



— RECIPE INSPIRATION —

Discover Quorn

SPRING / SUMMER 2018



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 Spring and Summer recipes have all been developed and inspired by some of the latest food trends and a recent Quorn development team food tour of Brighton.

This has resulted in 13 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

Brighton Food Tour

Brighton, is said to be the “Vegetarian Capital of the UK”. While other cities are catching up, Brighton considers itself as having the best array of veggie bars, cafés and restaurants in the country, as well as an emerging street food scene. There is something on offer for every foodie. From amazing tender smoked meats, delicious Vietnamese pork belly and lemongrass chicken and out-of-this-world East African and Indian fusion; the food on offer in Brighton is as diverse as the city and appeals to vegetarians, flexitarians and carnivores alike.



On our tour we visited eight very different street food vendors and stopped by nine vegetarian cafés, restaurants and canteens that all draw inspiration from around the globe; including Vietnam, Korea, East Africa, India and Spain.

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, and all of these trends you'll see glimpses of across the recipes we've developed:



Pickles, slaws & sauces: across many menus, the protein/hero ingredient was often about simplicity in flavour and the amazing flavour combinations came from the many pickles, slaws and sauce combinations that had been cleverly created to complement the hero.



Asian influence: is still a popular and growing food cuisine in the UK, with many of the street food vendors, restaurants, canteens and cafés dishes had been influenced by Asian cuisine. From Asian-style rice boxes to Korean Fried Cauliflower.



Imitation meat: many places we visited on our food tour of Brighton were embracing plant based eating and pushing the boundaries, creating clever imitations of meat. From salt & pepper oyster mushrooms that were created to give the ever-popular salt and pepper squid a run for its money to crispy coconut shavings, which tasted just like bacon.



Grab & go: it's inevitable that street food is based around grab & go in its very nature, but this was a growing key theme on the menus of the restaurants, cafés and canteens that we visited too, demonstrating the change in the operators approach to cater for consumer convenience.

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

Discover a 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 nutritious 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, salt, calories, has a low GI 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.

*Source Kantar Worldpanel

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 AND QUORN PIECES ARE 70% LOWER THAN CHICKEN.

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 13 Spring and Summer 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.

Breakfast Box

PREPARATION TIME:

10 minutes

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Chipolata Sausages
- 100g baby spinach and rocket leaves, washed
- 1 tbsp vegetable oil
- 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 and rocket leaves between the serving boxes.
3. Lightly brush the Quorn Chipolatas with the oil and bake for 12-14 minutes or until core temperature is reached. Slice each 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 sausages.
5. Divide the scrambled eggs between the 10 boxes, add the tomatoes and sprinkle with the seeds.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
253kcal	18g	5.0g	1.2g	0.77g
	MED	MED	LOW	MED

HINTS & TIPS

Try using Quorn Patties, diced, as an alternative to sausages.



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

HINTS & TIPS

Try using runny honey as an alternative to maple syrup.

Waffle Stack

PREPARATION TIME:

5 minutes

COOKING TIME:

15 minutes

SERVES:

10

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 pattie in half and 2 waffles in half diagonally. Arrange the 4 waffle slices and 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.

NUTRITIONAL INFORMATION PER SERVING

Energy
334kcal

Fat
13g
MED

Saturates
1.4g
LOW

Sugar
11g
MED

Salt
1.3g
MED

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.

Sausage Rolex

PREPARATION TIME:

10 minutes

COOKING TIME:

14 minutes plus 3 minutes per Rolex

SERVES:

10

INGREDIENTS

- 5 Quorn Chipolatas
- 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 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 chipolata 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	Fat	Saturates	Sugar	Salt
377kcal	16g	3.3g	5.7g	0.6g
	MED	LOW	LOW	LOW

HINTS & TIPS

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

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

HINTS & TIPS

As an alternative to the pickled watermelon, try serving with vegetable fries.

Naked Burger

PREPARATION TIME:

30 minutes

COOKING TIME:

15 minutes plus 30 minutes marinating time

SERVES:

10

INGREDIENTS

- 10 Quorn Burgers
- 1 tbsp vegetable oil
- 50g lettuce
- PICKLED WATERMELON**
- ½ small watermelon, chopped into bite sized pieces, seeds removed
- 2 limes, juice
- 1 tsp chilli flakes
- 2 tbsp caster sugar
- 2 tbsp soy sauce, reduced salt
- 15g coriander, chopped

PINK COLESLAW

- 200g white cabbage, finely shredded
- 150g carrots, grated
- 100g radishes, finely shredded
- 2 tbsp mayonnaise
- 2 tbsp natural yogurt
- 1 tsp Dijon mustard
- Seasoning

CAULIFLOWER RICE

- 800g cauliflower, cut into florets
- Seasoning

GARNISH

- Peashoots

METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. To make the pickled watermelon, place all the ingredients into a large bowl, stir well and marinate for 30 minutes in the refrigerator.
3. To make the coleslaw, place the cabbage, carrots and radishes in a large bowl. Mix together the mayonnaise, yoghurt, mustard and seasoning and stir into the vegetables until combined.
4. To make the cauliflower rice, place the cauliflower florets into a food processor and process until the cauliflower resembles fine rice. Tip onto a baking tray and bake for 10 minutes, until piping hot.
5. Brush the Quorn Burgers with the oil and bake for 12-15 minutes or until core temperature is reached.
6. To assemble the burger, place an 8cm chefs ring on the serving plate and fill with 80g of the cauliflower rice, pressing it down with the back of a spoon. Remove the ring and repeat with the other 9 serving plates.
7. Top each cauliflower rice with lettuce, coleslaw, then the Quorn Burger and finally garnish with peashoots.
8. Using a slotted spoon place a spoonful of watermelon on the side of each plate.

NUTRITIONAL INFORMATION PER SERVING

Energy
257kcal

Fat
11g
LOW

Saturates
2.6g
LOW

Sugar
20g
MED

Salt
1.2g
MED

A crunchy raw slaw of carrots, radish & white cabbage with cauliflower rice, topped with a Quorn Burger & served with a side of pickled watermelon.

Pad Thai

PREPARATION TIME:

10 minutes

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 500g Quorn Pieces, defrosted
- 50g coriander
- 100g onion
- 2 lemon grass, chopped
- 30g ginger, peeled and grated
- 4 garlic cloves, crushed
- 2 tbsp groundnut or vegetable oil
- 300g sugar snap peas, halved
- 600g Udon noodles, pre-cooked
- 350ml vegetable stock
- 100ml sweet chilli sauce
- 3 tbsp low salt soy sauce
- 400g beansprouts
- 1 lime, juice and zest

GARNISH

- Lime wedges
- Coriander, chopped
- Unsalted peanuts - optional

METHOD

1. Cut off the coriander stems and place in a food processor, reserving the leaves.
2. Add the onion, lemon grass, ginger, garlic and 1 tbsp of the oil. Puree to form a rough paste.
3. Heat the remaining oil in a large pan or wok and fry the Quorn Pieces for 3-4 minutes until they are golden then stir in the paste and cook for a further minute.
4. Add the sugar snap peas, noodles, stock, sweet chilli and soy sauce. Finally stir in the bean sprouts, lime juice and zest and mix well to coat the noodles.
5. Garnish with the remaining coriander leaves, wedges of lime and peanuts if using.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
224kcal	5.0g	1.3g	7g	1.7g
	LOW	LOW	LOW	MED

HINTS & TIPS

To eat this dish at its best, serve immediately. If keeping warm more stock may be required. You could also try using torn Quorn Fillets.



Fragrant sweet Thai noodles with Quorn Pieces, topped with chopped roasted peanuts.

HINTS & TIPS

Try using Quorn Frankfurters as an alternative to sausages.

Spicy Sausage Argentinian Baguette

PREPARATION TIME:

10 minutes

COOKING TIME:

18 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Best of British Sausages
- 1 tbsp vegetable oil
- 500g coleslaw, reduced fat
- 10 baguettes, freshly baked

CHIMICHURRI SAUCE

- 60g flat leaf parsley
- 4 tsp dried oregano
- 4 garlic cloves
- 1 tsp red wine vinegar
- ½ tsp chilli flakes or to taste
- 4 tbsp olive oil
- Seasoning

METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Lightly brush the Quorn Sausages with the oil and bake for 15-18 minutes or until core temperature is reached.
3. To make the Chimichurri Sauce; place all the ingredients into a food processor and puree to a paste.
4. Slice the baguettes across the top, fill each with 50g of coleslaw.
5. Cut each sausage into 5 on the diagonal and place across the top of the coleslaw. Top with a spoonful of the sauce.

NUTRITIONAL INFORMATION PER SERVING

Energy
314kcal

Fat
17g
MED

Saturates
2.7g
MED

Sugar
3.3g
LOW

Salt
1.6g
MED

A warm crusty baguette filled with coleslaw & golden Quorn Sausages, topped with spicy chimichurri sauce.

Vietnamese Salad

PREPARATION TIME:

5 minutes plus 30 minutes marinating time

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Fillets, defrosted and shredded

MARINADE

- 1 lime, juice and rind
- 2 tbsp vegetable oil
- 2 tbsp light soy sauce
- 1 clove garlic, crushed
- 1cm fresh root ginger, finely chopped
- 2 tbsp brown sugar

SALAD

- 450g cooked fine noodles
- 100g red onions, finely sliced
- 1 cucumber, cut into thin matchstick sized strips
- 1 large mango, cut into 1cm dice
- 3 tbsp fresh mint, chopped
- 3 tbsp fresh coriander, chopped

SALAD DRESSING

- 1 lime, juice and zest
- 2 tbsp olive oil
- 2 tbsp light soy sauce
- 1 clove garlic, crushed
- 1cm fresh root ginger, finely chopped
- 1 red chilli, finely chopped

METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Mix all the marinade ingredients together in a bowl and pour it over the shredded Quorn Fillets. Cover and leave in the fridge for 30 minutes.
3. Place the marinated Quorn Fillets onto a lined baking tray and cook for 10-12 minutes until golden brown. Remove from the oven and cool.
4. Meanwhile mix together all the salad ingredients in a large bowl. Add the marinated Quorn Fillets.
5. Make the salad dressing: put all the ingredients in a bowl and mix thoroughly. Pour the dressing over the salad and gently stir it all together.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
202kcal	6.5g	0.9g	8.6g	1.6g
	MED	LOW	LOW	MED

HINTS & TIPS

Serve on a bed of mixed salad leaves, topped with fresh coriander and mint leaves, slices of red chilli and wedges of lime.



Tangy shredded Quorn Fillets marinated in lime, ginger & soy sauce served with fine noodles, cucumber, mango, mint & red onion.

HINTS & TIPS

Serve on a bed of wild and white rice, sprinkled with fresh coriander and oven roasted wedges of lime or lemon.

Brazilian Curry

PREPARATION TIME:

10 minutes

COOKING TIME:

20 minutes

SERVES:

10

INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 200g onions, diced
- 3 cloves garlic, crushed
- 1 ½ tsp ground cumin
- ½ tsp cayenne pepper
- 1 ½ tsp turmeric
- 1 ½ tsp ground coriander
- 1-2 green chillies, deseeded and finely chopped
- 1 ½ tbsp fresh ginger, finely chopped
- 600ml light coconut milk
- 1 vegetable stock cube, dissolved in 100ml water
- 400g cherry tomatoes
- 2 red peppers, chopped
- 3 tbsp fresh coriander, finely chopped
- 1 lime, juice and zest

METHOD

1. Heat 1 tbsp oil in a large pan, fry the onions for 4-5 minutes until soft. Add the garlic and all of the ground and fresh spices and fry for a further 2 minutes. Stir in the Quorn Pieces.
2. Add the coconut milk, vegetable stock and tomatoes. Bring to the boil and simmer for 10 minutes.
3. Stir in the red pepper, fresh coriander and lime zest and juice a few minutes before the end of cooking time. Season to taste.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
149kcal	9.6g	4.1g	5.6g	0.78g
	MED	MED	LOW	MED

A bright & vibrant coconut curry with succulent Quorn Pieces & fresh green chillies, finished with cherry tomatoes & fresh coriander.

Kebab Skewers

PREPARATION TIME:

30 minutes

COOKING TIME:

10 minutes plus 30 minutes marinating time

SERVES:

10

INGREDIENTS

- 10 Quorn Fillets, defrosted and cut into 5 strips
- 200g cherry tomatoes
- 300g mixed red, green and orange pepper, cut into large dice
- 200g red onion, cut into large dice
- 1 tbsp vegetable oil

MARINADE

- 400g light coconut milk
- 3 tbsp korma paste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 clove garlic, crushed
- 10 wooden kebab sticks, pre-soaked in water

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Mix together the coconut milk, korma paste, cumin, coriander and garlic in a large bowl and add the Quorn Fillet strips. Cover and refrigerate for 30 minutes.
3. Assemble the kebabs: alternate the marinated Quorn Fillet strips with tomatoes, mixed peppers and red onion.
4. Place the kebabs on a lined baking tray, brush with oil and cook in the oven for 10-15 minutes until sizzling and golden brown.
5. Heat the remaining marinade and spoon over the kebabs just before serving.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
69kcal	4.8g	2.4g	4.4g	0.25g
	MED	MED	LOW	LOW

HINTS & TIPS

Serve on a bed of coconut rice, sprinkled with fresh coriander. Try using 100g coconut cream dissolved in 200ml water for an extra rich and creamy flavour.

Baked Quorn Fillets marinated in coconut, korma paste, cumin, coriander & garlic, skewered with peppers, onions & cherry tomatoes.

HINTS & TIPS

Stir chopped green chilli and coriander through the rice for extra flavour.



Zesty Quorn Balls marinated in lime juice, served in a smokey tomato sauce with yellow rice.

Smokey Tomato Arroz Balls

PREPARATION TIME:

10 minutes plus 30 minutes marinating time

COOKING TIME:

20 minutes

SERVES:

10

INGREDIENTS

- 30 (480g) Swedish Style Quorn Balls

MARINADE

- 1 lime, juice and rind
- 2 tbsp olive oil
- 1 clove garlic, crushed

SMOKEY TOMATO SAUCE

- 1 tbsp olive oil
- 200g red onion, finely chopped
- 1 clove garlic, crushed
- 2 tsp smoked paprika
- 800g chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp sugar (optional)
- Salt and pepper to taste

YELLOW RICE

- 1 tbsp olive oil
- 100g white onion, finely chopped
- 1 clove garlic, crushed
- 500g easy cook rice
- ½ tsp turmeric
- 1 litre vegetable stock

METHOD

1. Preheat the oven to 190°C/Gas Mark 5.
2. Mix together the marinade ingredients and coat the Quorn Balls. Cover and leave in the fridge for 30 minutes.
3. Place the marinated balls onto a lined baking tray and cook for 10-12 minutes until golden brown.
4. Meanwhile make the tomato sauce: Heat the oil in a large saucepan and gently fry the onions for 2-3 minutes until softened. Add the garlic and paprika and cook for a further 1 minute. Pour in the chopped tomatoes, add the tomato puree (and sugar if needed) and continue to simmer for a further 10 minutes. Season to taste.
5. Make the yellow rice: Heat the oil in a large saucepan. Add the onion and fry for 2-3 minutes until softened. Add the garlic and turmeric and cook for a further 1 minute. Stir in the rice and pour over the stock. Bring to the boil and simmer for 10-15 minutes until all the water has been absorbed.
6. Serve the Quorn Balls on a bed of yellow rice with smokey tomato sauce spooned over the top.

NUTRITIONAL INFORMATION PER SERVING

Energy
167kcal

Fat
5.4g
LOW

Saturates
0.9g
LOW

Sugar
5.9g
LOW

Salt
0.69g
LOW

Sriracha & Mango Salad

PREPARATION TIME:

10 minutes plus 10 minutes marinating time

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 500g Quorn Pieces

MARINADE

- 4 tbsp vegetable oil
- 2 tbsp Sriracha chilli sauce
- 2 tbsp honey
- 4 tbsp light soy sauce

SALAD

- 1 large mango, peeled and diced
- 1 cucumber, cut into very thin ribbons
- 200g carrot, peeled and cut into very thin ribbons
- 200g green beans, chopped and blanched
- 100g spring onions, finely sliced
- 100g pomegranate seeds
- 1 tbsp coriander, chopped
- 1 tbsp mint, chopped

SALAD DRESSING

- 2 tbsp fresh orange juice
- 1 tbsp white wine vinegar
- 1 tbsp honey (optional)
- 4 tbsp olive oil
- Seasoning

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Combine the ingredients for the marinade in a bowl. Add the Quorn Pieces and coat well. Cover and refrigerate for 10 minutes.
3. Place the marinated Quorn Pieces on a lightly greased baking tray. Cook in the oven for 10-12 minutes until golden brown and the core temperature is reached. Leave to cool.
4. Mix the salad ingredients together, reserving the herbs. Add the cooled Quorn Pieces.
5. Combine all the dressing ingredients and drizzle over the salad.
6. Arrange the salad on a plate and lightly stir through the chopped herbs before serving.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
190kcal	12g	1.3g	10g	1.1g
	MED	LOW	MED	MED

HINTS & TIPS

Replace the mango with papaya pieces or slices of nectarine for a delicious fruity twist. Try using shredded Quorn Fillets instead of pieces.



Refreshing mango salad with ribbon vegetables & Quorn Pieces with a zesty orange dressing.

HINTS & TIPS

For extra flavour drizzle with balsamic vinegar and add roasted mixed pepper antipasti for an extra colourful twist.

Mediterranean Pizza

PREPARATION TIME:

5 minutes

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Fillets, defrosted and shredded
- 10 flatbreads
- 200g green pesto
- 300g sundried tomatoes, roughly chopped
- 60ml extra virgin olive oil
- 30g basil and rocket leaves

METHOD

1. Preheat the oven to 190°C/Gas Mark 5.
2. Divide the pesto over each flatbread, spreading evenly to the edges.
3. Scatter over the shredded Quorn Fillet pieces and sundried tomatoes.
4. Cook for 8-10 minutes until golden.
5. As soon as it comes out of the oven, drizzle generously with olive oil and garnish with the basil and rocket leaves.

NUTRITIONAL INFORMATION PER SERVING

Energy
377kcal

Fat
18g
MED

Saturates
2.8g
MED

Sugar
14g
MED

Salt
1.7g
MED

Flat bread based pizza, smothered with green pesto topped with torn Quorn Fillets, sundried tomatoes, freshly torn basil, rocket leaves & drizzled with olive oil.

Spicy Green Jalapeno Pepper Flatbreads

PREPARATION TIME:

10 minutes

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 400g Quorn Mince
- 1 tbsp vegetable oil
- 300g red onion, diced
- 4 garlic cloves, chopped
- 250g carrot, grated
- 2tbsp cumin, ground
- 90g green Jalapeno peppers, finely chopped
- 3 tbsp coriander, chopped
- 100mls vegetable stock
- Seasoning to taste
- 10 flatbreads
- 100g salad leaves
- 70g yogurt, natural
- 40g mint jelly

METHOD

1. Heat the oil in a saucepan and stir fry the onions until soft. Add the garlic and carrot and continue stir frying for approximately 3 minutes.
2. Add the ground cumin and continue to stir fry for a further minute.
3. Add the Quorn Mince, Jalapeno peppers, coriander and stock. Simmer, stirring occasionally for a further 10 minutes. Season to taste.
4. Place salad leaves across the centre of each flatbread. Top with the Quorn Mince.
5. Mix the yogurt with the mint jelly and spoon over each wrap. Fold and serve to order.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
149kcal	4.6g	0.6g	6.3g	1.3g
	LOW	LOW	LOW	MED

HINTS & TIPS

Try serving in folded flatbreads or as a baked potato filling.



Spicy jalapeno mince served in a warmed flatbread with lettuce and topped with minted yoghurt and fresh coriander.



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