

- Recipe Inspiration -

DISCOVER QUORN

AUTUMN / WINTER 2018

INTRODUCTION

We published our first Quorn[™] Recipe Inspiration Book in April 2017 and we do so twice every year, in line with the seasons and your menu planning. The idea behind them is to provide fabulously tasty, nutritious and on-trend meat free recipe ideas, complete with ingredients lists, methods and nutritional information for you to easily transfer onto your menus.



Why? Because over a third of UK consumers are actively reducing the amount of meat they eat^{*} and this number is increasing every year, which means that having a tasty range of meat free dishes on your menus for customers to enjoy has never been more important!

To demonstrate the versatility of Quorn as an ingredient- across different day parts, cuisines and dish-styles, we have created another cracking set of recipes to see you through Autumn/Winter 2018, including ideas for National Curry Week, Diwali, Bonfire Night and British Pie Week.

KEY DATE ICONS



NATIONAL CURRY WEEK 9th - 15th October DIWALI 7th November

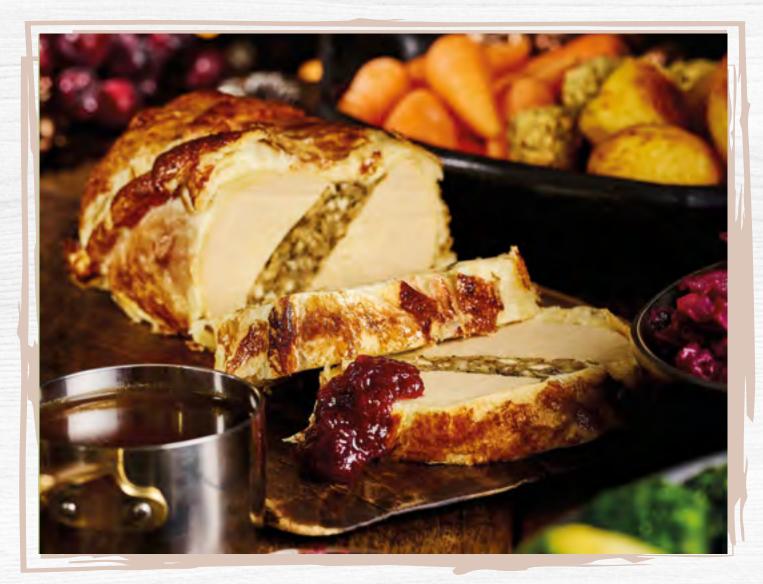


BONFIRE NIGHT 5th November



BRITISH PIE WEEK 4th - 10th March

* Research conducted in 2016 by Forum for the Future and Counterpoint



Let's not forget the festive season either; check out our section dedicated to delicious festive finger buffet and canape ideas, hot handhelds and starters and main courses for your special menus. Our recipes are of course meat free and - in some cases, vegan twists on traditional festive faves to inspire your customers.



Our recipes are for meat eaters too. In fact, 73% of Quorn enthusiasts eat meat^{**}, proving that Quorn is for everyone! They choose it because Quorn recipes taste good, they're kinder to the planet, can be better for them and can also be a nutritious protein source too.

We hope you enjoy making and tasting our Autumn/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 or if you have any feedback, please get in touch by e-mailing us at foodservice@quornfoods.com

**Kantar Worldpanel

Hints & Tips

Serve with seasonal green vegetables such as tender stem broccoli or green beans.



CACCIATORE

Ingredients

- 10 Quorn Fillets, defrosted
- 600g butternut squash, diced into Icm cubes
- 2 springs rosemary, leaves roughly
- chopped, discard stalks
- 4 tbsp olive oil

SAUCE

- · 200g onions, finely diced
- 3 cloves garlic, crushed
- 4 tbsp tomato puree
- 2 tbsp red wine vinegar
- 2 tsp mixed dried herbs
- 2 x 400g tinned chopped tomatoes
- 300ml hot vegetable stock
- 150g black olives
- 20g fresh flat leaf parsley, chopped
- Seasoning

QUORN FILLETS COOKED IN A RICH TOMATO & ROSEMARY SAUCE WITH A SPRINKLING OF FRESH BASIL, BLACK OLIVES & ROASTED DICED SQUASH.

Method

- Pre-heat the oven to 200°C / Gas Mark 6. Place the diced squash on a baking tray, sprinkle over the rosemary and 2 tbsp oil. Toss together and cook for 15
 20 minutes until the squash is tender and roasted.
- For the sauce heat 1 tbsp of oil in a saucepan, add the diced onion and fry gently for 5 minutes until golden and softened. Add the garlic and fry for 1 minute then add the tomato puree, red wine vinegar, dried herbs, tomatoes and stock. Bring to the boil and simmer gently for 15 minutes.
- 3. Meanwhile add the remaining oil to a frying pan and gently fry the Quorn Fillets for 2 minutes each side until they are golden then transfer to a plate.
- 4. Stir the roast squash, olives and half of the parsley into the sauce and check seasoning. Layer the Quorn Fillets and sauce in a large ovenproof dish then transfer to the oven for 15 minutes until the Quorn Fillets and sauce have reached a core temperature.
- 5. Sprinkle with the remaining chopped parsley before serving.



SAUSAGE CASSOULET

Ingredients

- 20 Quorn Best of British Sausages
- 3 tbsp oil
- 15g butter
- · 300g red onion, thinly sliced
- 1tsp sugar
- · 3 cloves garlic, crushed
- · 200g carrots, finely diced
- 2 tsp dried thyme
- 3 tbsp balsamic vinegar
- 500g puy lentils, rinsed
- 1.5ltr vegetable stock
- 1 lemon, juice and zest
- 1 tbsp Dijon mustard
- 20g flat leaf parsley, chopped
- 100g half fat crème fraiche
- Seasoning

SLOW COOKED QUORN SAUSAGES, PUY LENTILS, CARROTS & CARAMELISED RED ONION WITH A DASH OF BALSAMIC VINEGAR & LEMON. SPRINKLED WITH PARSLEY.

Method

- Gently heat 2 tbsp oil and the butter in a large saucepan, add the onion with the sugar and cook gently for 15 minutes until the onions are softened and caramelised. Add the garlic and carrot to the pan and cook for a further 5 minutes.
- 2. Stir in the thyme with the balsamic vinegar, puy lentils and stock. Bring to the boil, cover and simmer for 25 minutes or until the lentils are tender. Add more stock if the lentils become dry.
- Meanwhile pre-heat the oven to 180°C / Gas Mark 4 and lightly brush the Quorn Sausages with the remaining oil and cook for 15 - 18 minutes or until core temperature is reached.
- To finish the cassoulet, stir in the lemon juice and zest, mustard, half the parsley and crème fraiche. Taste and season with salt and black pepper if required.
- 5. Stir the Quorn Sausages through the lentil mixture and sprinkle over the remaining parsley.



Hints & Tips

Green or brown lentils can be used as an alternative in this recipe.

Hints & Tips

Any selection of vegetables can be used in the Goulash, try using carrot batons, butternut squash and broccoli as alternatives.



GOULASH STOUP

Ingredients

- 50 Quorn Swedish Style Balls
- 2 tbsp vegetable oil
- 1 large onion, finely diced
- 3 cloves garlic, crushed
- I small green chilli, deseeded and finely chopped
- 400g sweet potato, peeled and diced
- 2 medium red peppers, deseeded and diced
- 2 medium green peppers, deseeded and diced
- 1 tbsp smoked paprika
- 2 tbsp tomato puree
- 2 x 400g tinned chopped tomatoes
- 500ml vegetable stock
- 150g green beans, trimmed and cut into three
- Seasoning
- 200g sour cream
- 20g flat leaf parsley, finely chopped

A TRADITIONAL GOULASH DISH USING DELICIOUS QUORN SWEDISH STYLE BALLS, RED & GREEN PEPPERS, GREEN BEANS, SWEET POTATO, TOMATOES, PAPRIKA & FRESH PARSLEY. TOPPED WITH A DOLLOP OF SOUR CREAM & SERVED WITH A CHUNK OF CRUSTY BREAD.

Method

- 1. Heat 1 tbsp oil in a large saucepan, add the onion and fry for 5 minutes until the onion is softened. Add the garlic, chilli, sweet potato and peppers and fry gently for a further 5 minutes.
- 2. Sprinkle over the paprika and cook for a minute then stir in the tomato puree. Pour over the tomatoes and stock, bring to the boil then simmer gently for 20 minutes until the sweet potatoes are tender.
- Meanwhile add the remaining oil to a frying pan and cook the Quorn Swedish Style Balls for 4-5 minutes until browned on all sides.
- Add the Quorn Swedish Style Balls and green beans to the pan and simmer for 10 minutes until cooked through. Check the seasoning and add salt and black pepper if required.
- Transfer the stoup to warm serving bowls and top with a dollop of sour cream and a sprinkling of parsley. Serve with warm crusty bread.



VEGAN MAKHANI WITH MOOLI SLAW

Ingredients

- 500g Quorn Vegan Pieces
- 2 tbsp vegetable oil
- 400g onions, diced
- 6 cloves of garlic, crushed
- 8 green cardamom pods, bashed
- 4cm cinnamon stick
- 1½ tbsp garam masala
- ½ tsp ground fenugreek
- 2 tsp ground coriander
- 1 tsp ground cumin
- 6cm piece of root ginger, peeled and finely chopped
- 1 red chilli, deseeded and diced
- 100g tomato puree
- 600ml vegetable stock
- 400ml soy cream
- 1½ tsp soft brown sugar
- Salt and black pepper
- Small bunch of coriander to garnish

MOOLI SLAW

- 300g mooli, grated or cut into thin strips
- 2 tsp nigella seeds
- 1 lemon, juice
- Seasoning
- 10 portions of cooked brown basmati rice

MILDLY SPICED INDIAN CURRY WITH VEGAN PIECES, FLAVOURED WITH CINNAMON, FENUGREEK & GINGER IN A CREAMY TOMATO SAUCE. SERVED WITH A FRESH MOOLI SLAW AND BASMATI RICE.

Method

- Heat the oil in a saucepan and fry the onions for 5 minutes until golden. Add the garlic, cardamom pods, cinnamon stick and dried spices and cook for 1 minute, stirring constantly.
- 2. Stir in the ginger, chilli and tomato puree, cook for 1 2 minutes then pour over the stock. Bring to the boil, cover and simmer for 20 minutes. Allow the sauce to cool for 5 minutes, remove the cinnamon stick then blitz in a food processor or with a stick blender until smooth.
- 3. Return the sauce to a clean pan then add the soy cream, Quorn Vegan Pieces and sugar, simmer for 15 minutes.
- 4. Meanwhile prepare the mooli slaw; combine the mooli, nigella seeds, lemon juice and seasoning in a bowl.
- 5. Serve the curry with a portion of rice garnished with coriander and a spoonful of mooli slaw on the side.





PREPARATION TIME: 15 minutes

45 minutes

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10



For a spicier sauce add a whole chilli.



Hints & Tips

Try serving with a drizzle of vegetarian onion gravy before wrapping.



TOAD IN THE HOLE WRAP

Ingredients

20 Quorn Chipolatas

YORKSHIRE PUDDING BATTER

- 750g plain flour
- 15 eggs
- 1.5ltr milk
- ¼ tsp white pepper
- 100ml vegetable oil

ROASTED ROOTS

- 5 large carrots, peeled and cut into batons, blanched in boiling water
- 5 large parsnips, peeled and cut into batons, blanched in boiling water
- 3 large onions, peeled and cut into wedges
- I sprig of rosemary, leaves roughly chopped
- 2 tbsp olive oil
- Seasoning

YORKSHIRE PUDDING WRAP STUFFED WITH DELICIOUS CHIPOLATAS, ROASTED ROOT VEGETABLES WITH ROSEMARY & A DRIZZLE OF ONION GRAVY.

Method

- 1. Whisk the flour, eggs, milk and white pepper together until smooth. Transfer the batter to a jug, cover and rest for 30 minutes.
- Preheat the oven to 220°C / Gas Mark 7. Divide the oil between five baking trays (400mm x 265mm x 32mm approximately) and heat for about 10 minutes until the oil is hot. Once the oil is hot, working quickly, divide the batter mixture between the trays and cook for 18 20 minutes or until golden.
- 3. When the Yorkshire pudding is cooked, remove from the tins, flatten with the back of a large metal spoon, cut in half lengthways and keep warm.
- 4. Turn the oven down to 200°C / Gas Mark 6. Toss the carrots, parsnips, onions and rosemary leaves together with 2 tbsp oil and a pinch of salt and black pepper in a roasting tin. Roast for 15 minutes then toss the Quorn Chipolatas through the roast vegetables and cook for a further 15 minutes until the Quorn Chipolatas are browned and core temperature is reached.
- 5. To assemble; divide the Quorn Chipolatas and roast vegetables equally between the 10 Yorkshire pudding wraps and roll up tightly.



MOROCCAN SPICED PIE

Ingredients

- 400g Quorn Mince
- 2kg sweet potatoes, peeled and roughly chopped
- 40g butter
- ¼ tsp cinnamon, optional
- 2 tbsp vegetable oil
- · 300g onions, finely diced
- · 200g carrots, finely diced
- 1 tbsp ground turmeric
- 1 tbsp ground coriander
- 1 tbsp ras el hanout
- 60g tomato puree
- 1 tin chopped tomatoes
- 40g dried apricots, chopped
- 500ml vegetable stock
- 150g frozen peas
- 20g cornflour, mixed to a paste with water
- Seasoning

MOUTH-WATERING QUORN MINCE WITH MOROCCAN STYLE SPICES & APRICOTS TOPPED WITH LIGHTLY SPICED SWEET POTATO MASH.

Method

- 1. Preheat the oven 180°C / Gas Mark 4.
- 2. Place the sweet potatoes in a large pan of boiling water and simmer for 12 - 15 minutes or until tender, then drain. Return the sweet potato to the pan with butter, seasoning and cinnamon if using and mash.
- 3. Meanwhile heat the oil in a pan, add the onion and diced carrot and fry gently for 5 minutes.
- Add the Quorn Mince and dry spices and cook gently for 2

 3 minutes. Stir in the remaining ingredients, bring gently to the boil then simmer for 5 minutes.
- Divide the Quorn Mince mixture between 10 individual ovenproof dishes, top with the sweet potato mash and fluff up with a fork. Cook for 20 minutes or until the topping is golden and crisp.



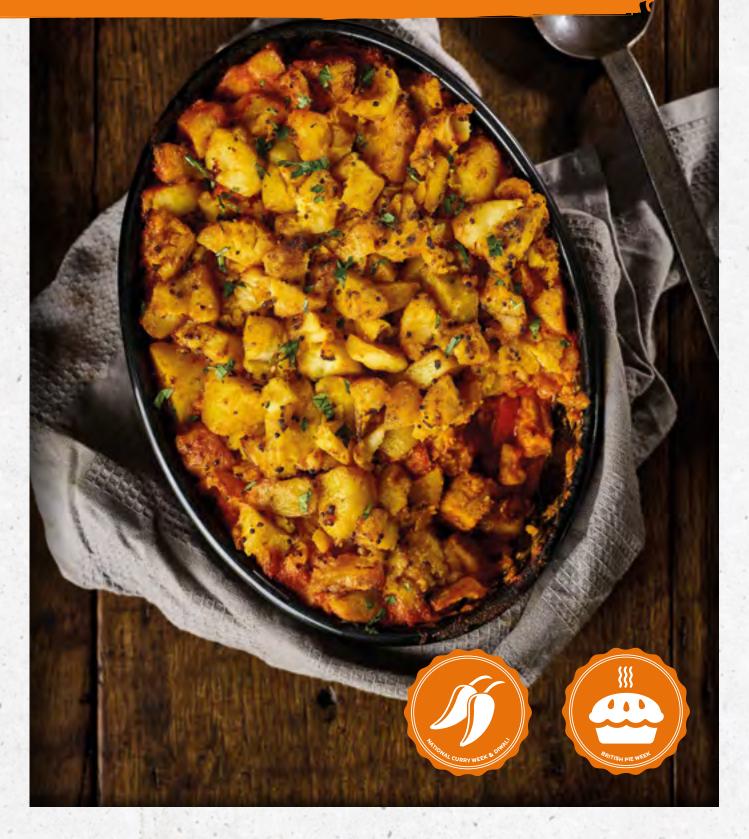


Try making the mash with parsnips and roasted cumin seeds as an alternative.



Hints & Tips

As an alternative try topping with cauliflower florets and potatoes for an aloo gobi style topping.



BOMBAY TIKKA PIE

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, deseeded and diced
- 400g tinned chopped tomatoes
- 100ml hot vegetable stock
- 2 tbsp chopped coriander

TOPPING

- 2kg floury potatoes, peeled and cut into 3cm chunks
- 2 tbsp vegetable oil
- 1 tbsp black onion seeds
- 2 tsp turmeric

QUORN PIECES MARINATED IN A RICH TIKKA SAUCE, TOPPED WITH CRUSHED BOMBAY POTATOES.

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- 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. For the sauce 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 Pieces in the marinade to the pan and stirfry 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 bring a saucepan of water to the boil and cook the potatoes for about 10 minutes or until just cooked through, then drain in a colander.
- 6. Heat the oil in a large frying pan and add the onion seeds and cook for a few seconds until they start to pop. Sprinkle over the turmeric and cook for 1 minute then add the potatoes and stir well until they are coated in the spices. Remove the pan from the heat and gently crush the potatoes with the back of a fork. Keep to one side until ready to top the pie.
- 7. Transfer the tikka curry to a large oven proof dish and top with the crushed potatoes then place in the oven at 180°C / Gas Mark 4 for 10 15 minutes or until the topping is golden and the curry is piping hot.



JAPANESE SCHNITZEL

Ingredients

- 10 Quorn Fillets, defrosted
- 300g panko breadcrumbs
- 1 red chilli, deseeded and finely chopped
- 6 tbsp vegetable oil
- 125g plain flour
- · 3 large eggs, lightly beaten
- Seasoning

TONKATSU SAUCE

- 1 tbsp vegetable oil
- 150g onions, finely diced
- 2 cloves garlic, finely chopped
- 4 cm piece ginger, peeled and grated
- 1 chilli, deseeded and finely chopped
- 40g soft brown sugar
- 250ml tomato ketchup, reduced salt and sugar variety
- · 50ml soy sauce, low salt variety
- 2 tbsp rice wine vinegar
- 1 tsp Dijon mustard

QUORN FILLETS COATED IN A SPICY PANKO, FRESH CHILLIES & CORIANDER, WITH A SPICY JAPANESE TONKATSU SAUCE.

Method

- Preheat the oven to 200°C / Gas Mark 6 and line a baking tray with parchment.
- 2. Mix together the panko breadcrumbs, chilli and oil in a shallow bowl. Season the flour on a plate, then pour the beaten egg onto another plate.
- 3. Dust the Quorn Fillets in the flour, then dip into the egg and finally coat in the breadcrumbs. Press firmly so that the Quorn Fillets are totally coated in the breadcrumbs.
- 4. Place the coated Quorn Fillets on the prepared baking tray and cook for 18 20 minutes or until the crumb is golden and core temperature has been reached.
- 5. Meanwhile prepare the tonkatsu sauce; heat the oil in a small saucepan and gently fry the onion, garlic, ginger and chilli for 5 minutes or until the onion has softened. Add the remaining ingredients, heat gently for 2 minutes until the sugar has dissolved then simmer for 10 minutes, until thickened. Remove from the heat, cool slightly, then blitz in a food processor or with a stick blender until smooth.
- 6. To serve, slice each schnitzel into 5 pieces and drizzle over the tonkatsu sauce.

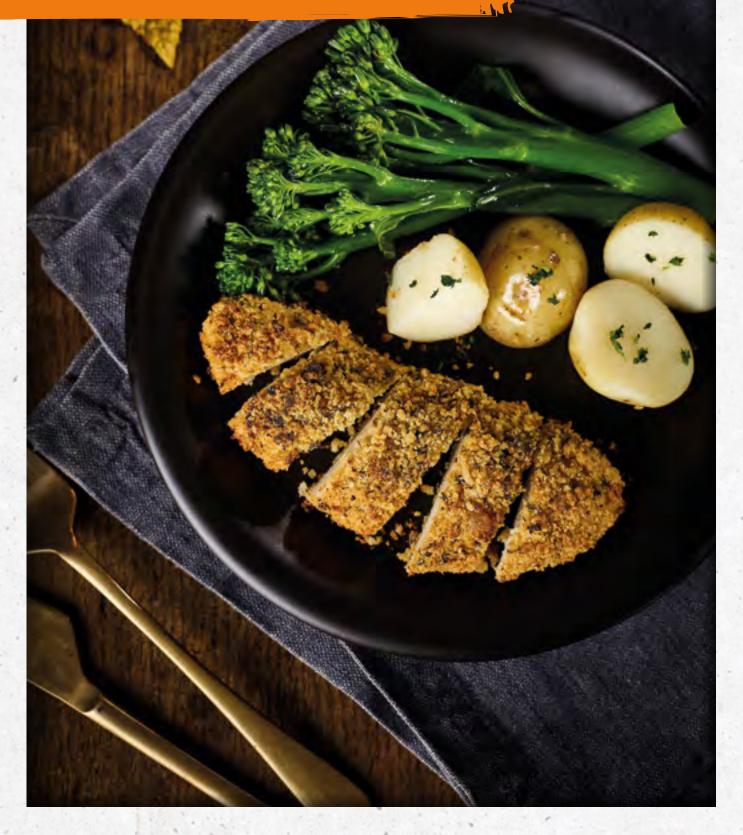




Serve on a bed of stir-fried vegetables garnished with toasted sesame seeds.

Hints & Tips

Serve with buttered new potatoes and steamed tender stem broccoli.



ALPINE SCHNITZEL

Ingredients

- 10 Quorn Fillets, defrosted
- 300g dried breadcrumbs
- 10g fresh sage leaves, finely chopped
- 40g grated vegetarian parmesan
- 1 small lemon, zest only
- ½ tsp cracked black pepper
- 6 tbsp vegetable oil
- 125g plain flour
- 3 large eggs, lightly beaten
- Black pepper

QUORN FILLETS COATED IN SAGE, LEMON ZEST, CRACKED BLACK PEPPER & BREAD CRUMBS.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6 and line a baking tray with parchment.
- 2. Mix together the breadcrumbs, sage leaves, parmesan, lemon zest, a pinch of black pepper and oil in a shallow bowl. Season the flour on a plate, then pour the egg onto another plate.
- Dust the Quorn Fillets in the flour to coat, then dip into the egg and finally into the breadcrumbs. Press firmly so that the Quorn Fillets are totally coated in the breadcrumbs.
- 4. Place the coated Quorn Fillets onto the prepared baking tray and cook for 18 20 minutes until the crumb is golden and core temperature has been reached.



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KEY DATES



NATIONAL CURRY WEEK 9th - 15th October DIWALI 7th November



BONFIRE NIGHT 5th November



BRITISH PIE WEEK 4th - 10th March

VEGAN MAKHANI WITH MOOLI SLAW

TOAD IN THE HOLE WRAP





MOROCCAN SPICED PIE

BOMBAY TIKKA PIE





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Quorn

- Recipe Inspiration

ESIVE

STARTER BUFFET CANAPÉ

Hints & Tips

Quorn Fillets can be used to replace the Quorn Pieces.

FILO PARCELS

Ingredients

- · 200g Quorn Pieces, defrosted
- 200g ricotta cheese
- 75g baby spinach leaves
- 1tsp sage
- 1 lemon, zest only
- 2 spring onions, finely chopped
- 25g dried cranberries

PASTRY

- 10 sheets filo pastry
- 50g butter, melted

CRISP FILO PASTRY PARCELS FILLED WITH SPINACH, RICOTTA, CRANBERRY & QUORN PIECES.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Blitz the ricotta cheese and spinach together until smooth.
- 3. Roughly chop the Quorn Pieces and combine with the spinach mixture together with the remaining filling ingredients.
- 4. Take a sheet of pastry and brush with the melted butter, fold in half and brush with butter and then in half again to form a square. Brush with butter and then place a tablespoon of filling in the centre and gather up the sides to form a parcel. Brush the outside of the parcel with the butter. Repeat with the remaining pastry and filling. Place the parcels onto a greased baking sheet.
- 5. Bake the filo parcels for 20 25 minutes until the pastry is crisp and golden. Delicious served warm or cold.



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FESTIVE SKEWERS

Ingredients

KEBABS

- 10 Quorn Chipolatas, defrosted and cut in half
- 10 Quorn Turkey and Cranberry Balls, defrosted
- 2 red peppers, deseeded and cut into 5cm pieces
- 2 green peppers, deseeded and cut into 3cm pieces

MARINADE

- 1/2 large orange, zest and juice
- 30g smooth cranberry sauce
- 10ml soy sauce
- 10ml oil
- I garlic clove, peeled and crushed

DIPPING SAUCE

- 100g smooth cranberry sauce
- 1/2 large orange, juice only
- 2 tbsp sweet chilli sauce
- 1 tbsp soy sauce

QUORN TURKEY & CRANBERRY BALLS & GLAZED QUORN CHIPOLATA CHUNKS SKEWERED WITH CHUNKS OF RED & GREEN PEPPERS & SERVED WITH A CRANBERRY & ORANGE DIPPING SAUCE.

Method

- 1. Thread the Quorn Chipolatas, Quorn Turkey and Cranberry Balls and peppers onto the kebab skewers (if using wooden skewers, soak in water first).
- 2. Mix all of the marinade ingredients together and brush over the kebabs. Cover and refrigerate for 30 minutes.
- 3. Preheat the oven to 200°C / Gas Mark 6.
- 4. Place the kebabs onto a baking tray and cook for 10 15 minutes until core temperature is reached.
- 5. Mix all of the ingredients for the dipping sauce together and pour into a serving dish.
- 6. Serve the kebabs with the dipping sauce.



STARTER BUFFET CANAPÉ

Hints & Tips

Replace the Quorn Chipolatas with Quorn Best of British Sausages.



Hints & Tips

The crostini can be made in advance and stored in an airtight tin.

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SOURDOUGH CROSTINI

Ingredients

• 5 Quorn Fillets, defrosted

MARINADE

- 1 lemon, juice and zest only
- 1 lime, juice and zest only
- 1 tsp smoked paprika
- 1tbsp oil
- 1tbsp honey

CROSTINI

- 10 slices of bread from a sourdough baguette, 1cm thick
- 1 tbsp olive oil

TOPPING

- 200g frozen peas, defrosted
- 20g natural yogurt
- 2 tsp dried mint

GARNISH

• 2 tbsp pomegranate seeds

CRISP SOURDOUGH CROSTINI TOPPED WITH MINTED PEA PUREE & FLAVOURSOME SHREDS OF QUORN FILLET WITH A SPRINKLING OF POMEGRANATE SEEDS.

Method

- 1. Tear the Quorn Fillets into small pieces and place in a baking tin.
- 2. Mix all of the marinade ingredients together and pour over the Quorn Fillets. Cover and refrigerate for 30 minutes.
- 3. Preheat the oven to 200°C / Gas Mark 6.
- 4. Cook the Quorn Fillets for 10 15 minutes or until core temperature is reached.
- Make the crostini; place the baguette slices cut side up onto a baking tray and brush with olive oil. Cook for 10

 15 minutes until crisp and golden.
- 6. Make the topping; blitz the peas, yogurt and mint together with a stick blender until smooth.
- 7. Top each crostini with pea puree and pulled Quorn. Garnish with pomegranate seeds and serve warm or cold.



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ROAST DINNER WRAP

Ingredients

- 1 Quorn Roast
- 10 Quorn Chipolatas
- 190g sage and onion stuffing mix
- 475ml boiling water
- 25g butter (optional)
- 3 red peppers, deseeded and thinly sliced
- 3 green peppers, deseeded and thinly sliced
- 15ml oil
- 5 spinach wraps
- 5 beetroot wraps
- 50g mayonnaise

SPINACH & BEETROOT WRAPS FILLED WITH SLICES OF QUORN ROAST, QUORN CHIPOLATA, ROASTED PEPPERS & SAGE & ONION STUFFING.

Method

- 1. Preheat the oven to 220°C / Gas Mark 7.
- Pierce the film on the Quorn Roast and place onto a preheated baking sheet. Cook for 55 minutes until the core temperature is reached. Reduce the oven temperature to 200°C / Gas Mark 6.
- 3. Mix the stuffing mix with boiling water and add the butter if using. Leave to stand for 5 minutes and then place into a greased oven proof dish and bake for 25 - 30 minutes until piping hot.
- 4. Place the Quorn Chipolatas and peppers into a baking tin and brush with oil. Cook for 15 minutes or until the core temperature is reached.
- 5. Remove the film from the Quorn Roast and thinly slice.
- 6. Cut each Quorn Chipolata into 6 pieces.
- 7. Spread each wrap with mayonnaise and then divide the slices of Quorn Roast, Quorn Chipolatas, peppers and stuffing between each. Roll up and slice on the diagonal.
- 8. Arrange the wraps in alternating colours cut side up on a serving plate. Delicious served warm or cold.

NUTRITIONAL INFORMATION PER SERVING Energy 487kcal Saturates Salt Fat Sugar 9.4g 20g 4.7g 1.7g **PREPARATION TIME: COOKING TIME:** SERVES: MED MED LOW MED 70 minutes 15 minutes 10

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Hints & Tips

1 1 2 3 3 H C 12

Replace the mayonnaise with horseradish or cranberry sauce.



Hints & Tips

Any combination of seasonal vegetables can be added to make the bubble and squeak rosti, a great dish for using leftover vegetables.

BUBBLE & SQUEAK ROSTI

Ingredients

STICKY SAUSAGES

- 20 Quorn Sausages
- 200g smooth cranberry sauce
- 1 tbsp olive oil

ROSTI

- 800g potatoes, cooked and mashed
- 200g swede and carrots, cooked and mashed
- 150g sprouts, cooked and mashed
- 25g plain flour
- 1 tbsp vegetable oil

CRISP INDIVIDUAL BUBBLE & SQUEAK ROSTI TOPPED WITH STICKY CRANBERRY QUORN SAUSAGES & SERVED WITH A RICH RED ONION GRAVY.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Place the Quorn Sausages onto a baking tin lined with baking parchment.
- Mix the Quorn Sausages with the cranberry sauce and oil. Bake for 15 - 20 minutes until core temperature is reached.
- 4. Mix the mashed vegetables together, divide into 10 and on a lightly floured surface shape each 5cm round.
- 5. Heat the oil in a non-stick frying pan and fry the bubble and squeak rosti for 2 minutes each side until brown and crispy.
- 6. Cut the Quorn Sausages in half and top each rosti with pieces of Quorn Sausage.
- 7. Serve immediately with red onion gravy.



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FESTIVE ROAST DINNER

Ingredients

- 2 Quorn Roasts
- 1.6kg potatoes, peeled and cut into 6cm pieces
- · 4 tbsp vegetable oil
- 1.2kg parsnips, peeled and cut in half or quarters lengthways
- 250g sage and onion stuffing mix
- 600g braised red cabbage
- 600g baby carrots, peeled
- 600g tenderstem broccoli
- 600g peas
- 500ml vegetarian gravy

TO SERVE

- Cranberry sauce
- Bread sauce

CARVED QUORN ROAST WITH ALL THE TRIMMINGS.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Pierce the film cover on the Quorn Roasts and place on a preheated baking tray and cook for 55 minutes or until core temperature is reached. Leave to stand for 5 minutes before carving.
- 3. Pour 2 tbsp of the oil into a baking tray and heat in the oven.
- 4. Bring the potatoes to the boil in a pan of water and simmer for 8 minutes. Drain well, shake to rough up the edges then remove the hot oil from the oven and tip the potatoes into the baking tray. Toss in the hot oil.
- 5. Bake for 45 50 minutes or until the potatoes are golden brown.
- 6. Place the remaining oil into a baking tray and heat in the oven for 5 minutes. Once hot add the parsnips and coat in the oil. Bake in the oven for 35 40 minutes or until golden brown.
- Make up the sage and onion stuffing mix as directed on the pack and shape into 30 balls, the size of a walnut. Place on a greased baking tray and cook for 25 minutes or until turning golden round the edges.
- 8. Gently heat the red cabbage and boil or steam the vegetables until just cooked.
- 9. To carve, remove the film from the Quorn Roasts and carve lengthways into slices.
- 10. To serve, arrange the Quorn Roast on the plates, with 3 stuffing balls, a portion of all the vegetables, and serve with gravy, cranberry and bread sauces.

NUTRITIONAL INFORMATION PER SERVING Energy 762kcal Saturates Salt Fat Sugar 34g 2.4g 22g 3.7g **PREPARATION TIME: COOKING TIME:** SERVES: HIGH LOW HIGH HIGH 60 minutes 25 minutes 8

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Hints & Tips

For a twist on the traditional roast swap the Quorn Roast for Quorn Turkey and Cranberry Balls.

MAIN

Hints & Tips

Cover the Quorn Wellington with foil if it is browning too quickly.

ROAST WELLINGTON

Ingredients

- 1 Quorn Roast, defrosted
- 100g sage and onion stuffing
- 1 35cm x 25cm sheet of puff pastry
- 1tsp milk
- 1 tbsp redcurrant jelly, optional

QUORN ROAST FILLED WITH SAGE & ONION STUFFING, ENCASED IN A LAYER OF REDCURRANT JELLY & WRAPPED IN PUFF PASTRY.

Method

- 1. Preheat the oven to 220°C / Gas Mark 7.
- 2. Slice the Quorn Roast in half horizontally. Spread the stuffing on one half of the cut roast and replace the other half on top.
- 3. Encase the Quorn Roast in the puff pastry and seal the edges with milk to form a parcel. Cut off any excess pastry and use for decoration.
- 4. Place the Quorn Wellington onto a baking sheet and brush with the redcurrant jelly if using.
- 5. Bake for 35 40 minutes until the pastry is cooked and the Roast Wellington has reached core temperature.
- 6. Serve the Roast Wellington in slices with vegetarian gravy and seasonal vegetables.



VEGAN FESTIVE FLAT BREAD

Ingredients

- 10 Quorn Vegan Burgers
- 15ml oil

FESTIVE COLESLAW

- 100g radishes, finely chopped
- 100g sprouts, finely shredded
- 250g carrots, peeled and grated
- 200g red cabbage, shredded
- · 2 tbsp chives, chopped
- 100g vegan mayonnaise

TO SERVE

10 vegan flatbreads, folded

QUORN VEGAN BURGER SERVED IN A WARM FLAT BREAD WITH A FESTIVE COLESLAW OF SHREDDED RED CABBAGE, CARROT, RADISH & BRUSSEL SPROUT.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Place the Quorn Vegan Burgers into a baking tin and brush with a little oil.
- 3. Bake for 10 minutes until the Quorn Vegan Burger has reached core temperature.
- 4. Make the festive coleslaw by mixing all of the ingredients together.
- 5. Fill each flatbread with a Quorn Vegan Burger and festive coleslaw.







Hints & Tips

For a vegan version of this vegetarian dish, replace the blue cheese with vegan cheese and the brioche bun with a vegan suitable equivalent.

CRANBERRY & STILTON BURGER

Ingredients

- 10 Quorn Vegan Burgers
- 200g cranberry sauce
- 150g vegetarian blue cheese

TO SERVE

- 10 brioche burger buns
- 50g baby spinach leaves
- 100g tomatoes, sliced

QUORN VEGAN BURGER TOPPED WITH A LAYER OF CRANBERRY & CRUMBLED STILTON & BAKED. SERVED IN A BRIOCHE BUN WITH SPINACH & TOMATO.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Place the Quorn Vegan Burgers into a baking tin. Top each with cranberry sauce and crumble over the blue cheese.
- 3. Bake for 10 minutes until the cheese has melted and the Quorn Vegan Burgers have reached core temperature.
- 4. Fill each brioche bun with spinach leaves, a tomato slice and the topped Quorn Vegan Burger. Serve immediately with a side order of sweet potato wedges or roast parsnips.



FESTIVE BAGUETTE

Ingredients

- 50 Quorn Turkey and Cranberry Balls
- 1 tbsp oil

FESTIVE SLAW

- 100g fennel, finely chopped
- 1 apple, cored and chopped
- 2 sticks of celery, chopped
- 200g white cabbage, shredded
- · 100g red cabbage, shredded
- 25g dried cranberries
- 1 lemon, juice only
- 1 tbsp chives, finely chopped
- 30g mayonnaise

TO SERVE

- 10 small baguettes, warmed
- 50g baby spinach leaves

A CRUSTY BAGUETTE FILLED WITH QUORN TURKEY & CRANBERRY BALLS & FESTIVE SLAW.

Method

- 1. Preheat the oven to 200°C / Gas Mark 6.
- 2. Place the Quorn Turkey and Cranberry Balls into a baking tin and brush with oil. Bake for 10 15 minutes until core temperature is reached.
- 3. To make the festive slaw, combine all the ingredients together in a large bowl.
- 4. Cut each baguette down the centre and fill each with 5 Quorn Turkey and Cranberry Balls, baby spinach leaves and festive slaw.





Hints & Tips

Prepare the festive slaw in advance but add the red cabbage and mayonnaise at the last minute.



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