



Love COOKING with Quorn™

RECIPE INSPIRATION
FOR SCHOOL MEALS

SPRING / SUMMER 2018



Introduction

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

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

This has resulted in 17 fabulously tasty, on-trend and meat free recipe ideas which are segmented by age group and day part and come complete with ingredients lists, methods and nutritional information for you to easily transfer onto your Spring/Summer school meals menus.

The inspiration behind our recipes

Parent Survey

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

We spoke virtually to over 150 parents with children aged 4 – 16, to understand their family eating habits. It's the insights from these responses that have inspired the eight deliciously nutritious and tasty Quorn recipes within the primary section of this book, that are designed to help you with



your Spring/Summer menu and theme day planning and, importantly help in driving participation and uptake.

The key themes that helped us to develop our recipes in this book:

Top 10 most popular dishes cooked at home

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



Top 10 dishes parents would like to see on school menus

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

If you haven't already seen a copy of our parent survey, please get in touch – we'd love to share it with you.



Top 10 restaurants visited

Italian was strong in the most popular high street brands visited with half of the top 10 brands having Italian themes. The presence of Wagamama, Giraffe and Frankie & Benny's provided exciting inspiration for our recipes beyond the Italian norm.



Brighton Food Tour

For older students, we know that Street Food and world cuisine is becoming popular. Said to be the “Vegetarian Capital of the UK” – Brighton considers itself as having the best array of veggie bars, cafés and restaurants in the country, as well as a blossoming street food scene which boasts established and emerging street food traders based in and around Sussex. There is something on offer for every foodie. From amazing tender smoked meats, delicious Vietnamese pork belly, 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 Italy.

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; pickles, slaws and sauces, Asian influence, imitation meat and grab & go. All of which you’ll see glimpses of across the nine recipes we’ve developed for the 11-16 age group.

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.

Quorn: A versatile nutritious protein source for school menus

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

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

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



Quorn is for everyone

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

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

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

Discover why Quorn is a nutritious protein source

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

- It's a nutritious source of protein (the same 20 amino acids make up the protein in Quorn as you'll find in meat) and fibre
- Quorn is low in fat, salt, has a low GI and is free of undesirable additives
- Quorn is easy to store, quick and simple to cook with
- It cooks straight from frozen and there's minimal preparation
- Its versatility allows complete creativity
- It doesn't shrink during cooking and chefs can use less Quorn than meat – achieving a better yield as there's no wastage

Quorn products can have the taste, appearance and texture of all sorts of meat dishes – from dippers to mince to curry

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

Perfect for picky children and young adults. A versatile option for vegetarians. Most of our products are even suitable for use in halal dishes, our mince is kosher and we have a large range of gluten free alternatives too. It's socially and culturally inclusive, and makes day-to-day school kitchen preparation easier.

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



Sustainable nutrition

Quorn products provide sustainable nutrition, through the unique protein that we produce, Mycoprotein™, which is naturally high in protein and fibre and low in saturated fat. Producing this protein uses less land and water than animal protein production, so it's better for the planet too.

No wonder Quorn achieved Carbon Trust accreditation. It's also the only meat substitute accredited by the Soil Association. And talking of certificates, all Quorn products are Bronze Food For Life compliant, and some will even help you towards Silver and Gold Catering Marks too.

So Quorn doesn't just help make almost any dish on your menu healthier than the meat version, it makes it better for the planet.

The source of all that goodness

Quorn is a British discovery, first found in Marlow, in Berkshire. We now produce all of our products in the north of England. We start with a natural nutritious fungus that grows in the soil. We then ferment it, to convert carbohydrate into protein. The result is a dough that we call Mycoprotein™ (Greek for fungus-protein). Then we add various blends of herbs and spices and vegetable-based flavourings to give each product its particular taste.

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

You can help more children and teachers, of course – discover the difference with Quorn.

We hope you enjoy making and tasting our 17 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.

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

90%

**LOWER THAN BEEF AND
QUORN PIECES ARE 70%
LOWER THAN CHICKEN.**



THEME MENU IDEAS

Independence Day
4th July

Sticky Barbecue Fillets

QUORN FILLETS MARINATED & THEN BAKED IN A DELICIOUS STICKY HOMEMADE BARBECUE SAUCE SERVED WITH BAKED SWEET POTATO WEDGES.

PREPARATION TIME:

5 minutes

COOKING TIME:

20 minutes +
15 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 10 Quorn Fillets

BARBECUE SAUCE

- 1 tbsp oil
- 150g onion, finely chopped
- 2 garlic cloves, chopped
- 2 tsp smoked paprika
- 600g chopped tinned tomatoes
- 2 tbsp tomato puree
- 4 tbsp honey
- 3 tbsp white wine vinegar
- 2 tbsp Worcestershire sauce
- 2 tsp mustard
- 50g cheese, grated (optional)

METHOD

1. Heat the oil and cook the onion and garlic for 3-4 minutes until softened.
2. Add all of the remaining ingredients except for the cheese. Bring to the boil stirring and then reduce the heat and simmer for 20 minutes.
3. Preheat the oven to 180°C/Gas Mark 4.
4. Blitz the sauce with a stick blender or in a food processor for a smooth sauce or leave chunky if preferred (add a little water if the sauce is too thick).
5. Place the Quorn Fillets in a baking tin and cover with the barbecue sauce.
6. Bake for 10 minutes and then sprinkle over the grated cheese if using and bake for a further 5 minutes or until core temperature is reached and the cheese has melted.
7. Slice the Quorn Fillets and serve with baked sweet potato wedges.

NUTRITIONAL INFORMATION PER SERVING

Energy
139kcal

Fat
3.2g
LOW

Saturates
1.5g
LOW

Sugar
13g
MED

Salt
1.2g
MED

TIP: PARBOIL THE SWEET POTATOES AND BRUSH WITH BARBECUE SAUCE AND A LITTLE OIL BEFORE ROASTING.

Creamy Pasta Gratin

PASTA TWISTS SMOTHERED IN A CREAMY SAUCE WITH ITALIAN-STYLE QUORN PIECES, SWEETCORN, MUSHROOMS & RED PEPPERS. TOPPED WITH CRUNCHY CHEESY BREADCRUMBS.

PREPARATION TIME:

10 minutes +
20 minutes marinating time

COOKING TIME:

20 - 25 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 500g Quorn Pieces
- 1 tsp Italian mixed herbs
- 2 tsp oil
- 4 garlic cloves, chopped

SAUCE

- 500g dried pasta twists
- 75g butter
- 300g chestnut mushrooms, sliced
- 1 bunch of spring onions, trimmed and chopped
- 75g plain flour
- 1 ltr milk
- Seasoning
- 1 red pepper, diced
- 150g sweetcorn (frozen or tinned)

TOPPING

- 75g wholemeal breadcrumbs
- 75g red Leicester cheese, grated

METHOD

1. Marinate the Quorn Pieces with the herbs, oil and garlic for 20 minutes.
2. Cook the pasta as directed on the packet. Drain and keep warm.
3. Preheat the oven to 200°C/Gas Mark 6.
4. Melt the butter and gently fry the Quorn Pieces, mushrooms and spring onions for 4 - 5 minutes.
5. Stir in the flour and cook for 1 minute stirring.
6. Remove from the heat and blend in the milk.
7. Return the pan to the heat and bring to the boil stirring continuously. Reduce the heat and simmer gently for a few minutes until the sauce is thick and creamy.
8. Mix the breadcrumbs and cheese together.
9. Add the seasoning, red pepper, sweetcorn and drained pasta to the sauce. Place in an oven proof dish and top with the breadcrumbs and cheese mix.
10. Bake for 15 - 20 minutes until the topping is crisp and golden.
11. Serve with green vegetables or a crisp salad.

TIP: OMIT THE BREADCRUMB TOPPING AND SERVE WITH A SLICE OF GARLIC BREAD.

NUTRITIONAL INFORMATION PER SERVING

Energy
317kcal

Fat
11g
MED

Saturates
5.7g
MED

Sugar
7.5g
LOW

Salt
0.79g
LOW

Mini Steak Fajitas

MINI WRAPS FILLED WITH QUORN STEAK STYLE STRIPS MARINATED IN SMOKEY CHIPOTLE SAUCE, ROASTED WITH RED ONIONS & MIXED PEPPERS.

PREPARATION TIME:

10 minutes + 30 minutes
marinating time

COOKING TIME:

30 - 35 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 400g Quorn Steak Style Strips

MARINADE

- 1 tbsp oil
- 1 tsp chilli powder
- 1 tsp cinnamon
- 1 tsp cumin
- 2 garlic cloves, chopped

ROAST VEGETABLES

- 1 tbsp oil
- 1 red onion, thinly sliced
- 1 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- 3 tbsp passata
- 2 tbsp fresh coriander, chopped
- 10 mini wraps

METHOD

1. Place the Quorn Steak Style Strips into a bowl with all of the marinade ingredients. Mix well and leave to marinate for 30 minutes.
2. Preheat the oven to 200°C/Gas Mark 6.
3. Place the onion and peppers into a roasting tin, coat with the oil and roast for 15 - 20 minutes until starting to soften.
4. Add the Quorn Steak Style Strips and marinade to the tin and mix well. Return to the oven and cook for a further 10 minutes. Stir in the passata and continue to cook for a further 5 minutes or until the Quorn Steak Style Strips have reached core temperature. Stir in the coriander.
5. Divide the Quorn Steak Style Strips mixture between each wrap, roll up and serve.



NUTRITIONAL INFORMATION PER SERVING

Energy
180kcal

Fat
5.0g
MED

Saturates
1.3g
LOW

Sugar
3.4g
LOW

Salt
0.53g
MED

**TIP: REPLACE THE QUORN STEAK STYLE STRIPS
WITH SLICED QUORN FILLETS.**

THEME MENU IDEAS

International Picnic Day
18th June

Picnic Pittas

BAKED QUORN DIPPERS STUFFED INTO A SOFT PITTA BREAD WITH A CUCUMBER SALAD & TANGY TOMATO SAUCE.

PREPARATION TIME:

10 minutes

COOKING TIME:

13 - 15 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 30 Quorn Dippers

TANGY TOMATO SAUCE

- 1 tbsp oil
- 150g red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 ½ tsp chilli powder
- 1 tsp sugar
- 300g passata
- 2 tsp balsamic vinegar

SALAD

- 300g cucumber, chopped
- 1 tbsp mint, finely chopped
- 1 lemon, juice only
- Seasoning
- 5 large pitta breads

METHOD

1. Preheat the oven to 220°C/Gas Mark 7.
2. Place the Quorn Dippers on a baking tray and bake for 13 - 15 minutes until core temperature is reached.
3. Heat the oil and fry the onion and garlic for 3 - 4 minutes. Stir in the chilli powder and sugar and then add the passata and balsamic vinegar. Bring to the boil and then reduce the heat and simmer for 10 minutes.
4. Mix the cucumber, mint, lemon juice and seasoning together.
5. Place the pitta breads in the oven and warm for a couple of minutes.
6. To assemble the Picnic Pittas; cut each pitta bread in half vertically. Fill each half with a tablespoon of tomato sauce, 3 Quorn Dippers and a spoonful of cucumber salad.

TIP: REPLACE THE QUORN DIPPERS WITH QUORN VEGAN NUGGETS.

NUTRITIONAL INFORMATION PER SERVING

Energy
242kcal

Fat
8.8g
MED

Saturates
1.4g
LOW

Sugar
6.6g
LOW

Salt
1.0g
MED

THEME MENU IDEAS

International Picnic Day
18th June

Pizzadilla

HALF A BREAKFAST MUFFIN TOPPED WITH A RICH ITALIAN TOMATO SAUCE, QUORN SAUSAGE PATTIE, SPRINKLED WITH GRATED CHEESE & BAKED UNTIL CRISP & GOLDEN.

PREPARATION TIME:

10 minutes

COOKING TIME:

20 - 25 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 10 Quorn Sausage Patties
- 1 tbsp vegetable oil
- 150g onion, chopped
- 1 tsp garlic puree
- 1 tsp chilli powder
- 400g tin chopped tomatoes
- 1 tsp sugar
- 2 tbsp basil, chopped
- 5 breakfast muffins, split
- 125g mozzarella, grated

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Heat the oil and gently fry the onion and garlic for 5 minutes until softened.
3. Stir in the chilli powder for 1 minute then add the tomatoes and sugar, bring to the boil and reduce the heat to simmer for 5 minutes until thickened. Remove from the heat and stir in the basil.
4. Place the muffins cut side up onto a lightly greased baking sheet.
5. Place a spoonful of sauce onto each muffin, top with a Quorn Sausage Pattie and then another spoonful of sauce and a sprinkling of mozzarella.
6. Bake for 15 - 20 minutes until the Quorn Sausage Pattie has reached core temperature and the cheese has melted.



NUTRITIONAL INFORMATION PER SERVING

Energy
261kcal

Fat
7.7g
MED

Saturates
2.2g
LOW

Sugar
5.4g
LOW

Salt
1.3g
MED

TIP: AS AN ALTERNATIVE REPLACE THE SAUSAGE PATTIES WITH QUORN SWEDISH STYLE BALLS WHICH HAVE BEEN DEFROSTED AND HALVED.

THEME MENU IDEAS

International Picnic Day
18th June

Mini Chipolata Frittata

BAKED FRITTATA WITH QUORN CHIPOLATAS, DICED POTATO & SWEETCORN.

PREPARATION TIME:

10 minutes

COOKING TIME:

15 - 20 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 10 Quorn Chipolatas, defrosted and diced
- 7 eggs, medium
- 60ml milk
- 100g potatoes, peeled, diced and cooked
- 100g sweetcorn, frozen
- 1 tbsp chives, chopped
- Seasoning
- 75g cheese, grated

METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Beat the eggs and milk together and then mix in the remaining ingredients except for the cheese.
3. Grease a muffin tin or line with muffin paper cases and fill each to $\frac{2}{3}$ full with the egg mixture.
4. Sprinkle with grated cheese and bake for 15 - 20 minutes until golden and set.
5. Remove from the tin (remove the paper cases if used) and serve hot or cold with crispy green salad.

TIP: REPLACE THE QUORN CHIPOLATAS WITH DICED QUORN CHORIZO.

NUTRITIONAL INFORMATION PER SERVING

Energy
149kcal

Fat
9.0g
MED

Saturates
3.2g
MED

Sugar
1.3g
LOW

Salt
0.62g
MED

Southern-Style Tortilla Baskets

A COLOURFUL CRUNCHY SALAD OF CRISP ROMAINE LETTUCE, DICED CUCUMBER, RED & YELLOW PEPPER. SERVED IN A TORTILLA SHELL, TOPPED WITH QUORN SOUTHERN STYLE BURGER STRIPS & CREAMY GARLIC DRESSING.

PREPARATION TIME:

10 minutes

COOKING TIME:

14 - 16 minutes

SERVES:

10

PRIMARY RECIPE

INGREDIENTS

- 10 Quorn Southern Style Burgers
- 10 tortilla shells
- 1 egg, beaten
- 1 romaine lettuce, washed and finely chopped
- 100g cucumber, diced
- 1 yellow pepper, finely chopped
- 1 red pepper, finely chopped

DRESSING

- 50g yogurt, low fat
- 50g mayonnaise, low fat
- 1 large garlic clove, peeled and crushed

GARNISH

- Coriander, chopped

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Brush the tortilla shells with the beaten egg and place onto a lightly greased baking tray.
3. Bake the shells for 5 minutes until golden and crisp.
4. Cook the Quorn Southern Style Burgers for 14 - 16 minutes until core temperature has been reached. Cut each into strips.
5. Place the lettuce, cucumber and pepper in a bowl.
6. Mix the dressing ingredients together and add to the salad, stirring to coat.
7. Divide the salad between the tortilla shells and top each with the strips of Quorn Southern Style Burger.
8. Serve immediately and garnish with the coriander.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
228kcal	11g	1.9g	4.1g	0.62g
	MED	LOW	LOW	MED



TIP: REPLACE THE TORTILLA SHELLS WITH WRAPS OR CRISPY BAGUETTES.



THEME MENU IDEAS

Thai New Year
13th April

Thai-Style Jasmine Rice

A ONE POT DISH WITH QUORN PIECES MARINATED IN THAI SPICES & COOKED WITH PEAS, SPINACH, RED PEPPERS, SWEETCORN & JASMINE RICE.

PREPARATION TIME: 10 minutes **COOKING TIME:** 20 minutes **SERVES:** 10 **PRIMARY RECIPE**

INGREDIENTS

- 500g Quorn Pieces
- 4 tbsp Thai green paste
- 1 tsp turmeric
- 2 garlic cloves, chopped
- 1 tbsp grated ginger

RICE

- 2 tbsp oil
- 400g onion, diced
- 300g long grain rice
- 800ml vegetable stock
- 100g frozen peas
- 100g tinned sweetcorn
- 2 red peppers, chopped
- 100g frozen spinach
- 200ml light coconut milk
- 1 tsp mint
- 1 lime, juice only
- 2 tbsp fresh coriander

METHOD

1. Place the Quorn Pieces into a bowl with the Thai green paste, turmeric, garlic and ginger. Mix well to coat and leave to marinate for 20 minutes.
2. Heat the oil and fry the onion gently for 3 - 4 minutes to soften. Add the Quorn Pieces and continue to cook for a further 3 - 4 minutes, stirring continuously.
3. Add the rice and stir well to coat.
4. Add the stock, bring to the boil and then reduce the heat and simmer for 10 minutes.
5. Add all of the remaining ingredients except for the coriander and lime and simmer for a further 5 - 6 minutes until the rice is cooked and the Quorn Pieces have reached core temperature.
6. Stir in the lime juice and coriander and then serve.

TIP: ADD A SPOONFUL OF CRUSHED DRIED CHILLI FLAKES FOR A HOTTER TASTE.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
172kcal	5.0g	1.5g	5.6g	0.86g
	LOW	LOW	LOW	LOW

Sausage & Tomato Fritatta

AN ITALIAN-STYLE OMELETTE MADE WITH DICED QUORN SAUSAGE, CHERRY TOMATOES, MIXED PEPPERS & ITALIAN HERBS.

PREPARATION TIME: 15 minutes **COOKING TIME:** 35 minutes **SERVES:** 10 **SECONDARY BREAKFAST RECIPE**

INGREDIENTS

- 10 Quorn Sausages, defrosted and diced
- 2 tbsp vegetable oil
- 200g onion, finely diced
- 350g mixed peppers, finely diced
- 2 tsp dried Italian herbs
- Black pepper
- 200g cherry tomatoes, halved
- 12 eggs
- 180ml milk

METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Line a 26cm x 36cm tin with parchment paper.
3. Heat the oil in a pan and gently fry the onions for 5 minutes until soft and golden. Add the peppers and Quorn Sausages cook for a further 3 - 4 minutes until the peppers are soft and the Quorn Sausages are browned. Add the mixed herbs and season with pepper.
4. Spread the mixture evenly over the base of the tin then scatter the tomatoes over.
5. Whisk the eggs and milk in a large jug and season with black pepper. Pour the eggs gently into the tin ensuring that the mixture is even.
6. Bake for 25 minutes until the eggs are set. Allow to cool slightly in the tin before cutting into slices.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
211kcal	11g	1.9g	5.3g	0.92g
	MED	LOW	LOW	MED



TIP: THIS RECIPE ALSO WORKS WELL WITH QUORN CHIPOLATA SAUSAGES OR QUORN SAUSAGE PATTIES. SERVE THE FRITTATA ON ITS OWN OR WITH A POT OF BAKED BEANS ON THE SIDE.

Breakfast Wrap

HOT TORTILLA WRAPPED FILLED WITH A QUORN SAUSAGE PATTIE, CHEESE, CREAMY SCRAMBLED EGG, HASH BROWN AND DICED TOMATO.

PREPARATION TIME: 10 minutes **COOKING TIME:** 15 minutes **SERVES:** 10 **SECONDARY BREAKFAST RECIPE**

INGREDIENTS

- 10 Quorn Sausage Patties
- 2 tbsp oil
- 10 hash browns
- 10 large eggs
- 200ml milk
- 25g butter
- Black pepper to season

TO SERVE

- 10 soft wraps, warmed
- 10 cheese slices (optional)
- 4 large tomatoes, deseeded and diced

METHOD

1. Preheat the oven to 200°C/Gas Mark 6.
2. Brush each side of the Quorn Sausage Patties lightly with oil. Cook for 12 minutes or until core temperature is reached.
3. Cook the hash browns on a separate tray as directed on the pack instructions.
4. Lightly whisk the eggs, milk and a pinch of black pepper in a jug. Heat a non-stick frying pan, then gently melt the butter.
5. Pour the egg mixture into the pan and stir continuously on a low heat until the mixture is creamy and set.
6. To assemble cut each Quorn Sausage Pattie in half then place on the wrap and top with a slice of cheese (if using), a hash brown, a portion of scrambled egg and diced tomatoes. Tuck in the bottom of the wrap and roll up tightly.

TIP: READY PREPARED OMELETTES COULD BE USED AS AN ALTERNATIVE TO SCRAMBLED EGGS AND TRY ADDING SOME SAUTÉED MUSHROOMS.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
422kcal	17g	5.4g	4.8g	1.7g
	MED	MED	LOW	MED

Smokey Tomato Arroz Balls

ZESTY QUORN BALLS MARINATED IN A GARLIC & LIME JUICE, SERVED IN A SMOKEY TOMATO SAUCE WITH YELLOW RICE.

PREPARATION TIME:

10 minutes + 30 minutes to marinate

COOKING TIME:

30 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 480g Quorn Swedish Style Balls, defrosted

MARINADE

- 2 tbsp oil
- 3 garlic cloves, crushed
- 1 lime, juice and zest

SAUCE

- 2 tbsp oil
- 350g onion, finely diced
- 200g red pepper, deseeded and diced
- 3 garlic cloves, crushed
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 tsp chilli powder
- 30g tomato puree
- 800g chopped canned tomatoes
- 400ml vegetable stock
- Black pepper to season
- 4 tbsp roughly chopped coriander
- 1 lime, juice and zest

RICE

- 700ml hot vegetable stock
- 350g basmati rice
- 1 tbsp turmeric

METHOD

1. Place marinade ingredients in a bowl, add the Quorn Swedish Style Balls and mix well. Set aside in the fridge for 30 minutes for the flavours to develop.
2. Heat 1 tbsp of oil in a large frying pan and fry the Quorn Swedish Style Balls over a moderate heat for about 5 minutes until browned. Remove from the pan and reserve until later.
3. In the same pan heat the remaining oil on medium heat and fry the onion and red pepper for 5 minutes until soft. Add the garlic, smoked paprika, cumin, chilli powder and tomato puree and cook for 1 minute then pour in the chopped tomatoes and stock, bring to the boil, stirring occasionally.
4. Return the Quorn Swedish Style Balls to the pan and stir into the sauce, cover then simmer for 15 minutes to reduce and thicken the sauce. Season with black pepper and stir in half of the chopped coriander and a squeeze of lemon juice.
5. Meanwhile to prepare the rice heat the stock in a saucepan until boiling add the rice and turmeric, cover with a lid and lower the heat to medium then cook for 10 minutes. Remove from the heat and set aside (still covered) for another 10 minutes. Fluff the rice up with a fork and stir in the remaining coriander and lime zest.
6. Serve the rice on plates or in bowls topped with the sauce.



NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
270kcal	8.2g	0.8g	7.3g	1.5g
	LOW	LOW	LOW	MED

TIP: SERVE QUORN BALLS WHOLE OR IF PREFERRED, DEFROST AND HALVE EACH BALL FOR BETTER PLATE COVERAGE.

Jerk Fillets with Rice & Peas

QUORN FILLETS MARINATED IN A JERK SAUCE WITH JAMAICAN-STYLE RICE & BLACK EYED BEANS, TOPPED WITH A SPRINKLING OF SPRING ONIONS & A SQUEEZE OF LIME JUICE.

PREPARATION TIME:

10 minutes

COOKING TIME:

40 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 10 Quorn Fillets, defrosted
- 2 tbsp oil
- 1 tsp hot chilli powder
- 1 tbsp cajun spice mix
- 3 tbsp soft brown sugar
- 2 tbsp soy sauce, reduced salt
- 400ml pineapple juice
- 100g smooth mango chutney

RICE

- 300ml vegetable stock, reduced salt
- 400ml light coconut milk
- 350g brown basmati rice
- 400g can black eyed or kidney beans, drained
- 300g red pepper, finely diced
- 4 spring onions, finely chopped
- 1 lime, juice only
- Black pepper

METHOD

1. Pre-heat the oven to 200°C/Gas Mark 6.
2. Heat the oil in a saucepan pan, add the chilli and cajun spice mix and cook for 1 minute. Reduce the heat to low, add the brown sugar and cook for a further 30 seconds.
3. Add the soy sauce, pineapple juice and mango chutney, bring to the boil then reduce to a simmer for 20 minutes or until thickened.
4. Pour the sauce on to the Quorn Fillets, ensuring the fillets are evenly coated.
5. Place on a baking tray and bake in the pre-heated oven for 12 - 15 minutes or until the Quorn Fillets are piping hot.
6. Meanwhile for the rice bring the vegetable stock and coconut milk gently to the boil then add the rice and cover with a lid. Lower the heat to medium and cook for 10 minutes, then add the beans and red pepper, bring back to the boil then remove from the heat and set aside (still covered) for another 10 minutes. The rice will finish cooking in its own steam. Fluff the rice up with a fork and stir in half the spring onions and season with black pepper.
7. To serve cut the Quorn Fillets in to 5-6 slices and serve on a bed of rice, garnish with the remaining spring onions and a squeeze of lime juice.

TIP: THIS CAN ALSO BE SERVED IN A BAGUETTE WITH SALAD OR ON A FLATBREAD.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
340kcal	7.8g	2.9g	18g	1.7g
	LOW	LOW	MED	MED

Korean Burger With Kimchi-Style Slaw

QUORN SOUTHERN STYLE BURGER SERVED IN A BUN ON A BED OF CRISP LETTUCE TOPPED WITH KIMCHI-STYLE SLAW (WHITE CABBAGE, RADISH, SPRING ONION, GINGER, MAYO & SRIRACHA HOT CHILLI SAUCE).

PREPARATION TIME:

15 minutes

COOKING TIME:

20 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 10 Quorn Southern Style Burgers

KIMCHI-STYLE SLAW

- 4 tbsp low fat mayonnaise
- 1 lime, zest and juice
- 1-2 tsp sriracha hot chilli sauce or 1 tsp chilli powder
- 1 tsp grated ginger
- 300g white cabbage, finely shredded
- 120g carrot, finely grated
- 100g radish, coarsely grated
- 4 spring onions, finely shredded
- Ground black pepper

TO SERVE

- 10 burger buns, warmed
- 150g shredded iceberg lettuce
- 50g sweet chilli sauce

METHOD

1. Place the Quorn Southern Style Burgers onto a baking tray and cook in a preheated oven at 200°C/Gas Mark 6 for 15 - 20 minutes until core temperature reached.
2. Mix together the mayonnaise, lime zest and juice, sriracha hot chilli sauce and ginger. Mix well then add the remaining Kimchi-style slaw ingredients and season with black pepper.
3. To serve divide the shredded lettuce between the buns and drizzle over the sweet chilli sauce, add a Quorn Southern Style Burger then top with a portion of Kimchi-style slaw.



NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
325kcal	11g	2.1g	9.5g	1.1g
	MED	LOW	LOW	MED

TIP: SERVE WITH SWEET POTATO CHIPS AND A SIDE PORTION OF KIMCHI-STYLE SLAW. THIS RECIPE ALSO WORKS WELL WITH QUORN VEGAN NUGGETS OR QUORN DIPPERS ALLOWING 3 PER SERVING.



THEME MENU IDEAS

Thai New Year
13th April

Sweet Chilli Noodle Pot

SWEET CHILLI MARINATED QUORN PIECES, STIR-FRIED UNTIL GOLDEN WITH CRISP ORIENTAL-STYLE VEGETABLES & EGG NOODLES.

PREPARATION TIME:

15 minutes + 15 minutes
to marinate

COOKING TIME:

25 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 500g Quorn Pieces, defrosted
- 80g fresh ginger, peeled and grated
- 3 garlic cloves, crushed
- 4 tbsp soy sauce, reduced salt
- 200g sweet chilli sauce
- 400g dried medium egg noodles
- 2 tbsp tomato puree
- 200ml vegetable stock
- 3 tbsp vegetable oil
- 1 red, yellow and green pepper, deseeded and thinly sliced
- 200g carrots, peeled and cut into matchsticks
- 6 spring onions, chopped diagonally
- Ground white pepper

METHOD

1. Place the ginger and garlic into a bowl with 2 tbsp soy sauce and 100g of sweet chilli sauce. Add the Quorn Pieces and stir to combine. Place in the fridge to marinate for 15 minutes.
2. Bring a large saucepan of water to the boil, add the noodles and cook as directed on the pack then drain and transfer to a bowl of cold water to cool and prevent the noodles cooking any further.
3. In a bowl combine the remaining soy sauce, sweet chilli sauce, tomato puree and vegetable stock.
4. Heat 1 tbsp of oil in a large frying pan on medium heat, add the Quorn Pieces and fry until browned on the outside, 3 - 4 minutes. Remove the Quorn Pieces and place into a bowl.
5. Heat the remaining oil in the same pan, add the peppers and carrot and stir fry for 4 - 5 minutes until the vegetables are softened. Then add half of the spring onions to the pan along with the Quorn Pieces and sauce mixture. Simmer gently for 10 minutes.
6. Drain the noodles and add them into your frying pan, stir together and cook for 2 minutes or until the noodles are piping hot. Divide between your noodle pots and sprinkle over the remaining spring onions.

TIP: TRY ADDING OTHER VEGETABLES SUCH AS MANGETOUT, SUGAR SNAPS OR BEANSPROUTS. FOR A LITTLE MORE HEAT ADD SOME FRESH RED CHILLIES. FOR A GRAB AND GO OPTION SERVE IN A TAKE AWAY BOX.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
219kcal	5.3g	0.9g	12g	1.8g
	LOW	LOW	MED	MED

Firecracker Pizza

A HOMEMADE PIZZA DOUGH TOPPED WITH AN ARRABIATA-STYLE SAUCE, QUORN PIECES, CHILLI FLAKES, MOZZARELLA CHEESE & ROAST PEPPERS.

PREPARATION TIME:

15 minutes + 30 minutes to marinate and dough proving

COOKING TIME:

55 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 350g Quorn Pieces, defrosted and roughly chopped
- 2 orange peppers, deseeded and thinly sliced
- 500g bread mix
- Flour for rolling

MARINADE

- 1 tbsp oil
- 2 cloves garlic, crushed
- 2 tbsp soy sauce
- ½ tsp chilli flakes

TOPPING

- 1 tbsp vegetable oil
- 150g onion, finely chopped
- 2 cloves garlic, crushed
- ¼ tsp chilli flakes
- 30g tomato puree
- 400g canned chopped tomatoes
- Ground black pepper
- 300g mozzarella
- 2 red chillies, thinly sliced (optional)

METHOD

1. Pre-heat the oven to 200°C/Gas Mark 6.
2. Place the orange pepper on a baking tray and roast for 10 minutes, remove and allow to cool.
3. Meanwhile, mix the marinade ingredients in a mixing bowl and add the Quorn Pieces, cover and leave to marinate for 30 minutes.
4. Place the bread mix into a small mixer bowl with a dough hook, gradually add the water specified on the pack instructions and mix to manufacturers instruction. Roll the dough on a lightly floured surface to a large rectangle to fit a 32 x 52 cm shallow greased gastronome tin. Leave in a warm place to prove for 20 minutes.
5. For the topping, heat the oil in a pan, add the onion and fry over a medium heat until soft for 5 minutes. Add the garlic, chilli flakes and tomato puree and cook for 1 minute. Pour in the chopped tomatoes with a pinch of black pepper, bring to the boil then reduce the heat and simmer for 15 minutes until reduced and thickened.
6. Top the pizza with a layer of sauce, the marinated Quorn Pieces, orange pepper, grated mozzarella and chilli (if using). Cook in the preheated oven for 25 minutes, or until the dough is well risen, the mozzarella is bubbling and the Quorn Pieces are piping hot.



TIP: INDIVIDUAL FLATBREADS CAN BE USED AS AN ALTERNATIVE TO MAKING A PIZZA DOUGH. LEAVE OUT THE FRESH CHILLIES IF YOU DON'T WANT IT TOO SPICY.

NUTRITIONAL INFORMATION PER SERVING

Energy
344kcal

Fat
11g
MED

Saturates
5.1g
MED

Sugar
5.9g
LOW

Salt
1.5g
MED

Spicy Green Jalapeno Pepper Flatbreads

SPICY JALAPENO QUORN MINCE SERVED IN A WARMED FLATBREAD WITH SALAD LEAVES, TOPPED WITH MINTED YOGHURT.

PREPARATION TIME:

10 minutes

COOKING TIME:

15 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

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

TIP: TRY SERVING IN FOLDED FLATBREADS OR AS A BAKED POTATO FILLING.

NUTRITIONAL INFORMATION PER SERVING

Energy
149kcal

Fat
4.6g
LOW

Saturates
0.6g
LOW

Sugar
6.3g
LOW

Salt
1.3g
MED

THEME MENU IDEAS

Independence Day
4th July

Louisiana Burger

A SUCCULENT QUORN BURGER TOPPED WITH MUSTARD & GHERKIN MAYO, CHEESE, LETTUCE & CRISPY ONIONS, SERVED IN A BUN.

PREPARATION TIME:

10 minutes

COOKING TIME:

30 minutes

SERVES:

10

SECONDARY LUNCH RECIPE

INGREDIENTS

- 10 Quorn Burgers
- 400g onion, peeled, halved and cut into 5mm slices
- 4 tbsp vegetable oil
- 2 tsp sugar

MUSTARD AND GHERKIN MAYO

- 150g low fat mayonnaise
- 1 tbsp American-style mustard
- 60g gherkins, finely chopped
- Black pepper

TO SERVE

- 10 burger buns, toasted or chargrilled
- 150g shredded little gem lettuce
- 10 slices cheddar cheese

METHOD

1. Preheat the oven to 220°C/Gas Mark 7.
2. Place the onions in a bowl, add 2 tbsp oil and sugar and toss the onions around to coat them evenly. Spread them out on a baking tray and cook in the oven for 15 minutes.
3. Reduce the oven temperature to 200°C/Gas Mark 6, turn the onions over and continue to cook for a further 15 minutes.
4. Brush each side of the Quorn Burgers lightly with the remaining oil. Cook for 12 minutes or until core temperature is reached.
5. Meanwhile place all the mustard and gherkin mayo ingredients in a bowl and mix to combine.
6. Fill the buns by spreading a layer of mustard and gherkin mayo on the base, top with lettuce then the Quorn Burger and cheese, finally spoon over a dollop of the remaining mustard and gherkin mayo and crispy onions before topping the bun.



NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
402kcal	20g	5.2g	8.6g	1.3g
	MED	MED	LOW	MED

TIP: SERVE WITH SOUTHERN-STYLE POTATO WEDGES AND A SIDE SALAD.



Marlow Foods Ltd
Station Road
Stokesley
North Yorkshire
TS9 7AB

0845 602 9000
www.quornfoodservice.co.uk