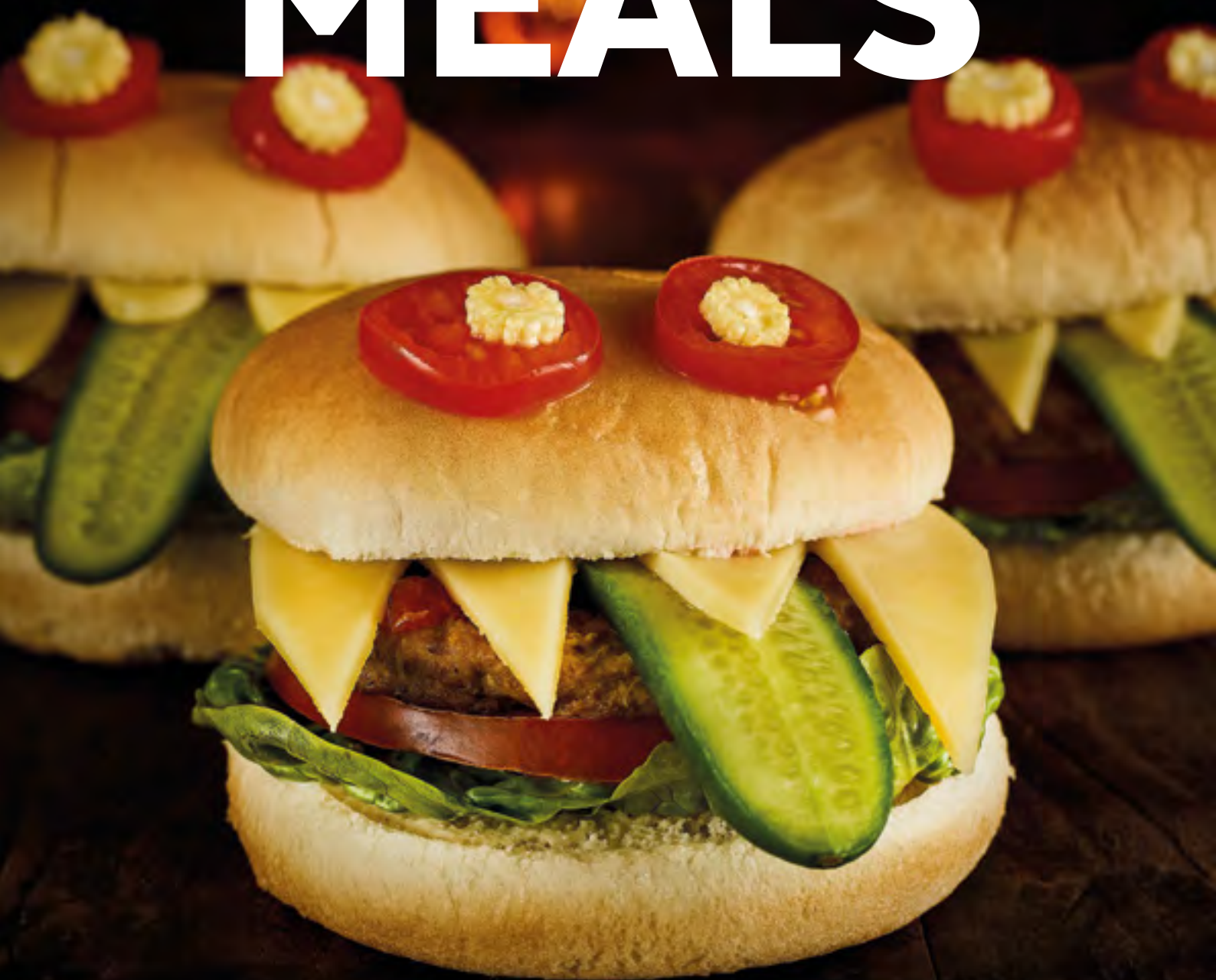




*- Recipe Inspiration -*

# FOR SCHOOL MEALS



AUTUMN / WINTER 2018



# INTRODUCTION

We published our first Quorn™ School Meals 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 support you in recreating delicious, nutritious meat free versions of children's favourite meals for you to easily transfer onto your school meals menus – across breakfast, mid-morning break and lunch.



Why? Because we think it's important to engage with children around the benefits to them and the planet in reducing their meat intake and because, across England, Scotland and Wales 23% of children starting primary school are overweight or obese\*. We have the power to make a real difference through healthier, more nutritious and creative cooking and using Quorn as an ingredient is a big step in the right direction.

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 your primary and secondary menus through Autumn/Winter 2018, including ideas for theme days that can support the celebration of National Curry Week, Diwali, Halloween, Bonfire Night and British Pie Week.

## THEME DAY ICONS



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



**HALLOWEEN**  
31st October



**BONFIRE NIGHT**  
5th November



**BRITISH PIE WEEK**  
4th - 10th March

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





Let's not forget the festive season either; check out our section dedicated to delicious mid-morning break and lunchtime hot handhelds as well as meat free versions of traditional festive Christmas dinners.



Our recipes are for meat eaters too. In fact, 73% of Quorn enthusiasts eat meat<sup>\*\*</sup>. 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. What's more, is that in recent research we found that 82% of 4-11 year olds like Quorn<sup>\*\*\*</sup>, proving that Quorn is a well-loved winner for school menus.

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, then please get in touch by e-mailing us at [foodservice@quornfoods.com](mailto:foodservice@quornfoods.com)

<sup>\*\*</sup>Kantar Worldpanel

<sup>\*\*\*</sup>Cracked Foodservice Marketing research, commissioned by Quorn, n=100 4-11 year olds with 50% gender split (January 2018) Quorn Dippers versus the market leading chicken dipper and a leading supermarket's own label chicken dipper product





**A delicious toad-in-the-hole made with Quorn Chipolatas baked with cherry tomatoes & sliced red onions.**



# TOMATO & ONION TOADIE

**PREPARATION TIME:**  
10 minutes

**COOKING TIME:**  
35 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 20 Quorn Chipolatas
- 2 tbsp vegetable oil
- 250g plain flour
- 4 large eggs
- 570ml semi-skimmed milk
- 2 tsp dried thyme
- 1 large red onion, cut into thin wedges
- 300g cherry tomatoes

## METHOD

1. Preheat the oven to 200°C / Gas Mark 6.
2. Sieve the flour into a mixing bowl. Add the eggs and whisk to a smooth paste.
3. Gradually add the milk, whisking continuously. Stir in the thyme.
4. Put the oil into a large oven proof dish and heat in the oven for 5 minutes until very hot.
5. Add the Quorn Chipolatas and the onion wedges to the hot oil and quickly pour over the batter. Sprinkle over the cherry tomatoes.
6. Place the dish into the hot oven and cook for 30 - 35 minutes until puffed up and golden.
7. Serve immediately.

## HINTS & TIPS

The mixture can also be made in muffin tins for individual Tomato & Onion Toadies.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
291kcal

Fat  
12g

Saturates  
2.7g

Sugar  
5.0g

Salt  
0.82g

MED

LOW

LOW

MED

# SWEDISH-STYLE LASAGNE

**PREPARATION TIME:**  
25 minutes

**COOKING TIME:**  
30 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 480g Quorn Swedish Style Balls
- 1 tbsp vegetable oil
- 350g onions, diced
- 3 garlic cloves, finely chopped
- 800g tinned chopped tomatoes
- 2 tsp Italian mixed herbs
- 2 tbsp tomato purée
- 200ml vegetable stock
- Seasoning

### BÉCHAMEL SAUCE

- 120g butter or margarine
- 120g plain flour
- 1.2ltr skimmed milk
- 200g medium cheddar cheese, grated
- 15 dried lasagne sheets

## METHOD

1. Preheat the oven to 180°C / Gas Mark 4.
2. Heat the oil in a large pan and gently fry the onions for 5 minutes. Add the garlic and continue to cook for another minute.
3. Add the tinned tomatoes, tomato purée, herbs, and vegetable stock and simmer for 10 minutes.
4. Add the Quorn Swedish Style Balls and simmer gently for a further 5 minutes. Check seasoning.
5. Meanwhile, make the béchamel sauce; melt the butter in a pan and then stir in the plain flour. Cook, while stirring for 3 minutes.
6. Remove from the heat and gradually add the milk, stirring well after each addition. Return the pan to the heat and cook gently, stirring continuously until the sauce is thick and smooth.
7. Spread one third of the Quorn Swedish Style Ball mixture across the base of a large shallow dish. Arrange 5 lasagne sheets over the top and spread one third of the béchamel sauce over the lasagne. Repeat twice more, finishing with a layer of béchamel sauce.
8. Sprinkle the grated cheddar cheese over the top of the dish.
9. Bake the lasagne in the pre-heated oven for 25 minutes until golden and core temperature is reached.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
580kcal

Fat  
23g

HIGH

Saturates  
11g

HIGH

Sugar  
13g

LOW

Salt  
1.7g

MED

## HINTS & TIPS

Try using Quorn Mince instead of the Quorn Swedish Style Balls for a more traditional lasagne.





**Quorn Swedish Style Balls in a rich Italian tomato sauce, layered with lasagne sheets & topped with cheese.**





**A succulent Quorn Burger in a soft bun, with googly tomato & sweetcorn eyes, a cucumber tongue & cheese slice teeth.**

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# MONSTER BURGERS

**PREPARATION TIME:**  
15 minutes

**COOKING TIME:**  
12 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## METHOD

## INGREDIENTS

- 10 Quorn Burgers
- 1 tbsp vegetable oil
- 10 burger buns
- 100ml light mayonnaise
- 2 Little Gem lettuces
- 1 small cucumber
- 10 cheddar cheese slices
- 2 beefsteak tomatoes
- 100ml burger relish
- 5 cherry tomatoes
- 3 baby corn (or 20 sweet corn kernels)

1. Preheat the oven to 180°C / Gas Mark 4.
2. Lightly brush the Quorn Burgers with oil and bake in the preheated oven for 12 minutes or until core temperature is reached.
3. Cut the edge of each cheese slice into zig-zag 'teeth' with a sharp knife.
4. Cut each cherry tomato into four thin slices, and 20 small slices from the baby corn.
5. Cut the small cucumber in half and then thin slices along the length of each half to create tongues.
6. Split the burger buns, spread a spoonful of light mayonnaise on the base of each, and top with the Little Gem lettuce leaves.
7. Slice the beefsteak tomatoes and arrange one slice on top of the lettuce.
8. When the Quorn Burgers are cooked, place one on each tomato slice and top with a spoonful of burger relish. Arrange the cucumber tongue, the cheese teeth, and then the top of each bun.
9. Decorate the Monster Burgers with googly eyes made from the cherry tomato and baby corn slices (or sweet corn kernels).

## HINTS & TIPS

Get creative and use other vegetables, e.g. gherkins, olives, green beans for eyes, teeth, ears etc...

## NUTRITIONAL INFORMATION PER SERVING

Energy  
319kcal

Fat  
15g

Saturates  
4.8g

Sugar  
5.8g

Salt  
1.6g

MED

MED

LOW

MED

AUTUMN / WINTER



# TANDOORI FILLETS & VEGETABLE PILAU

**PREPARATION TIME:**  
45 minutes

**COOKING TIME:**  
14 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 10 Quorn Fillets, defrosted

### MARINADE

- 400ml natural yogurt
- 1 tbsp lemon juice
- 5 tbsp Tandoori spice mix
- 2 garlic cloves

### CUCUMBER RAITA

- 200ml natural yogurt
- 2 tbsp mint sauce
- ½ cucumber, peeled, de-seeded and finely diced

### VEGETABLE PILAU

- 1 tbsp vegetable oil
- 1 tsp turmeric
- 300g basmati rice
- 2 tsp mild curry powder
- 1 ltr vegetable stock
- 100g frozen peas
- 300g carrots, cut into 1cm dice

## METHOD

1. Tear each Quorn Fillet into 4 rough pieces.
2. Mix together the marinade ingredients and then stir in the torn fillets, mix to coat well and refrigerate for 30 minutes.
3. Preheat the oven to 200°C / Gas Mark 6.
4. Make the cucumber raita by combining the ingredients in a small bowl. Refrigerate until required.
5. Heat the vegetable oil in a large pan. Stir in the turmeric and curry powder and cook for 2 minutes, add the rice and stir well to coat in the spices. Add the hot stock, peas and carrots. Bring to the boil, then cover and reduce the heat. Simmer very gently for 12 - 14 minutes until the rice and carrots are soft and the stock has been absorbed.
6. Spoon the Quorn Fillets on to a greased baking sheet and bake in the oven for 14 minutes or until core temperature has been reached.
7. To serve, divide the rice between the plates, top with the tandoori fillets and drizzle with the cucumber raita.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
237kcal

Fat  
4.4g

Saturates  
1.4g

Sugar  
8.7g

Salt  
1.5g

LOW

LOW

LOW

MED

## HINTS & TIPS

This recipe can also be made using Quorn Pieces, without the need to defrost.





**Oven baked torn Quorn Fillets marinated in tandoori spices & yogurt. Served with colourful vegetable pilau rice, flavoured with golden turmeric. Topped with a cucumber & yogurt raita.**





**Scrumptious Quorn Mince, carrots & onions in a rich gravy, topped with crumbly pastry.**

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# MINCE & ONION PIE

**PREPARATION TIME:**  
35 minutes

**COOKING TIME:**  
38 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 300g Quorn Mince
- 1 tbsp vegetable oil
- 150g onions, finely diced
- 2 cloves garlic, finely chopped
- 150g carrots, grated
- 3 tbsp tomato purée
- 2 tbsp vegetarian Worcestershire sauce
- 200ml vegetable stock
- ½ tsp dried mixed herbs
- 400g shortcrust pastry
- 1 egg, beaten

## METHOD

1. Heat the oil in a pan and gently cook the onions for 5 minutes. Add the garlic and grated carrot and continue to cook for a further 3 minutes.
2. Stir in the Quorn Mince, tomato purée, vegetarian Worcestershire sauce, vegetable stock and mixed herbs. Cover and simmer gently for 10 minutes. Allow to cool.
3. Preheat the oven to 200°C / Gas Mark 6.
4. Roll out the pastry thinly on a floured surface and cut out ten circles to line a muffin tin, large enough so that the pastry overhangs the holes in the tin, as the pastry will shrink during cooking.
5. Re-roll the pastry and cut ten smaller lids to fit the top of the pies. Again, cut these larger than the holes in the tin.
6. Fill the pastry cases with the Quorn Mince mixture, pressing it down firmly.
7. Brush the rim of the pastry cases with water and put the lids on top. Crimp firmly around the edges to seal. Neaten up the edges with a round cutter if necessary.
8. Brush the top of the pies with beaten egg and bake in the oven for 15 - 20 minutes until the pastry is cooked through and golden.

## HINTS & TIPS

This recipe can also be made as one large pie, served with vegetarian gravy.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
205kcal

Fat  
13g

MED

Saturates  
6.6g

HIGH

Sugar  
3.6g

LOW

Salt  
0.88g

MED

AUTUMN / WINTER



# RAINBOW COTTAGE PIE

**PREPARATION TIME:**  
20 minutes

**COOKING TIME:**  
40 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 400g Quorn Mince
- 1 tbsp vegetable oil
- 1 onion, chopped
- 150g carrots, finely diced
- 150g peas
- 500ml vegetable stock
- 30g vegetarian Worcestershire sauce
- 20g tomato puree
- 1 tsp dried thyme
- 25g cornflour mixed to a paste with 2 tbsp cold water
- Seasoning

### TOPPING

- 1.5kg potatoes, peeled, cooked and mashed
- 500g beetroot, cooked, peeled then mashed
- 1kg sweet potatoes, peeled, cooked and mashed
- 3 tbsp milk

## METHOD

1. Preheat oven to 180°C / Gas Mark 4.
2. Heat the oil in a large pan and gently fry the onions and carrots for 3 - 4 minutes until beginning to soften.
3. Add the Quorn Mince, peas, vegetable stock, Worcestershire sauce, tomato puree and thyme.
4. Stir in the cornflour paste, bring to the boil and then reduce to a simmer for 15 minutes. Check seasoning.
5. Meanwhile combine 500g of the mashed potato with the beetroot mash, 1 tbsp milk and mix well.
6. Add 1 tbsp of milk to the mashed potato and remaining 1 tbsp of milk to the mashed sweet potato. Mix well.
7. When cooked, tip the Quorn Mince mixture into a large oven proof serving dish.
8. To make the rainbow topping pipe or spoon alternate lines, on the diagonal, of beetroot mash, sweet potato mash and mashed potato.
9. Bake in the oven for 20 - 25 minutes or until the topping is golden brown.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
281kcal

Fat  
3.3g

Saturates  
0.5g

Sugar  
15g

Salt  
0.97g

LOW

LOW

LOW

LOW

## HINTS & TIPS

**As an alternative try using mashed parsnip.**

**AUTUMN / WINTER**



**Shelley Harvey's winning dish for the  
University College Birmingham competition.**



**Delicious Quorn Mince, peas, carrots & onion in tomato  
sauce, topped with rainbow mash.**





**Baked sweet potatoes, filled with Quorn Pieces marinated in BBQ sauce & mixed with sweetcorn, topped with chopped spring onions.**



# BBQ SWEET POTATO

**PREPARATION TIME:**  
10 minutes

**COOKING TIME:**  
60 minutes

**SERVES:**  
10

**PRIMARY RECIPE**

## INGREDIENTS

- 500g Quorn Pieces

### BBQ SAUCE

- 350g passata
- 2 garlic cloves, finely chopped
- 2 tbsp low-salt soy sauce
- 1 tbsp vegetarian Worcestershire sauce
- 3 tbsp honey
- 1 tbsp smoked paprika
- 1 tbsp vegetable oil
- 10 large sweet potatoes, washed and dried
- 325g can sweetcorn, drained

### GARNISH

- 100g spring onions, finely chopped

## METHOD

1. Preheat the oven to 180°C / Gas Mark 4.
2. Mix together the ingredients for the BBQ sauce, add the Quorn Pieces and refrigerate for 30 minutes.
3. Rub the sweet potatoes with vegetable oil and bake for 60 minutes or until soft.
4. After 30 minutes, spread the Quorn Pieces and BBQ sauce on a baking tray and cook for 12 - 14 minutes or until core temperature is reached.
5. Remove the Quorn Pieces from the oven and stir in the sweetcorn.
6. Cut a cross in each potato and squeeze to open. Spoon the BBQ Quorn Pieces and sweetcorn mixture into the potatoes. Top each one with a sprinkling of spring onions.

## HINTS & TIPS

To save time, a ready-made BBQ sauce could be used.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
300kcal

Fat  
4.0g

Saturates  
1.0g

Sugar  
21g

Salt  
1.0g

LOW

LOW

MED

LOW

AUTUMN / WINTER



# BREAKFAST PATTIE & BEAN POT

**PREPARATION TIME:**  
10 minutes

**COOKING TIME:**  
25 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 10 Quorn Sausage Patties
- 500g potatoes, peeled and cut into 2cm dice
- 2 tbsp vegetable oil
- 2 tsp smoked paprika
- 1 red pepper, deseeded and diced
- 1.5kg baked beans, low salt, low sugar
- 4 tbsp brown sauce

### GARNISH

- Chopped parsley

## METHOD

1. Pre heat the oven to 180°C / Gas Mark 4.
2. Place the potatoes onto a baking tray and toss with 1 tbsp of the oil and smoked paprika. Roast for 20 - 25 minutes or until the potatoes are crispy and golden brown.
3. Half way through the cooking time place the Quorn Sausage Patties onto a baking tray with the diced peppers, brush with 1 tbsp of oil and cook for 7 - 8 minutes or until the Quorn Sausage Patties core temperature is reached and the peppers are soft. Remove from the oven and cut Quorn Sausage Patties into bite sized pieces.
4. Meanwhile in a large pan gently heat the baked beans and stir in the brown sauce.
5. Once cooked, add the potatoes, diced Quorn Sausage Patties and peppers to the pan and stir gently to combine.
6. To serve, divide the bean mixture between 10 take away tubs and garnish with a little chopped parsley.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
243kcal

Fat  
5.9g

Saturates  
0.6g

Sugar  
7.2g

Salt  
1.3g

LOW

LOW

LOW

MED

## HINTS & TIPS

As an alternative to the Quorn Sausage Patties use Quorn Sausages or Chorizo.





**Chopped Quorn Sausage Pattie, spicy beans, sweet red peppers & cubes of potato in a rich tomato sauce. Served in a takeaway pot.**





**Quorn Frankfurters in a soft hotdog roll, topped with a delicious Quorn chilli & melting cheese.**

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# LOADED CHILLI DOG

**PREPARATION TIME:**  
10 minutes

**COOKING TIME:**  
20 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 10 Quorn Frankfurters
- 200g Quorn Mince
- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 2 tsp chilli powder, or to taste
- 400g tinned tomatoes
- 1 tbsp tomato puree
- 1 tsp sugar
- 300g tinned kidney beans, drained
- 500ml vegetable stock
- 10 hotdog rolls
- 100g cheddar cheese, grated

## METHOD

1. Heat the oil in a large pan and fry the onions for 2 - 3 minutes until soft but not coloured. Add the garlic and continue to cook for another minute.
2. Stir in the chilli powder and cook for a further minute.
3. Add the tomatoes, tomato puree, sugar, Quorn Mince, stock and kidney beans, bring to the boil then simmer gently for 15 minutes or until the liquid has reduced to coat the Quorn Mince.
4. Meanwhile cook the Quorn Frankfurters according to pack instructions.
5. When ready to serve slit each hotdog roll across the top, place a frankfurter into each roll and spoon over some Quorn chilli, top with a little grated cheese to serve.

### HINTS & TIPS

Try topping with jalapenos for extra spice.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
344kcal

Fat  
15g

Saturates  
3.7g

Sugar  
6.1g

Salt  
1.7g

MED

LOW

LOW

MED



# KEEMA PIE

**PREPARATION TIME:**  
15 minutes

**COOKING TIME:**  
45 minutes

**SERVES:**  
10

**SECONDARY RECIPE**

## INGREDIENTS

- 400g Quorn Mince
- 1 tbsp vegetable oil
- 200g onion, chopped
- 3 garlic cloves, finely chopped
- 2 tbsp korma paste
- 1 tbsp tomato puree
- 400g sweet potato, diced into 1cm pieces
- 400ml vegetable stock
- 1 red pepper, deseeded and diced
- 100g peas
- 2 tbsp coriander, chopped
- Seasoning
- 200g filo pastry
- 25g butter, melted

## METHOD

1. Heat the oil in a large pan and sauté the onions for 8 minutes or until starting to caramelise, adding the garlic for the last minute.
2. Stir in the korma paste and tomato puree and cook for a further minute.
3. Add Quorn Mince, sweet potatoes and the stock. Simmer gently for 10 minutes or until the sweet potatoes are soft.
4. Add the red pepper, peas and coriander and cook for a further minute. Season to taste. Tip into the pie dish and leave to cool.
5. Pre heat the oven to 200°C / Gas Mark 6.
6. Once filling is cool, cover the top of the pie with scrunched pieces of filo pastry.
7. Brush the pastry with the melted butter and bake in the oven for 20 - 25 minutes or until the pasty is golden brown.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
149kcal

Fat  
5.8g

Saturates  
1.8g

Sugar  
5.7g

Salt  
0.92g

LOW

LOW

LOW

MED

## HINTS & TIPS

Use shortcrust pastry as an alternative to filo.





**Keema-style Quorn Mince pie topped with scrunched filo pastry.**





**A crispy Quorn Southern Style Burger, served in a soft bun with Little Gem lettuce, a light Caesar dressing & finished with cheese shavings.**

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# CRISPY CAESAR BURGER

**PREPARATION TIME:**  
16 minutes

**COOKING TIME:**  
16 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 10 Southern Style Quorn Burgers
- 10 burger buns

### CAESAR DRESSING

- 75ml light mayonnaise
- 150ml natural yogurt
- 1 tbsp lemon juice
- 1 tsp garlic purée
- 1 tsp vegetarian Worcestershire sauce
- 10 Little Gem lettuce leaves
- 25g vegetarian Italian hard cheese, or mature cheddar

## METHOD

1. Preheat the oven to 180°C / Gas Mark 4.
2. Cook the Southern Style Quorn Burgers according to the packet instructions.
3. Split and lightly toast the burger buns.
4. To make the Caesar dressing, mix together the light mayonnaise, natural yogurt, lemon juice, garlic purée, and Worcestershire sauce.
5. Roughly shred the lettuce.
6. Using a vegetable peeler, cut thin shavings of the cheese.
7. Arrange the shredded lettuce on the toasted bun, followed by the Southern Style Quorn Burger and a generous spoonful of Caesar dressing. Finish with the cheese shavings.

## HINTS & TIPS

Great served with sweet potato wedges or fries.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
308kcal

Fat  
11g

MED

Saturates  
2.7g

MED

Sugar  
5.7g

LOW

Salt  
1.1g

MED

AUTUMN / WINTER



# STUFFED TANDOORI NAAN

**PREPARATION TIME:**  
45 minutes

**COOKING TIME:**  
14 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 10 Quorn Fillets, defrosted
- 10 naan breads

### MARINADE

- 400ml natural yogurt
- 1 tbsp lemon juice
- 5 tbsp Tandoori spice mix
- 2 garlic cloves, finely chopped

### CUCUMBER RAITA

- 200ml natural yogurt
- 2 tbsp mint sauce
- ½ cucumbers, peeled, de-seeded and finely diced

### VEGETABLE PILAU

- 1 tbsp vegetable oil
- 1 tsp turmeric
- 2 tsp mild curry powder
- 300g basmati rice
- 1 ltr vegetable stock
- 100g frozen peas
- 300g carrots, cut into 1cm dice

## NUTRITIONAL INFORMATION PER SERVING

Energy  
337kcal

Fat  
7.0g

Saturates  
1.7g

Sugar  
9.8g

Salt  
1.8g

LOW

LOW

LOW

HIGH

## METHOD

1. Tear each Quorn Fillet into 4 rough pieces.
2. Mix together the marinade ingredients and then stir in the torn Quorn Fillets, mix well and refrigerate for 30 minutes.
3. Preheat the oven to 200°C / Gas Mark 6.
4. Make the cucumber raita by combining the ingredients in a small bowl. Refrigerate until required.
5. Heat the vegetable oil in a large pan. Stir in the turmeric and curry powder and cook for 2 minutes, add the rice and stir well to coat in the spices. Add the hot stock, peas and carrots. Bring to the boil, then cover and reduce the heat. Simmer very gently for 12 - 14 minutes until the rice and carrots are soft and the stock has been absorbed.
6. Spoon the Quorn Fillets on to a greased baking sheet and bake in the oven for 14 minutes or until core temperature is reached.
7. Warm the naan breads in the oven for 3 minutes.
8. To serve; spoon some rice into a folded naan, top with the Tandoori Quorn Fillets and drizzle with the cucumber raita.

## HINTS & TIPS

**For a spicier dish, add some dried chilli flakes to the vegetable rice.**





**Toasted naan bread filled with colourful vegetable pilau rice, oven baked torn Quorn Fillets marinated in tandoori spices & yogurt. Topped with a cucumber & yogurt raita.**





**Quorn Frankfurters in a soft hotdog roll, topped with pineapple, red onions, red peppers & lime, drizzled with teriyaki mayonnaise.**

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# HAWAIIAN DOG

**PREPARATION TIME:**  
15 minutes

**COOKING TIME:**  
15 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 10 Quorn Frankfurters
- 10 hotdog rolls
- 1 tbsp vegetable oil
- 1 large red onion, diced
- 1 red pepper, deseeded and diced
- 425g tinned pineapple rings, drained and cut into 1cm dice
- ½ tsp cayenne pepper
- 100ml light mayonnaise
- ½ tsp teriyaki sauce
- 2 tbsp lime juice
- 2 tbsp coriander, chopped

## METHOD

1. Steam or boil the Quorn Frankfurters for 15 minutes or until core temperature is reached.
2. Meanwhile, heat the oil in a saucepan and fry the onions and red pepper gently for 5 minutes until soft.
3. Add the pineapple and the cayenne pepper to the saucepan and continue to cook gently for 5 minutes.
4. To make the dressing; mix the mayonnaise with the teriyaki sauce and lime juice.
5. Cut the hotdog rolls along the top, drain the Quorn Frankfurters and place one in each roll.
6. Top with the pineapple mixture and drizzle with the dressing. Sprinkle with chopped coriander.

## HINTS & TIPS

For extra colour try adding chopped yellow pepper & sweetcorn.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
304kcal

Fat  
13g

MED

Saturates  
1.6g

LOW

Sugar  
9.8g

MED

Salt  
1.0g

MED



# BIRYANI WITH ROOT VEGETABLE CURRY

**PREPARATION TIME:**  
15 minutes

**COOKING TIME:**  
30 minutes

**SERVES:**  
10

**SECONDARY RECIPE**

## INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp Balti curry paste

### ROOT VEGETABLE CURRY

- 2 tbsp vegetable oil
- 350g onion, finely chopped
- 1 small green chilli, deseeded and chopped finely
- 10g fresh ginger, grated
- 2 garlic cloves, crushed
- 200g carrots, halved and sliced
- 400g sweet potato, diced
- 300g mixed peppers, deseeded and diced
- 1 tbsp ground turmeric
- 2 tbsp medium curry powder
- 400ml tinned low fat coconut milk
- 300ml vegetable stock
- 2 tbsp chopped coriander

### BIRYANI

- 1 tbsp vegetable oil
- 150g onion, finely diced
- 350g basmati rice, rinsed
- 1 tsp turmeric
- 700ml hot vegetable stock
- 200g frozen peas

## METHOD

1. Combine the Quorn Pieces and curry paste in a bowl, cover and leave in the fridge to marinate whilst the curry is prepared.
2. To prepare the curry heat the oil in a pan, add the onions and fry gently for 5 minutes until golden. Add the chilli, ginger and garlic and continue to cook for 1 minute.
3. Add the prepared vegetables and dried spices, cook over a moderate heat for 2 minutes stirring constantly.
4. Pour the coconut milk and stock into the pan and mix well. Bring the curry to the boil, cover and simmer for 15 minutes until the sweet potato is tender.
5. Meanwhile for the biryani heat 1 tbsp oil in a non-stick pan, fry the onion for 5 minutes then add the Quorn Pieces and turmeric and cook for a further 3 minutes.
6. Pour over the stock, bring to the boil then cover with a tight fitting lid and simmer gently for 10 minutes. Remove from the heat, stir in the peas and quickly replace the lid then leave off the heat for 10 minutes. When ready to serve, fluff up the rice with a fork and serve with a portion of biryani with curry sauce on the side.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
333kcal

Fat  
10g

Saturates  
3.2g

Sugar  
9.8g

Salt  
1.4g

LOW

LOW

LOW

MED

## HINTS & TIPS

For a milder Biryani try using a Korma curry paste.





**A Biryani rice with succulent Quorn Pieces served with a root vegetable curry.**



# KEY DATES



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



**HALLOWEEN**  
31st October



**BONFIRE NIGHT**  
5th November



**BRITISH PIE WEEK**  
4th - 10th March

## STUFFED TANDOORI NAAN



## HAWAIIAN DOG



## MONSTER BURGERS



## RAINBOW COTTAGE PIE



**AUTUMN / WINTER**





- *Recipe Inspiration* -

# FESTIVE





# FESTIVE BAGUETTE

**PREPARATION TIME:**  
10 minutes

**COOKING TIME:**  
25 minutes

**SERVES:**  
10

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

## INGREDIENTS

- 30 Quorn Turkey and Cranberry Balls
- 400g sage and onion stuffing mix
- 1 tbsp vegetable oil
- 10 baguettes
- 100g cranberry sauce

## METHOD

1. Pre heat the oven to 180°C / Gas Mark 4.
2. Make up the stuffing mix according to the pack instructions, spread on to a greased baking tray and bake as directed on the pack.
3. Place the Quorn Turkey and Cranberry Balls onto a baking tray, brush with the oil and cook according to the pack instructions, until core temperature is reached.
4. Using a serrated knife slit each baguette across the top, divide the stuffing between each baguette and place 3 Quorn Turkey and Cranberry Balls into each.
5. Top the baguettes with cranberry sauce and serve warm.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
419kcal

Fat  
16g

Saturates  
3.8g

Sugar  
11g

Salt  
1.5g

MED

MED

MED

MED

## HINTS & TIPS

As an alternative try using sliced Quorn Roast instead of the Quorn Turkey and Cranberry Balls.





**A warm crusty baguette filled with Quorn Turkey & Cranberry Balls & sage & onion stuffing, topped with cranberry sauce.**





**Carved Quorn Roast with all the trimmings.**

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# FESTIVE ROAST DINNER

**PREPARATION TIME:**  
15 minutes

**COOKING TIME:**  
50 minutes

**SERVES:**  
8

**PRIMARY &  
SECONDARY RECIPE**

## INGREDIENTS

- 1 Quorn Roast
- 1.2kg potatoes, cut into approximately 5cm pieces
- 3 tbsp vegetable oil
- 640g baby carrots, peeled
- 640g broccoli, cut into florets
- 640g peas
- 200ml vegetarian gravy
- 100g cranberry sauce - optional

## HINTS & TIPS

**Delicious served with a Quorn Chipolata, sprouts, and roast parsnips too. For a twist on the traditional roast swap the Quorn Roast for Quorn Turkey and Cranberry Balls.**



## METHOD

1. Preheat the oven to 200°C / Gas Mark 6.
2. Pierce the film cover on the Quorn Roast and place on a preheated baking tray and cook for 45 - 50 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 35 - 40 minutes or until the potatoes are golden brown.
6. Boil or steam the vegetables until just cooked.
7. To serve, remove the film from the roast and slice thinly into rounds (approximately 24). Arrange 3 slices of roast on each plate with the vegetables and serve with gravy and cranberry sauce.

## NUTRITIONAL INFORMATION PER SERVING

Energy  
448kcal

Fat  
13g

Saturates  
1.9g

Sugar  
17g

Salt  
1.3g

LOW

LOW

LOW

LOW



# FESTIVE BURGER

**PREPARATION TIME:**

5 minutes

**COOKING TIME:**

25 minutes

**SERVES:**

10

**SECONDARY MID-MORNING**

**BREAK / LUNCH RECIPE**

## INGREDIENTS

- 10 Quorn Burgers
- 200g sage and onion stuffing mix
- 1 tbsp vegetable oil
- 100g cranberry sauce
- 10 burger buns

## METHOD

1. Pre heat the oven to 180°C / Gas Mark 4.
2. Make up the stuffing mix according to pack instructions, spread onto a greased baking tray and cook as directed on the pack.
3. Place the Quorn Burgers onto a baking tray, brush with the oil and bake for 10 - 12 minutes or until core temperature is reached.
4. Fill each burger bun with a Quorn Burger, divide the stuffing mix between the burgers and top with a spoonful of cranberry sauce.

### NUTRITIONAL INFORMATION PER SERVING

Energy  
334kcal

Fat  
13g

Saturates  
3.5g

Sugar  
8.6g

Salt  
1.2g

MED

MED

MED

MED

### HINTS & TIPS

Serve with roasted parsnip wedges.

AUTUMN / WINTER





**A succulent Quorn Burger served in a soft bun with sage & onion stuffing, topped with a spoonful of cranberry sauce.**

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