

Go Vegan

with **Quorn**TM



RECIPE INSPIRATION BOOK

Fishless Finger Flatbread with Tartare Sauce

PREPARATION TIME:

5 minutes

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 30 Quorn Fishless Fingers
- 100g lettuce
- 10 folded flatbreads – dairy free

TARTARE SAUCE

- 180g vegan style mayonnaise
- 25g capers, chopped
- 1 tbsp lemon juice
- Seasoning

METHOD

1. Preheat the oven to 200°C / Gas 6.
2. Cook the fishless fingers according to pack instructions.
3. Meanwhile, to make the tartare sauce combine all the ingredients and season to taste.
4. Spread each flatbread with some tartare sauce and divide the lettuce between the flatbreads.
5. Place 3 fishless fingers inside each flatbread and serve whilst hot.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
325kcal	15g	1.6g	2.6g	1.1g
	MED	LOW	LOW	MED

HINTS & TIPS

Delicious served with a minted pea puree and sweet potato fries.

PETA
VEGANFOOD
AWARDS **WINNER**



Quorn Vegan Fishless Fingers served in a warm flatbread, on top of crisp lettuce with tangy tartare sauce.

HINTS & TIPS

To spice up the salsa try adding some finely chopped red chilli.



Hawaiian Mango Quorn Burger

PREPARATION TIME:

10 minutes

COOKING TIME:

12 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Vegan Burgers
- 10 burger buns, (dairy free)
- 100g lettuce leaves of your choice
- 5 tomatoes, sliced
- 1 large onion, thinly sliced
- 10 slices vegan cheddar style cheese
- 10 pineapple rings

METHOD

1. Cook the Quorn Vegan Burgers according to back of pack instructions.
2. To make the mango salsa, mix the mango and sweet chilli sauce together.
3. Layer the lettuce, tomato and onion on the base of the bun then add the Quorn Burger, cheese, pineapple and top with mango salsa.

MANGO SALSA

- 300g fresh mango diced
- 4 tbsp sweet chilli sauce

NUTRITIONAL INFORMATION PER SERVING

Energy
389kcal

Fat
16g
MED

Saturates
7.6g
HIGH

Sugar
15g
MED

Salt
1.9g
HIGH

Quorn Vegan Burger served in a bun on a bed of lettuce, juicy tomato and crunchy onion with cheese and pineapple, topped with a chilli mango salsa.

Japanese Katsu Curry

PREPARATION TIME:

15 minutes

COOKING TIME:

30 minutes

SERVES:

10

INGREDIENTS

- 30 Quorn Vegan Nuggets
- 1 tbsp vegetable oil
- 300g onions, chopped
- 200g carrots, diced
- 1 tbsp medium curry powder
- 1 tbsp turmeric
- 1 tbsp garam masala
- 1 tsp mild chilli powder
- 3 cloves garlic, crushed
- 1 litre vegan vegetable stock
- 1 bay leaf
- 3 tbsp light soy sauce
- 3 tbsp maple syrup or agave nectar
- Salt and pepper
- 1 tbsp coriander, chopped
- 100g spring onions, thinly sliced

METHOD

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

NUTRITIONAL INFORMATION PER SERVING

Energy
163kcal

Fat
4.4g
LOW

Saturates
0.4g
LOW

Sugar
4.0g
LOW

Salt
1.5g
MED

HINTS & TIPS

Delicious served with sticky rice.



Crispy Quorn Vegan Nuggets drizzled with a fiery Katsu curry sauce. Topped with a sprinkling of coriander & spring onions.

HINTS & TIPS

For an authentic garnish sprinkle over pomegranate seeds and fresh mint leaves.



Quorn Vegan Nuggets marinated in a smoky spice mix, served with a spicy potato & olive salad & a zesty lemon & mint vinaigrette.

Moroccan Quorn Crispy Nuggets

PREPARATION TIME:

30 minutes

COOKING TIME:

20 minutes

SERVES:

10

INGREDIENTS

- 30 Quorn Vegan Nuggets
- vegetable oil, for frying
- MARINADE**
- 2 cloves garlic
- 2 cm piece fresh ginger, peeled and roughly grated
- 1 tsp cayenne pepper
- 1 tbsp smoked paprika
- 2 tsp allspice
- freshly ground black pepper
- 60 ml olive oil
- 1 lemon, rind and juice

SPICY POTATO SALAD

- 1kg potatoes, unpeeled
- 2 tbsp vegetable oil
- 2 tbsp medium curry powder
- 300ml soya or vegan yoghurt
- 3 tbsp red wine vinegar
- small bunch mint, roughly chopped
- small bunch flat-leaf parsley, roughly chopped
- 2 lemons, zest
- 1 large orange, zest
- 150g black olives, roughly chopped

LEMON AND MINT VINAIGRETTE

- 2 lemons, zest and juice
- 75g ml olive oil
- 2 tbsp fresh mint, chopped
- freshly ground black pepper
- 1 tbsp maple syrup

METHOD

1. Place all of the marinade ingredients into a food processor (apart from the oil) and blitz until finely chopped, then gradually add the oil and blend until combined.
2. Pour the marinade over Quorn Vegan Nuggets and coat well. Leave to marinate in the fridge for at least 30 minutes.
3. Meanwhile, cook the potatoes whole in a large saucepan of boiling water until tender, then drain and set aside to cool. Once cool, cut the potatoes into wedges and transfer to a large bowl.
4. For the spicy potato salad heat 2 tbsp of oil in a frying pan over a medium heat, then add the curry powder and cook for one minute. Pour the spice mix over the potatoes and stir to combine.
5. Add yogurt, vinegar, mint, parsley, lemon and orange zest and black olives to the potatoes and gently mix. Adjust the seasoning if necessary and refrigerate until cool.
6. For the Lemon and Mint Vinaigrette, add lemon zest and juice to a small saucepan and bring to a simmer until the zest has absorbed the juice. Spoon the zest into a small bowl and add olive oil, mint, pepper and maple syrup. Whisk to combine.
7. Drain off any excess marinade from the Quorn Vegan Nuggets, then shallow fry in vegetable oil until golden and a core temperature is reached.
8. Serve the Moroccan Quorn Nuggets with the lemon and mint vinaigrette and spicy potato salad.

NUTRITIONAL INFORMATION PER SERVING

Energy
395kcal

Fat
20g
MED

Saturates
2.5g
LOW

Sugar
4.4g
LOW

Salt
1.6g
MED

Mexi Burger

PREPARATION TIME:

25 minutes

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Vegan Burgers
- 10 large tortilla wraps (dairy free)
- Salad leaves

GUACAMOLE

- 2 large avocados, peeled, de-stoned and sliced
- 2 garlic cloves, peeled and finely grated
- Juice of 2 limes
- Salt and black pepper

MANGO AND CUCUMBER SALSA

- 1 large mango, peeled and finely diced
- ½ cucumber, peeled, de-seeded and finely diced
- 1 red chilli, de-seeded and finely chopped
- 1 red onion, finely chopped
- 1 tbsp olive oil
- Juice of two limes
- Small bunch of coriander, roughly chopped

PARSNIP AND CARROT SLAW

- 2 large carrots, peeled and cut into strips using a Julienne peeler
- 2 large parsnips, peeled and cut into strips as above
- 1ltr vegetable oil for frying

FRIED ONIONS

- 1 large onion, sliced
- 85g plain flour
- 1 tbsp cornflour
- 200ml ice cold sparkling water (plus about 4 ice cubes)

ROASTED JALAPEÑO MAYONNAISE

- 4 jalapeños
- 100ml vegan style mayonnaise
- Juice of ½ lime

METHOD

1. Prepare the guacamole by roughly mashing the avocado together with the garlic and lime juice. Season with salt and pepper to taste. Refrigerate until needed.
2. Make the mango and cucumber salsa by combining all ingredients. Season to taste.
3. To prepare the slaw, preheat the oil in a heavy based pan over a medium heat to 150°C. Fry the root vegetables in small batches until crispy. Use kitchen towel to absorb excess oil.
4. To make the batter sift the plain flour, cornflour and sea salt into a large mixing bowl. Pour in the sparkling mineral water along with a few ice cubes and combine using a whisk, but don't over beat. The batter does not need to be completely smooth but use immediately.
5. To prepare the onion rings, separate the onion slices into rings then dip into the batter. Fry in oil for 1-2 minutes until they are golden and crispy then drain using kitchen towel to remove excess oil. Keep warm until required.
6. Prepare the Roasted Jalapeno Mayo by cutting open the jalapeños lengthways, de-seeding them and laying them cut surface down on a foil-lined tray. Grill until blackened. Place in a bowl, cover with cling film and remove the skin when they are cool. Chop finely and mix with the other ingredients. Season to taste. Refrigerate until needed.
7. Cook the Quorn Vegan Burgers as per pack instructions.
8. Lightly dry fry the wraps on both sides. Fold the wraps in half and fill with the salad leaves and burgers. Add a generous dollop of salsa and guaca mole, and top with fried onion rings.
9. Serve with the parsnip and carrot slaw, roasted jalapeño mayonnaise and a few extra onion rings.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
325kcal	15g	1.6g	2.6g	1.1g
	MED	LOW	LOW	MED

HINTS & TIPS

As an alternative serve in a warm flatbread.



A succulent Quorn Vegan Burger served in a tortilla wrap with crisp salad leaves, topped with a dollop of mango & cucumber salsa, guacamole & fried onion rings. Served with parsnip & carrot slaw and spicy roasted jalapeno mayonnaise.

HINTS & TIPS

Try roasting other vegetables such as beetroot and butternut squash.



Succulent Quorn Vegan Nuggets served with earthy roasted root vegetables on a bed of spinach, with sweet edamame beans and a tomato dipping sauce.

Nugget Bowl

PREPARATION TIME:

15 minutes

COOKING TIME:

25 minutes

SERVES:

10

INGREDIENTS

- 30 Quorn Vegan Nuggets
- 1.5kg of mixed root vegetables (e.g. potatoes, parsnip, carrot)
- 500g edamame beans
- 250g fresh spinach leaves
- 2 tbsp vegetable oil
- Seasoning to taste

SAUCE

- 8 tbsp rice or white wine vinegar
- 8 tbsp sugar
- 8 tbsp ketchup
- 5 tbsp cornflour

METHOD

1. Preheat the oven 200°C / Gas Mark 6.
2. Cut the root vegetables into strips, place on a baking tray and toss in a little oil and seasoning. Roast for 20 minutes and turn often so they do not burn.
3. Cook the Quorn Vegan Nuggets according to the pack instructions.
4. To prepare the dipping sauce, place all of the ingredients in a saucepan (apart from the cornflour) and gently bring to the boil. Dissolve the cornflour in water to form a paste and pour it into the sauce. Boil for another minute until the sauce thickens then transfer to a bowl to cool.
5. Layer the nuggets, roasted root vegetables, edamame beans and spinach in a bowl. Drizzle over the sauce and serve.

NUTRITIONAL INFORMATION PER SERVING

Energy
408kcal

Fat
9.7g
LOW

Saturates
1.1g
LOW

Sugar
24g
MED

Salt
1.1g
MED

Quorn Sausage & Vegetable Sticky Skewers

PREPARATION TIME:

10 minutes

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Vegan Sausages, defrosted
- 3 tbsp olive oil
- 1 tbsp lemon juice
- 2 rounded tsp wholegrain mustard
- 4 tbsp mango chutney
- 2 red onion, cut into wedges
- 2 red pepper, de-seeded and cut into chunky dice
- 20 cherry tomatoes
- 20 skewer sticks - soak wooden sticks in water for a few minutes before grilling or barbecuing to prevent burning

METHOD

1. Cut each Quorn Vegan Sausage into 5 pieces diagonally.
2. Mix the olive oil, lemon juice, mustard and mango chutney together in a bowl, add the Quorn sausage and stir generally to coat.
3. Thread the onions, onto the skewers alternating with the Quorn sausage, peppers and tomatoes.
4. Place the skewers under a hot grill and cook turning frequently until the vegetables are cooked and sausages are piping hot throughout, occasionally brushing with any remaining glaze.

NUTRITIONAL INFORMATION PER SERVING

Energy
144kcal

Fat
7.0g
MED

Saturates
1.9g
MED

Sugar
6.2g
LOW

Salt
0.74g
MED

HINTS & TIPS

They are equally good roasted in the oven 200°C / Gas Mark 6 for 10-12 minutes. Serve with a crisp green salad and sweet potato wedges.



Quorn Vegan Sausages skewered with peppers, onions & cherry tomatoes in a tangy lemon & mango glaze.

HINTS & TIPS

As an alternative use as a filling for flatbreads or wraps.

Spicy Sausage Argentinian Baguette

PREPARATION TIME:

18 minutes

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Vegan Sausage
- 1 tbsp vegetable oil
- 500g coleslaw, made with vegan style mayonnaise
- 10 baguettes, freshly baked (dairy free)

CHIMICHURRI SAUCE

- 60g flat leaf parsley
- 4 tsp dried oregano
- 4 garlic cloves
- 1 tsp red wine vinegar
- 1/2 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 Vegan 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
386kcal

Fat
11g
MED

Saturates
2.4g
LOW

Sugar
6.7g
LOW

Salt
1.5g
MED

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

Naked Burger

PREPARATION TIME:

30 minutes plus

30 minutes marinating time

COOKING TIME:

15 minutes

SERVES:

10

INGREDIENTS

- 10 Quorn Vegan 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
- 1 tbsp vegan mayonnaise
- 3 tbsp plain vegan yogurt alternative
- 1 tsp Dijon mustard
- Seasoning

CAULIFLOWER RICE

- 800g cauliflower, cut into florets
- Seasoning

GARNISH

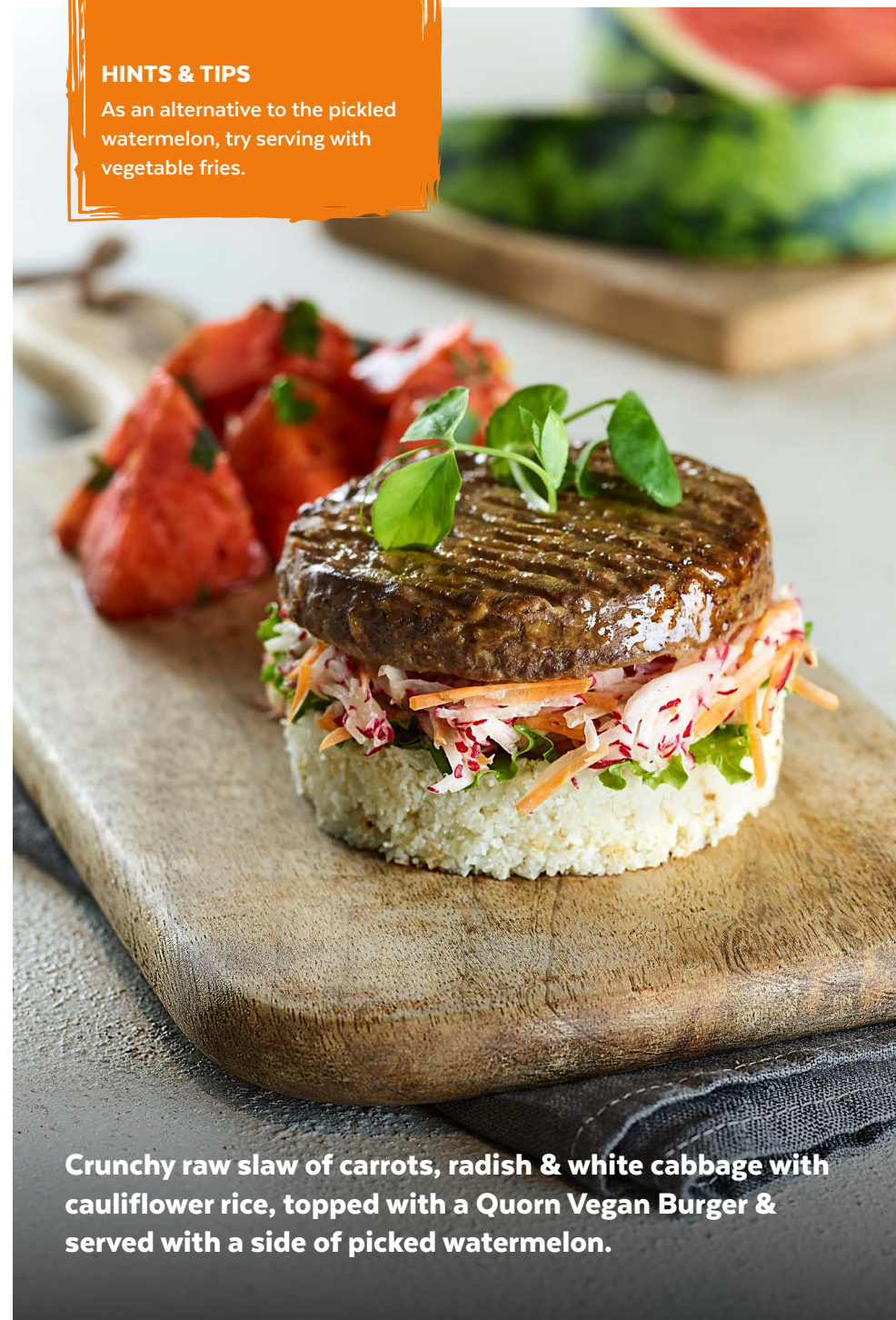
- Pea shoots

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 vegan mayonnaise, vegan 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 pea shoots.
8. Using a slotted spoon place a spoonful of watermelon on the side of each plate.

HINTS & TIPS

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



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

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
244kcal	11g	3.9g	19g	1.4g
	MED	LOW	MED	MED

HINTS & TIPS

To eat this dish at its best, serve immediately. If keeping warm more stock may be required.



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

Pad Thai

PREPARATION TIME:

10 minutes

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

- 500g Quorn Vegan Pieces, defrosted
- 50g coriander
- 100g onion, chopped
- 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 egg free Udon noodles, pre-cooked
- 350ml vegan 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 Vegan 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 beansprouts, 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
216kcal

Fat
3.6g
LOW

Saturates
0.4g
LOW

Sugar
6.3g
LOW

Salt
1.7g
MED

Sriracha Mango Salad

PREPARATION TIME:

15 minutes plus

10 minutes marinating time

COOKING TIME:

10 minutes

SERVES:

10

INGREDIENTS

• 500g Quorn Vegan Pieces

MARINADE

- 3 tbsp vegetable oil
- 2 tbsp Sriracha chilli sauce
- 2 tbsp Agave nectar
- 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 Agave nectar (optional)
- 3 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 Vegan 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 Vegan 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
168kcal

Fat
7.9g
MED

Saturates
0.9g
LOW

Sugar
9.8g
MED

Salt
0.83g
MED

HINTS & TIPS

Replace the mango with papaya pieces or slices of nectarine for a delicious fruity twist.



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

HINTS & TIPS

Add more chipotle sauce and sliced jalapeño peppers for an extra spicy taste.

Mexican Burger

PREPARATION TIME:

10 minutes

COOKING TIME:

18 minutes

SERVES:

10

INGREDIENTS

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

METHOD

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

NUTRITIONAL INFORMATION PER SERVING

Energy
396kcal

Fat
22g
HIGH

Saturates
5.8g
MED

Sugar
6.1g
LOW

Salt
1.4g
MED

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

**For more information or to talk to us about
Quorn on your menus, get in touch at
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