



- RECIPE INSPIRATION -

FOR SCHOOL MEALS

- 2019 -

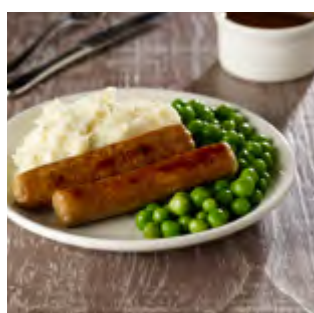
IRRESISTIBLE SCHOOL FOOD - WITH AN ADDED BONUS

Quorn® is one of the most versatile main ingredients you could use in building your seasonal primary school menus.

- ✔ Source of protein¹
- ✔ No added sugar
- ✔ GMO-free
- ✔ Low in saturated fat¹
- ✔ Halal-certified
- ✔ High in fibre¹
- ✔ Soya-free
- ✔ Low in allergens
- ✔ Food for Life accredited

By using our core range of eight foodservice products, you can recreate meat free versions of children’s favourite meals as well as exciting on-trend flavours to feed their imagination and appetite too.

SAUSAGE



BURGER

FRANKFURTER



MINCE

PIECES



SOUTHERN-STYLE BURGER

DIPPERS

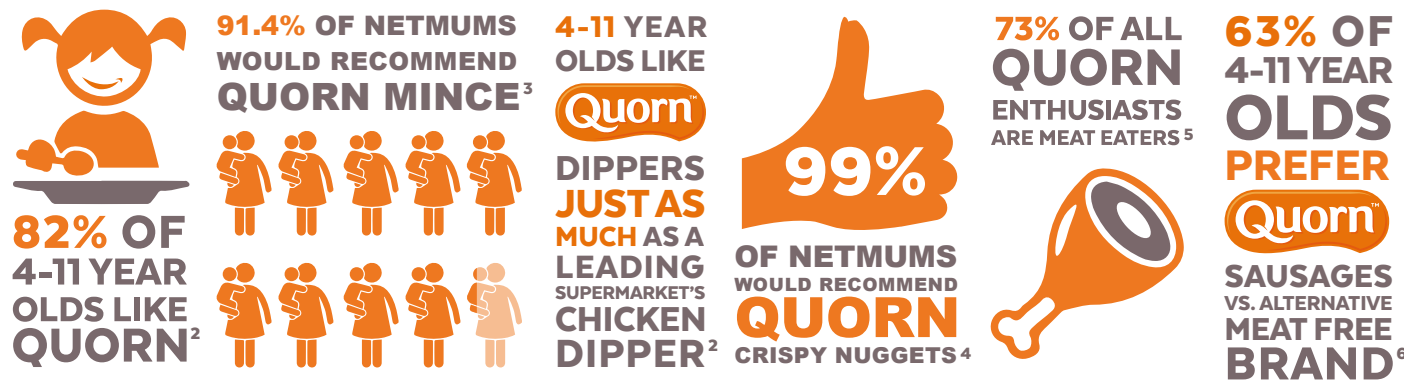


PLAIN FILLETS

Quorn makes school meals really inclusive. That matters, especially where children don’t want to stand out for the wrong reasons. All of our products are halal certified, our mince is kosher, and you’ll find gluten-free and vegan alternatives in our range.

Taste tests prove that children like Quorn. Polls prove parents would recommend it. And school caterers know they can use it as the basis of almost any dish – straight from the freezer.

LOVED BY PARENTS AND CHILDREN



Sources: 1 - Mycoprotein is a naturally healthy protein source that is meat free, naturally low in saturated fat and high in fibre. 2 - Independent foodservice 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. 3 - In a poll of 94 Netmums members, 91.4% would recommend Quorn Mince to a friend. 4 - In a poll of 102 Netmums members, 98% would recommend Quorn Crispy Nuggets to another friend. 5 - Kantar Worldpanel. 6 - Blind taste test of 490 primary school children across six schools in July 2018.



THE SOURCE OF ALL THAT GOODNESS

Quorn products are made using a natural, fermented ingredient called Mycoprotein. It’s a British discovery, first found in Marlow, Berkshire.

We produce all of our products in England, where we add blends of herbs, spices and vegetable-based flavourings to give each product its delicious taste.

QUORN IS DELICIOUSLY VERSATILE

- Create anything - stir fries to street food, spag bol to roast dinner
- Good-to-go flavours & freedom to season how you want
- Cooks from frozen, with minimal prep
- Easy to store & simple to use

WE CALL IT SUSTAINABLE NUTRITION™

That’s because Quorn:

- Requires less land and water than animal farming
- Is accredited by the Carbon Trust
- Is accredited by the Soil Association’s Food for Life programme
- Founding signatory to the UK Plastics Pact - target 100% plastics packaging reusable, recyclable or compostable by 2025.

There are 14 delicious recipe ideas for you in this issue of our recipe inspiration book to use in your menu planning, but you can find plenty more for breakfast, mid-morning break and lunch at www.quornfoodservice.com/recipes

WHY QUORN IS SO IMPORTANT IN SCHOOLS

We want to inspire future generations to be healthier, in a more sustainable world. The education sector is an important part of this because schools exist to give children the best start in life.

Together, we can help to improve health, wellbeing and knowledge, and offer nutritious options which they may not get at home. Plus, we all know that the right food improves children's powers of concentration, behaviour, boosts attainment, and promotes healthy physical and mental growth. All the most important things for positive development in their formative years.



23% OF UK CHILDREN STARTING PRIMARY SCHOOL ARE OVERWEIGHT OR OBESE ¹



34% OF UK CHILDREN FINISHING YEAR 6 ARE OVERWEIGHT OR OBESE ¹

QUORN CAN CONTRIBUTE TO HEALTHIER DIETS

47% of families are reducing their meat intake² and seeking healthier menu options without compromising on flavour. Quorn makes it easy for school caterers, with an often reassuringly positive health message versus its meat equivalent, which matters to children.



68% OF 4-11 YEAR OLDS ARE MOTIVATED BY QUORN BEING HEALTHIER ³

QUORN PROVIDES TASTY FOOD FOR GENERATIONS TO COME

Our fragile ecosystem - and a safe future for the younger generation - is under threat from all sorts of issues, including intensive animal rearing. Quorn helps schools and school caterers to be kinder to the planet. And we know that children care too.



65% OF 4-11 YEAR OLDS ARE MOTIVATED BY THE BENEFITS OF QUORN TO THE FUTURE OF THE PLANET ³



THEME DAYS

To help you even further with your menu planning we've created some fantastic theme day recipes to support your Spring/Summer 2019 menus; including ideas for National Hot Dog Day, Independence Day, International Picnic Day & Thai New Year. Keep an eye out for the theme day icons throughout this book.



Don't forget World Meat Free Day on 10th June! Choose any of our delicious recipes for your menu and visit www.quornfoodservice.co.uk for more information.

Thai New Year



13th - 17th April

International Picnic Day



18th June

Independence Day



4th July

National Hot Dog Day



17th July

Sources: 1 - The Royal College of Paediatrics and Child Health's State of Child Health Report 2017. 2 - YouGov, March 2018. 3 - Independent foodservice 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.



SAUSAGE TWISTS

Delicious Quorn Sausages cooked in puff pastry
- a twist on the traditional sausage roll.

Preparation Time: 10 MINS / Cooking Time: 20 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Sausages
- 150g puff pastry, ready rolled
- 1 egg, beaten

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Lay out the pastry and cut 10 equal strips, approximately 1.5cm wide, from the shorter edge of the rectangle.
3. Wind one pastry strip around each Quorn Sausage to produce a spiral effect and place onto a greased baking tray. Repeat with remaining Quorn Sausages.
4. Brush each Quorn Sausage spiral with beaten egg and bake for 15 - 20 minutes until the pastry is golden brown.
5. Delicious served hot or cold.

HINTS AND TIPS

For a buffet idea cut each Sausage Twist into thirds once cooked and skewer with a cocktail stick.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
177kcal	10g	1.9g	0.3g	0.81g
	MED	MED	LOW	MED

WILD WEST JACKET



Quorn Frankfurters sliced and mixed with tangy barbecue beans, served in a fluffy jacket potato.

Preparation Time: 10 MINS / Cooking Time: 60 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Frankfurters
- 10 baking potatoes
- 1 tbsp oil
- 200g onion, peeled and finely chopped
- 1 tbsp paprika
- 600g baked beans
- 1 tbsp brown sauce

GARNISH

- 1 tbsp chopped parsley

METHOD

1. Pre-heat the oven to 180°C / Gas Mark 6 and place the potatoes onto an oven shelf. Bake for 1 hour or until soft.
2. Place the Quorn Frankfurters into a pan of water and bring to the boil. Reduce the heat and simmer for 12 - 15 minutes until core temperature is reached. Drain and slice the Quorn Frankfurters.
3. Meanwhile heat the oil and fry the onion for 2 - 3 minutes until softened, then stir in the paprika and cook for a further minute. Add the baked beans and brown sauce, cook gently for 5 minutes until piping hot. Stir in the sliced Quorn Frankfurters.
4. Remove the potatoes from the oven. Split each potato and divide the Quorn Frankfurter and bean mixture between each. Garnish with a little chopped parsley.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
307kcal	9.3g	0.9g	5.9g	0.88g
	MED	LOW	LOW	MED



HINTS AND TIPS

For a tasty alternative, replace the baking potatoes with baked sweet potatoes.



BAGEL BURGER

A juicy Quorn Burger served in a toasted bagel layered with little gem lettuce, sliced tomatoes and cucumber. Served with homemade tomato ketchup.

Preparation Time: 10 MINS / Cooking Time: 22 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Burgers
- 2 tbsp oil
- 10 bagels, sliced
- 40g salad leaves
- 4 tomatoes, thinly sliced
- 200g cucumber, thinly sliced

TOMATO KETCHUP

- 400g tinned chopped tomatoes
- 30g onion, finely chopped
- 1 tbsp distilled malt vinegar
- 25g soft light brown sugar
- ¼ tsp cinnamon
- ¼ ground mixed spice
- Seasoning

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. For the tomato ketchup: add all the ketchup ingredients to a pan, bring to the boil then simmer for 10 minutes, stirring occasionally until the onion is soft and the sauce has thickened.
3. Allow the ketchup to cool slightly then put the mixture in a blender and blitz until smooth and thick. Season to taste.
4. Lightly brush the Quorn Burgers with oil and place on a lightly greased baking tray. Cook for 12 minutes or until core temperature is reached.
5. Lightly toast the bagels.
6. To assemble: spoon a generous helping of the ketchup on the base of each bagel, top with the salad leaves, tomato and cucumber slices. Finish with a Quorn Burger and bagel top.
7. Serve with a pot of homemade tomato ketchup.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
424kcal	10g	2.4g	12g	1.8g
	MED	LOW	LOW	MED

HINTS AND TIPS

For a spicy ketchup add some chilli flakes.

KEEMA CURRY

A sweet mildly spiced Quorn Mince curry with peas, peppers and sweet potato.

Preparation Time: 10 MINS / Cooking Time: 23 MINS / Serves: 10

INGREDIENTS

- 400g Quorn Mince
- 1 tbsp vegetable oil
- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- 2 tbsp korma paste
- 1 tbsp tomato purée
- 400g sweet potatoes, diced into 1cm pieces
- 400ml vegetable stock, hot
- 1 red pepper, chopped
- 100g peas
- Seasoning

METHOD

1. Heat the oil in a large pan and sauté the onions for about 8 minutes until starting to caramelise.
2. Meanwhile parboil the sweet potatoes for 3 minutes then refresh under cold running water.
3. Add the garlic to the onions and cook for a minute.
4. Stir in the korma paste and tomato purée, cook for a further minute.
5. Add the Quorn Mince, sweet potatoes and the stock. Cook gently for 10 minutes or until half of the liquid has evaporated, stirring occasionally.
6. Add the red pepper, peas and coriander and cook for a further 2 - 3 minutes.
7. Season to taste.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
79kcal	3.5g	0.5g	5.3g	0.84g
	LOW	LOW	LOW	MED



HINTS AND TIPS

Serve with a side of rice or naan bread or as a jacket potato filling.



TIKKA PIZZA

A mouth watering pizza topped with a rich mildly spiced tomato sauce, mozzarella cheese and tikka marinated Quorn Pieces.

Preparation Time: 35 MINS / Cooking Time: 25 MINS / Serves: 10

INGREDIENTS

- 300g Quorn Pieces, defrosted and roughly chopped
- 400g bread mix
- Flour for rolling

MARINADE

- 1 tbsp oil
- 2 tbsp tikka paste
- 1 tsp ground cumin

TOPPING

- 1 tbsp vegetable oil
- 150g onion, finely chopped
- 2 cloves garlic, crushed
- ¼ tsp chilli flakes
- 30g tomato purée
- 400g canned chopped tomatoes
- 200g mozzarella
- 120g red pepper, finely diced
- 75g red onion, finely sliced

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Mix the marinade ingredients in a mixing bowl and add the Quorn Pieces, cover and leave to marinate in the fridge for 30 minutes.
3. Meanwhile for the sauce; 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 purée and cook for 1 minute. Pour in the chopped tomatoes, bring to the boil then reduce the heat and simmer for 15 minutes until reduced and thickened.
4. Make up the bread dough according to pack instructions. Roll the dough on a lightly floured surface to a large rectangle to fit a 37 x 27cm shallow greased tin.
5. Top the pizza with a layer of sauce, ¾ of the grated mozzarella followed by the marinated Quorn Pieces, diced pepper, red onions and a sprinkling of the remaining cheese. Leave to prove in a warm place for 20 minutes.
6. Cook in the pre-heated oven for 25 minutes, or until the dough is well risen, the mozzarella is bubbling, and the Quorn Pieces are piping hot.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
281kcal	9.2g	3.7g	4.7g	1.0g
	MED	MED	LOW	MED

HINTS AND TIPS

Try serving with a drizzle of mint raita.



PIRI PIRI PITTA POCKETS

Succulent Quorn Fillets marinated in a piri piri sauce, served sliced in a warm pitta with a lime aioli mayo and tomato salsa.

Preparation Time: 45 MINS / Cooking Time: 15 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Fillets, defrosted
- 200ml mild piri piri sauce
- 10 small pitta breads, warmed

LIME AIOLI

- 150ml low fat mayonnaise
- 1 tsp garlic purée
- 1 large lime, zest

SALSA

- 1 large lime, juice
- 50g iceberg lettuce, shredded
- 5 tomatoes, finely diced
- 300g cucumber, finely diced
- 150g red onion, finely diced
- 1 tbsp oil
- Seasoning

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
142kcal	7.1g	0.6g	4.5g	1.5g
	MED	LOW	LOW	MED

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Cut each Quorn Fillet into six pieces and mix in a bowl with the piri piri sauce, cover and marinate in the fridge for 30 minutes.
3. Place the marinated Quorn Fillets on a lightly oiled baking tray and cook for 15 minutes until a core temperature is reached.
4. Meanwhile in a small bowl mix together the lime aioli ingredients and season.
5. Combine the salsa ingredients in another bowl. Check seasoning.
6. To assemble; cut the warmed pitta breads in half and fill with the salsa and piri piri Quorn Fillets followed by a dollop of aioli.

HINTS AND TIPS

This recipe also works well with other marinades such as cajun and tikka.

SAUSAGE AND TOMATO FRITTATA

An Italian-style omelette made with diced Quorn Sausage, cherry tomatoes, mixed peppers and Italian herbs.

Preparation Time: 15 MINS / Cooking Time: 32 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Sausages, defrosted and diced
- 1 tbsp vegetable oil
- 200g onion, finely diced
- 350g red pepper, finely diced
- 100g cherry tomatoes, halved
- 10 eggs
- 150ml milk
- 1 tsp dried oregano
- Seasoning

METHOD

1. Pre-heat the oven to 180°C / Gas Mark 4. Grease and line a 26cm x 36cm tin.
2. Heat the oil in the pan and gently fry the onions for 3 minutes until soft and golden. Add the peppers and Quorn Sausages and cook for a further 3 - 4 minutes until the peppers are soft and the sausages are browned.
3. Spread the mixture evenly over the base of the tin then scatter over the tomatoes.
4. Whisk the eggs and milk in a large jug add the herbs and season well. Pour into the tin over the sausage mixture.
5. Bake for 20 - 25 minutes or until the eggs are just set.
6. Allow to cool slightly before cutting into portions. Also delicious served cold.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
159kcal	7.9g	1.8g	3.7g	0.72g
	MED	LOW	LOW	MED

HINTS AND TIPS

Serve with a salad or jacket potato and beans.

PICNIC DOGS

A delicious handheld twist on a frankfurter in a roll - Quorn Frankfurters encased in an onion and bean bread dough and baked until golden.

Preparation Time: 20 MINS / Cooking Time: 20 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Frankfurters, defrosted
- 500g white bread mix
- 100g onion, finely chopped
- 200g baked beans, low salt and sugar variety
- 100ml warm water
- Egg wash

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Place the bread mix into a mixer fitted with a dough hook attachment.
3. Add the onion and beans and then gradually add enough water, to form a soft but not sticky dough. Mix on medium speed for 5 minutes.
4. Roll the dough out to 1cm thickness and cut into 10 x 2cm wide strips.
5. Wrap a strip of dough around each Quorn Frankfurter and place into a greased baking tray. Brush each one with egg wash.
6. Prove the Quorn Picnic Dogs in a warm place for about 20 minutes until the dough is risen and springs back when lightly touched.
7. Bake for 20 minutes until the dough is golden and firm to touch. Delicious eaten hot or cold.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
305kcal	9.0g	1.1g	2.7g	1.0g
	MED	LOW	LOW	MED



HINTS AND TIPS

The Picnic Dogs can be assembled in advance and stored in the fridge before proving - remove from the fridge, bring to room temperature and then prove and bake as per the recipe.



TRAFFIC LIGHT PIZZA

Delicious crispy pizza base topped with Quorn Frankfurters, pineapple chunks, mixed peppers and grated cheese.

Preparation Time: 25 MINS / Cooking Time: 30 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Frankfurters, defrosted and sliced
- 450g pizza base mix
- 1 tbsp dried oregano
- 250ml warm water (or the amount as directed on the pack)
- 150g tomato pizza topping
- 100g each grated cheddar and mozzarella cheeses, mixed together
- 1 red pepper, diced
- 1 green pepper, diced
- 200g tinned pineapple chunks, drained

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Place the pizza base mix into a mixing bowl fitted with a dough hook attachment.
3. Blend in the oregano and water on slow speed until a dough is formed. Mix for a further 5 minutes on medium speed to form soft elastic dough.
4. Roll the dough out and press into a greased 25cm x 35cm baking tin.
5. Spread the pizza base with the tomato topping and sprinkle over half of the cheese. Top with Quorn Frankfurter slices, peppers, pineapple chunks and the remaining cheese.
6. Place the pizza in a warm place and leave to prove for 10 minutes.
7. Bake the pizza in the oven and bake for 25 - 30 minutes until the dough is risen and cooked through. Allow the pizza to cool slightly and then cut into slices. Delicious served hot or cold.

HINTS AND TIPS

Vary the shape by making individual or large circular pizzas.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
328kcal	15g	4.1g	7.2g	1.8g
	MED	MED	LOW	MED

BBQ BURGER WITH BOSTON BEANS



A tasty Quorn Burger cooked with a layer of BBQ sauce, served in a seeded bun with crisp lettuce and smoky Boston beans.

Preparation Time: 10 MINS / Cooking Time: 18 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Burgers
- 50ml BBQ sauce
- 10 seeded burger buns, sliced
- 2 little gem lettuce

BOSTON BEANS

- 1 tbsp vegetable oil
- 150g onion, finely diced
- 2 cloves garlic, crushed
- 100g red pepper, finely diced
- 2 tsp smoked paprika
- 2 tbsp BBQ sauce
- 75ml vegetable stock
- 400g reduced salt and sugar baked beans

METHOD

1. Pre-heat the oven to 180°C / Gas Mark 4.
2. Place the Quorn Burgers on a lightly greased baking tray and spread the BBQ sauce evenly over the burgers. Cook the burgers for 10 - 12 minutes until core temperature is reached.
3. Meanwhile, to prepare the Boston beans heat oil in a pan and gently fry the onion for 4 minutes until softened. Add the garlic and peppers and continue to fry for 3 minutes. Sprinkle over the paprika, stir and cook for a further minute. Add the BBQ sauce and stock then simmer gently for 10 minutes adding the baked beans for the last 2 minutes.
4. To serve, divide the little gem leaves between the burger bun bases, top with a BBQ Quorn Burger followed by a spoonful of Boston beans, then add the bun lid.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
334kcal	9.5g	2.7g	10g	1.9g
	MED	LOW	LOW	HIGH



HINTS AND TIPS

Try adding sweetcorn to the baked beans.



TEXAN WRAP

Tasty Quorn Southern-Style Burgers sliced and served in a corn wrap with a smoky tomato salsa and roasted vegetables.

Preparation Time: 15 MINS / Cooking Time: 30 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Southern Style Burgers
- 1 each; red, yellow and green pepper, sliced
- 1 large red onion thinly sliced
- 1 tbsp olive oil

SALSA

- 400g tinned chopped tomatoes
- 1 tbsp tomato purée
- 1 tsp sugar
- 1 tsp paprika
- 1 tbsp fresh parsley, finely chopped
- 10 corn wraps

METHOD

1. Pre-heat the oven to 180°C / Gas Mark 4.
2. Place the peppers and onion onto a baking tray and drizzle with olive oil.
3. Bake for 20 - 30 minutes until softened and slightly charred.
4. Place the Quorn Southern-Style Burgers onto a baking sheet and bake for 15 - 16 minutes or until core temperature is reached. Remove from the oven and cut into strips.
5. Place the chopped tomatoes into a pan and mix with the tomato purée, sugar and paprika, bring to the boil and then simmer for 5 minutes until thickened. Stir in the parsley.
6. To assemble, spread each wrap with salsa and then top with roasted vegetables and slices of Quorn Southern-Style Burger. Roll up the wraps tightly, cut in half on a diagonal and serve hot or cold.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
365kcal	12g	3.5g	9.5g	1.6g
	MED	LOW	LOW	MED

HINTS AND TIPS

Try replacing the salsa with chipotle flavoured mayonnaise.

SAUSAGE & APPLE SLAW BAGUETTE

A succulent Quorn Sausage served in a crusty baguette with a light and fresh apple slaw.

Preparation Time: 15 MINS / Cooking Time: 12 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Sausages
- 1 tbsp vegetable oil
- 4 tbsp low fat mayonnaise
- ½ lemon, juice
- 10 baguettes
- 50g lettuce

APPLE SLAW

- 300g white cabbage, shredded
- 100g carrots, grated
- 1 red apple, finely chopped or grated
- 1 green apple, finely chopped or grated
- Seasoning

METHOD

1. Pre-heat the oven to 180°C / Gas Mark 4.
2. Place the Quorn Sausages onto a baking tray and brush lightly with oil. Bake for 10 - 12 minutes or until core temperature is reached.
3. Meanwhile mix the mayonnaise and lemon juice together.
4. In a large bowl combine all the apple slaw ingredients and stir in the mayonnaise. Season.
5. To serve, split the baguettes across the top, add the lettuce leaves and divide the slaw between the baguettes. Place a Quorn Sausage into each baguette.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
360kcal	7.2g	0.6g	7.5g	1.6g
	MED	LOW	LOW	MED



HINTS AND TIPS

Try using a pitta bread or wrap instead of a baguette.



KATSU DIPPERS WITH RAINBOW SIDES

Quorn Dippers served with a mild katsu curry sauce
and a side of rainbow vegetables.

Preparation Time: 15 MINS / Cooking Time: 30 MINS / Serves: 10

INGREDIENTS

- 30 Quorn Dippers
- 1 tbsp vegetable oil
- 300g onions, chopped
- 200g carrots, diced
- 1 tbsp mild curry powder
- 1 tbsp turmeric
- 1 tbsp garam masala
- 1 tsp mild chilli powder
- 3 cloves garlic, crushed
- 1 litre vegetable stock
- 3 tbsp light soy sauce
- 3 tbsp honey
- Seasoning
- 2 tbsp coriander, chopped
- 600g long grain rice

RAINBOW SIDES

- 300g carrots, peeled and sliced into 5cm batons
- 300g cucumber, sliced into 5cm batons
- 1 red and yellow pepper, sliced into 5cm batons

GARNISH

- 1 bunch spring onions, chopped

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. 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.
3. Add the spices and garlic and cook for a further 1 minute.
4. Pour in the stock and bring to the boil and simmer for 20 minutes.
5. To complete the sauce, stir in the soy sauce and honey. Put the mixture into a blender and blitz until smooth and thick. Season to taste.
6. Meanwhile cook the rice according to pack instructions and place the Quorn Dippers onto a baking tray and cook for 10 - 12 minutes or until core temperature is reached.
7. Divide the rice between the plates, top each with 3 dippers and pour over the katsu sauce. Garnish with the spring onion and serve the rainbow vegetables on the side.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
407kcal	9.0g	1.5g	11g	1.7g
	MED	LOW	LOW	MED

HINTS AND TIPS

To make a vegan version of this dish use Quorn Vegan Nuggets and replace the honey with sugar or an apple to sweeten the sauce.

KENTUCKY STYLE BURGER

A Quorn Southern-Style Burger served in a fluffy seeded bun with crisp shredded iceberg lettuce, cucumber and tangy lemon mayonnaise.

Preparation Time: 10 MINS / Cooking Time: 15 MINS / Serves: 10

INGREDIENTS

- 10 Quorn Southern Style Burgers
- 10 seeded burger buns
- 100g mayonnaise
- 1 lemon, grated zest and juice
- 100g iceberg or little gem lettuce, torn into smaller pieces
- 100g cucumber, sliced

METHOD

1. Pre-heat the oven to 200°C / Gas Mark 6.
2. Place the Quorn Southern-Style Burgers onto a baking sheet and bake for 15 - 16 minutes or until core temperature is reached.
3. Meanwhile, split the burger buns.
4. Mix the mayonnaise with the lemon zest and juice and spread a little onto one side of each burger bun.
5. Divide the lettuce and cucumber between each bun, top with a Quorn Southern Style Burger and replace the lid of the buns.

NUTRITIONAL INFORMATION PER SERVING

Energy	Fat	Saturates	Sugar	Salt
352kcal	16g	2.5g	5.0g	0.90g
	MED	MED	LOW	MED



HINTS AND TIPS

Replace the burger buns with wraps or pitta bread for a tasty alternative.

OUR SCHOOL MEAL FAVOURITES

As well as the delicious recipes featured in this inspiration book that use our core eight foodservice products, we also have a whole catalogue of children’s favourites including all of the below, as well as further inspiration on the Quorn Foodservice website, with recipes using the four foodservice products in our school meals selector range.

For further recipe inspiration, head to www.quornfoodservice.co.uk/recipes

BBQ FILLET BURGERS



CREAMY PASTA GRATIN



AMERICAN-STYLE HOT DOG



SAUSAGE AND MASH



QUORN BOLOGNESE



MONSTER BURGER



BBQ SWEET POTATO



QUORN CHEESEBURGER



QUORN CHILLI



SWEET & SOUR STIR FRY NOODLES



TANDOORI FILLET & VEGETABLE PILAU



QUORN KORMA



PICNIC PITTAS



JACKET & DIPPERS



THAI STYLE JASMINE RICE



SOUTHERN-STYLE TORTILLA BASKET





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