsp mild chilli powder
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp tomato puree
- 800g tinned chopped tomatoes
- 200ml vegetable stock
- 400g can kidney beans, drained

### SALSA

- 1 red medium onion, finely chopped
- 2 spring onions, sliced
- 5 tomatoes, deseeded and diced
- 1 tbsp finely chopped coriander
- 1 lime, juice and zest

### TO SERVE

- 10 small soft tortillas, warmed

## METHOD

1. Heat the oil in pan, add the onions and garlic and stir-fry for 3 minutes until soft. Add the pepper and cook for a further 3-4 minutes.
2. Stir in the spices and tomato puree. Cook, stirring, for one minute.
3. Add the Quorn Mince, canned tomatoes, vegetable stock and kidney beans, mix well then bring to the boil and simmer uncovered for 20 minutes, stirring occasionally. Check seasoning.
4. Meanwhile place all the salsa ingredients in a bowl, mix well and season.
5. To serve divide the chilli between the wraps, top with a spoonful of salsa then fold the wrap in half.

**TIP: TRY SERVING WITH A MIXED SALAD.**

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
150kcal	4.8g	1.2g	7.8g	1.2g
	LOW	LOW	LOW	MED



## INSPIRATION & INSIGHTS

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

# Breakfast Quesadillas

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   **SECONDARY BREAKFAST/ MID-MORNING BREAK RECIPE**

## 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  
376kcal

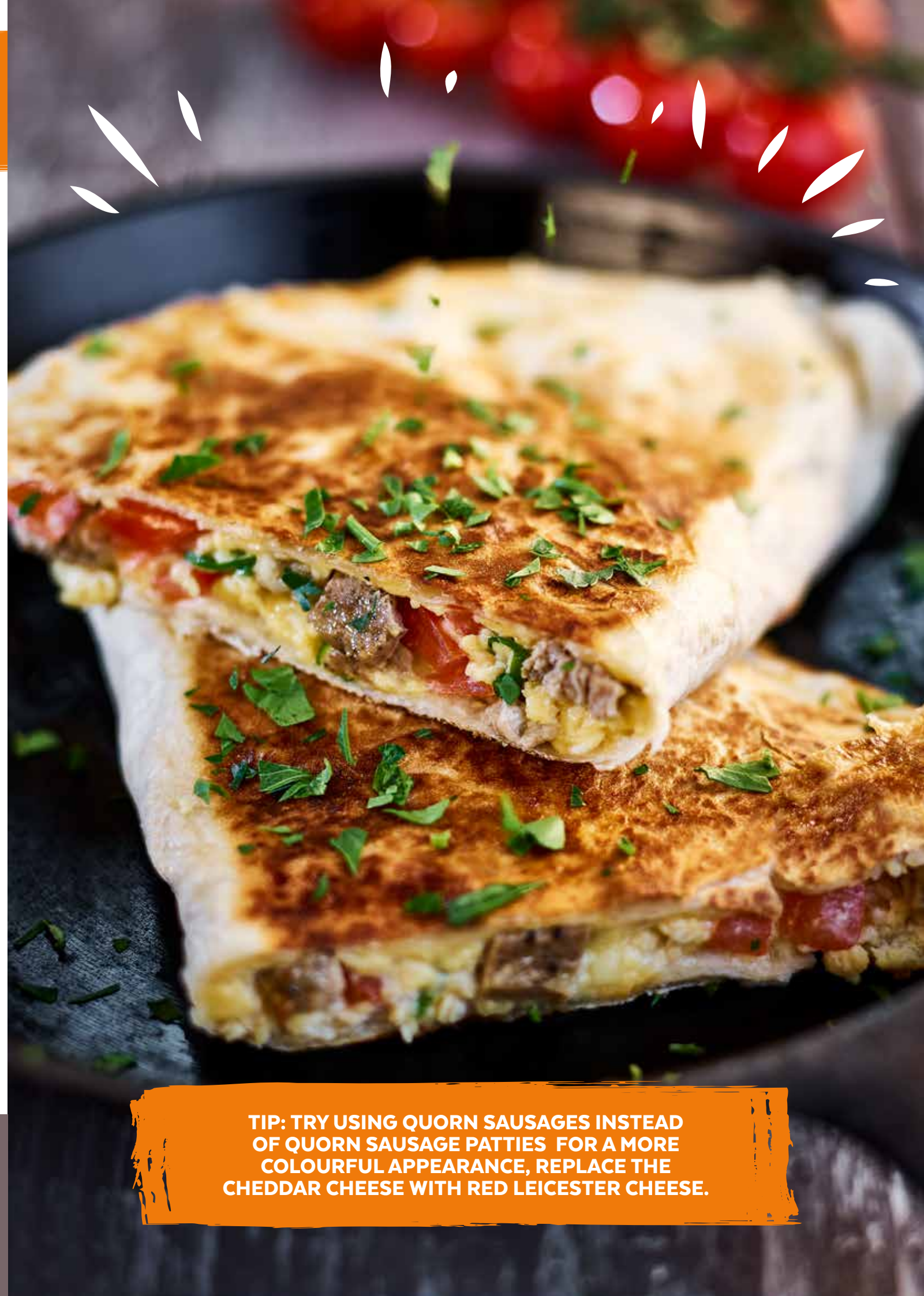
Fat  
16g  
MED

Saturates  
5.6g  
MED

Sugar  
5.7g  
LOW

Salt  
1.7g  
MED

**TIP: TRY USING QUORN SAUSAGES INSTEAD OF QUORN SAUSAGE PATTIES FOR A MORE COLOURFUL APPEARANCE, REPLACE THE CHEDDAR CHEESE WITH RED LEICESTER CHEESE.**







**INSPIRATION & INSIGHTS**

British came out top! 88% of parents surveyed enjoy eating British food as a family at home.

# Quorn Sausage Roll Overs

QUORN SAUSAGES DICED & LAYERED ONTO BREAD DOUGH WITH SCRAMBLED EGGS. ROLLED UP & BAKED UNTIL GOLDEN.

**PREPARATION TIME:** 15 minutes    **COOKING TIME:** 15-20 minutes    **SERVES:** 10    **SECONDARY BREAKFAST/ MID-MORNING BREAK RECIPE**

**I N G R E D I E N T S**

- 6 Quorn Chipolata Sausages, defrosted and chopped
- 500g white bread mix
- 200g baked beans
- 225ml warm water
- 6 eggs
- 1 tbsp milk
- Seasoning
- 10g butter
- 50g tomatoes, deseeded and finely diced
- 25g grated cheddar cheese

**M E T H O D**

1. Place the bread mix, beans and water into a mixer fitted with a dough hook and make up the bread dough as directed on the pack.
2. Whisk the eggs, milk and seasoning together. Melt the butter in a saucepan and cook the eggs over a gentle heat, stirring until just set. Remove from the heat.
3. Stir the chopped Quorn Chipolata Sausages and tomatoes into the egg mix.
4. Roll out the dough on a lightly floured surface and divide into ten 10cm x 10cm squares.
5. Divide the Quorn Chipolata Sausages and egg filling between each square of dough, place across the centre and sprinkle over the cheese.
6. To form a roll over; bring the two opposite corners of the dough to the centre and press down over the filling.
7. Prove in a warm place for about 30 minutes or until doubled in size.
8. Preheat the oven to 220C/Gas Mark 7.
9. Bake the roll overs for 15-20 minutes until golden brown and cooked.
10. Delicious warm or cold.

**TIP: REPLACE THE QUORN CHIPOLATAS WITH QUORN CHORIZO FOR A SPICY TWIST.**

**NUTRITIONAL INFORMATION PER SERVING**

Energy 313kcal	Fat 8.7g MED	Saturates 2.9g MED	Sugar 2.3g LOW	Salt 1.1g MED
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# Loaded Burritos

## INSPIRATION & INSIGHTS

KERB'S Luardos – delicious Mexican street food.

## THEME MENU IDEAS

Day of the Dead (Mexican holiday)

Thursday 2nd November 2017

MEXICAN STYLE QUORN BURRITOS TOPPED WITH A HOMEMADE LIME & CORIANDER SALSA & SOUR CREAM.

**PREPARATION TIME:**

15 minutes

**COOKING TIME:**

20 minutes

**SERVES:**

10

**SECONDARY  
MID-MORNING BREAK/  
LUNCH RECIPE**

## INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 300g red onion, finely sliced
- 300g mixed peppers, finely sliced
- 2 cloves garlic, finely chopped
- 1 tbsp smoked paprika
- 1 tsp chilli powder
- 350g passata
- 400g can kidney beans, drained

### SALSA

- 8 tomatoes, deseeded and chopped
- 1 medium red onion, finely diced
- 4 spring onions, chopped finely
- 2 tbsp freshly coriander, chopped
- 2 limes, juice and zest
- Black pepper

### TO SERVE

- 10 soft tortillas
- 150ml sour cream

## METHOD

1. Heat the oil in a pan and fry the onion until soft. Add the peppers and garlic and fry for 3 minutes until beginning to soften.
2. Stir in the smoked paprika, chilli powder, Quorn Pieces, passata and kidney beans then simmer gently for 15 minutes.
3. Meanwhile mix the salsa ingredients together in a bowl and check the seasoning.
4. Divide the filling between the soft flour tortillas and roll up. Serve burritos with a portion of salsa and a spoonful of sour cream.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
373kcal

Fat  
11g  
MED

Saturates  
3.9g  
LOW

Sugar  
8.5g  
LOW

Salt  
1.8g  
MED

**TIP: FOR A SPICIER SALSA ADD SOME  
DRIED CHILLI FLAKES**







## INSPIRATION & INSIGHTS

KERB'S Ghetto Grillz and their amazing grilled sandwiches and juicy burgers.

# Southern Style Po' Boy Baguette

SOUTHERN STYLE QUORN BURGER SERVED IN A CRUSTY BAGUETTE WITH SHREDDED LITTLE GEM LETTUCE, SLICED TOMATO, SLICED CUCUMBER & CAJUN DRESSING.

### PREPARATION TIME:

10 minutes

### COOKING TIME:

20 minutes

### SERVES:

10

### SECONDARY MID-MORNING BREAK/ LUNCH RECIPE

## INGREDIENTS

- 10 Southern Style Quorn Burgers
- 10 x crusty sandwich baguettes
- 40g gem or iceberg lettuce, shredded
- 5 large tomatoes, thinly sliced
- ½ cucumber, thinly sliced

### CAJUN DRESSING

- 120g low fat mayonnaise
- 2 tbsp low fat natural yoghurt
- 1 tbsp Cajun seasoning to taste
- ½ tbsp tomato puree
- Seasoning

## METHOD

1. Place the Quorn Southern Style Burgers onto a baking tray and cook in a preheated oven at 200C/Gas Mark 6 for 15-20 minutes until core temperature reached.
2. Add all the Cajun dressing ingredients to a small bowl, mix well then refrigerate until needed.
3. Slice the top of the baguette and load with the lettuce, tomatoes and cucumber.
4. When the burgers are cooked, slice thickly and place over the salad in the baguettes.
5. Spoon over the Cajun dressing and serve.

**TIP: THIS RECIPE ALSO WORKS WELL WITH QUORN VEGAN NUGGETS OR QUORN DIPPERS - ALLOWING 3 PER SERVING. AS AN ALTERNATIVE USE AS A FILLING FOR WRAPS.**

## NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
351kcal	14g	2.4g	6g	1.2g
	MED	LOW	LOW	MED



## INSPIRATION & INSIGHTS

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

# Katsu Curry

CRISPY SOUTHERN STYLE QUORN DIPPERS DRIZZLED WITH A FIERY KATSU CURRY SAUCE, TOPPED WITH A SPRINKLING OF CORIANDER & SPRING ONIONS.

### PREPARATION TIME:

5 minutes

### COOKING TIME:

30 minutes

### SERVES:

10

### SECONDARY MID-MORNING BREAK/ LUNCH RECIPE

## 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

1. 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.
2. Add the spices and garlic and cook for a further minute.
3. Pour in the stock and add the bay leaf, bring to the boil and simmer for 20 minutes.
4. Meanwhile cook the Quorn Dippers in a preheated oven 200C/Gas Mark 6 for 13-15 minutes or until core temperature is reached.
5. Add the soy sauce and honey to the curry and stir. Remove the bay leaf.
6. Pour the mixture into a blender and mix until smooth and thick.
7. Season lightly to taste, reheat and pour over the Quorn Dippers/Nuggets and serve garnished with coriander and spring onions.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
181kcal

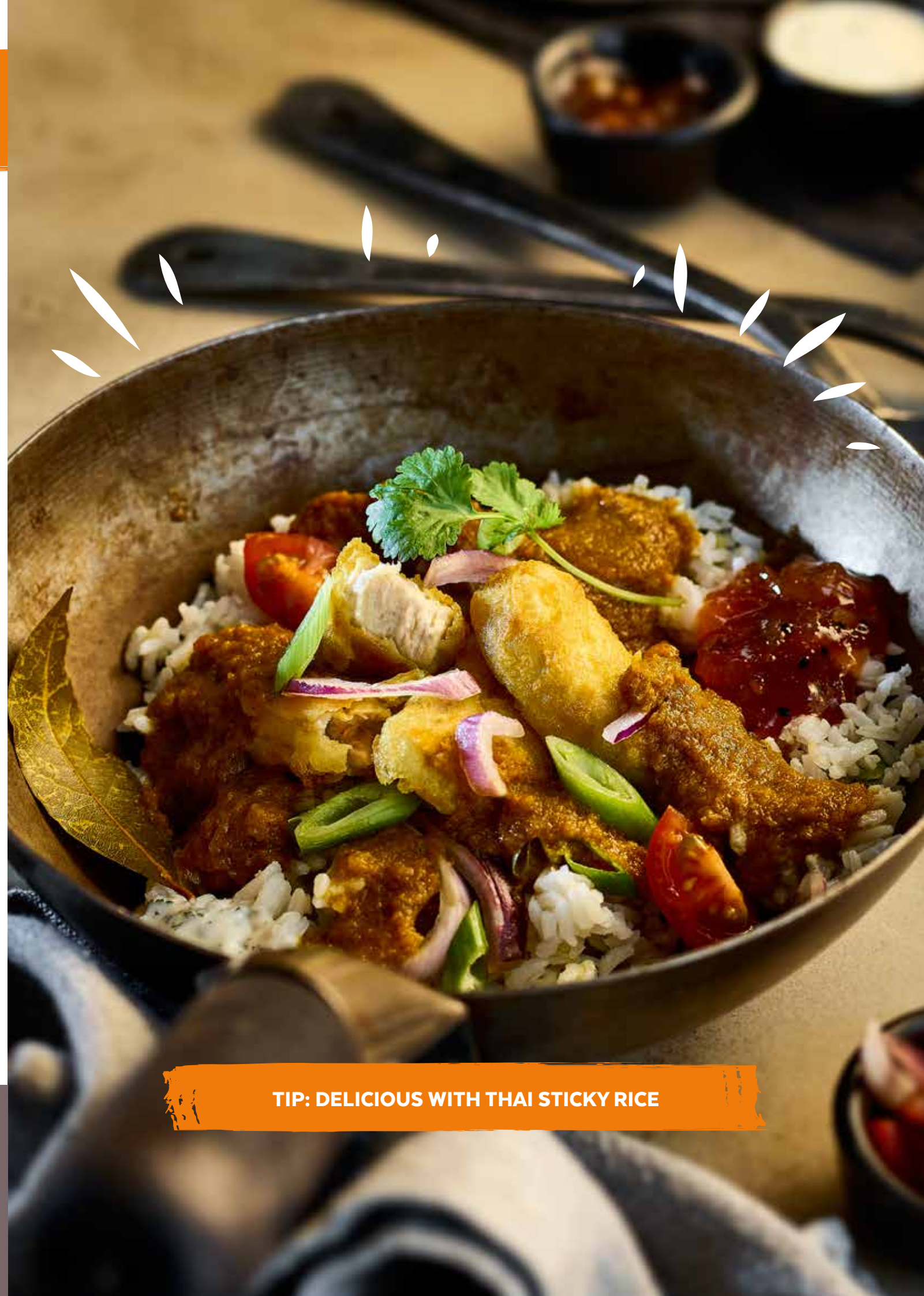
Fat  
9.1g  
MED

Saturates  
1.4g  
LOW

Sugar  
8.2g  
LOW

Salt  
1.3g  
MED

TIP: DELICIOUS WITH THAI STICKY RICE





## THEME MENU IDEAS

National Curry Week

Monday 9th – Sunday 15th October 2017

## INSPIRATION & INSIGHTS

KERB'S Roti House – naans jam-packed with great tasting goodness.

# Spicy Naan-Wich

A CREAMY TIKKA CURRY SERVED IN A WARM NAAN BREAD, TOPPED WITH A COOL HOMEMADE CUCUMBER RAITA.

### PREPARATION TIME:

10 minutes plus  
30 minutes to marinate

### COOKING TIME:

25 minutes

### SERVES:

10

### SECONDARY MID-MORNING BREAK/ LUNCH RECIPE

## INGREDIENTS

### MARINADE

- 500g Quorn Pieces
- 2 tbsp tikka paste
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp turmeric
- 1 tsp chilli powder
- 200ml natural yoghurt
- 1 tbsp tomato puree
- 2 cloves garlic, finely chopped

### SAUCE

- 1 tbsp vegetable oil
- 200g onions, finely chopped
- 1 large red pepper, diced
- 400g can chopped tomatoes
- 100ml hot vegetable stock
- 2 tbsp chopped coriander

### RAITA

- ½ cucumber, coarsely grated
- 20g fresh mint, leaves finely chopped
- 300ml natural yogurt
- Ground black pepper
- 10 mini naan breads or pitta breads, warmed

## METHOD

1. Place the Quorn Pieces and marinade ingredients in a bowl and mix well. Cover and transfer to the fridge for at least 30 minutes.
2. Heat the oil in a pan, add the onion and fry for 3 minutes then add the pepper and cook gently for another 2 minutes.
3. Add the Quorn plus marinade to the pan and stir-fry for 5 minutes.
4. Pour in the chopped tomatoes and stock, bring to the boil then simmer, uncovered for 15 minutes. Stir in the coriander.
5. Meanwhile to prepare the raita place the cucumber into a bowl and squeeze it with your hands to remove as much juice as possible. Stir in the fresh mint and yogurt. Season with black pepper.
6. To assemble, cut the naan breads to create a pocket, fill with tikka curry and top with a spoonful of raita.

**TIP: A SPOONFUL OF MINT SAUCE CAN BE USED INSTEAD OF FRESH MINT FOR THE CUCUMBER RAITA.**

**TO SPEED UP THE SERVING PROCESS SIMPLY TOP EACH NAAN WITH THE CURRY INSTEAD OF SPLITTING AND FILLING THEM.**

## NUTRITIONAL INFORMATION PER SERVING

Energy  
279kcal

Fat  
5.7g  
LOW

Saturates  
1.4g  
LOW

Sugar  
9.3g  
LOW

Salt  
1.7g  
MED



## INSPIRATION & INSIGHTS

KERB'S Kolkati – flatbreads with brilliant textures and flavours and the popularity of Nando's as a place to eat out for families on the high street.

# Piri Piri Flatbreads

QUORN PIECES COOKED IN A PIRI PIRI SAUCE & SERVED IN A SOFT, WARM FLATBREAD WITH FRESH SALAD.

### PREPARATION TIME:

10 minutes plus  
marinating time

### COOKING TIME:

15 minutes plus  
30 minutes marinating time

### SERVES:

10

### SECONDARY MID-MORNING BREAK/LUNCH RECIPE

## INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 200ml piri piri marinade sauce
- 10 flatbreads
- 40g gem or iceberg lettuce, shredded
- 5 large tomatoes, sliced thinly
- ½ cucumber, sliced thinly

## METHOD

1. Preheat oven to 200C/Gas Mark 6.
2. Mix the Quorn Pieces with the oil and piri piri marinade in a large bowl and refrigerate for a minimum of 30 minutes.
3. Place the marinated Quorn Pieces onto a lightly oiled baking tray and cook for 15 minutes or until core temperature is reached.
4. In the meantime prepare the salad ingredients and warm the flatbreads.
5. When the Quorn Pieces are cooked fill the flatbreads with the pieces and marinade, add a little lettuce, tomato and cucumber and fold or roll up quickly.
6. Serve straight away or keep warm, covered to prevent drying out.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
198kcal

Fat  
7.5g  
MED

Saturates  
1.1g  
LOW

Sugar  
3.5g  
LOW

Salt  
1g  
MED

TIP: THIS ALSO WORKS WELL WITH OTHER MARINADE SAUCES E.G. BBQ, CAJUN, TIKKA







## INSPIRATION & INSIGHTS

Four of the top ten high street restaurants for eating out as a family have a meatball dish on the menu and 56% of parents like to see a meatball dish on the school menu.

# Swedish Style Sub Roll

A SOFT, WARM SUB ROLL PACKED WITH QUORN SWEDISH STYLE BALLS, MARINATED IN A RICH TOMATO SAUCE & SPRINKLED WITH MOZZARELLA.

### PREPARATION TIME:

15 minutes

### COOKING TIME:

45 minutes

### SERVES:

10

### SECONDARY MID-MORNING BREAK/ LUNCH RECIPE

## INGREDIENTS

- 30 Quorn Swedish Style Balls, defrosted and halved

### SAUCE

- 1 tbsp vegetable oil
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 2 x 400g tin chopped tomatoes
- ¼ tsp dried chilli flakes
- 1 tsp dried mixed herbs
- 1 tsp sugar
- 10g fresh basil leaves
- Ground black pepper

### TO SERVE

- 10 large sub rolls
- 100g grated mozzarella

## METHOD

1. For the sauce heat the oil in a saucepan and gently fry the onion and garlic for about 5 minutes until softened. Stir in the tomatoes, chilli flakes mixed herbs and sugar. Bring to the boil, cover then simmer gently for 30 minutes.
2. Stir in the basil and season with pepper then blend with a stick blender until smooth.
3. Stir the Quorn Swedish Style Balls into the sauce, cover and simmer gently for 15 minutes until core temperature is reached.
4. Split the sub rolls horizontally then divide the balls and sauce between the rolls and sprinkle each with a little cheese.

**TIP: TO MELT THE CHEESE WRAP EACH SUB INDIVIDUALLY AND KEEP WARM IN A HOT CUPBOARD PRIOR TO SERVICE.**

## NUTRITIONAL INFORMATION PER SERVING

Energy  
123kcal

Fat  
4.7g  
LOW

Saturates  
1.8g  
LOW

Sugar  
5.7g  
LOW

Salt  
0.7g  
MED





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