



Quorn™



DISCOVER Quorn™ THE STREET FOOD EDITION

**RECIPES FOR FOODSERVICE CHEFS,
BY FOODSERVICE CHEFS**

SPRING / SUMMER 2019

THE INSPIRATION BEHIND OUR RECIPES

SINCE LAUNCHING OUR FIRST QUORN® RECIPE INSPIRATION BOOKS IN APRIL 2017 WE HAVE CREATED 45 TASTY, NUTRITIOUS AND ON-TREND MEAT FREE RECIPE IDEAS INSPIRED BY OUR QUARTERLY FOOD TOURS TO HELP YOU WITH YOUR MEAT FREE MENU PLANNING.

WHY? THE FLEXITARIAN POPULATION IS ON THE RISE



1% OF PEOPLE
ARE VEGAN ¹
+100% YOY



5.1% OF PEOPLE ARE
VEGETARIANS ²
+13% YOY



7.2% OF PEOPLE ARE
FLEXITARIANS ²
+15% YOY



53% OF PEOPLE ARE
ACTIVELY REDUCING
THEIR MEAT
CONSUMPTION ²
+23% YOY

For Spring/Summer 2019 we wanted to demonstrate the breadth of Quorn's versatility, and to do so we got a group of chefs involved from industry and across multiple foodservice partners. We gave them the task of coming up with a street food inspired meat free recipe of their choice, with a few caveats (cost, service style, ingredients) to ensure it was easy to replicate at scale.

The outcome saw more chef's engaging with Quorn as an ingredient and using their own creativity to understand its endless possibilities. We have recipes in here perfect for universities, workplace feeding, higher end hospitality ideas as well as working lunches and casual hospitality that we're excited to be sharing with you!

EACH RECIPE'S SECTOR SUITABILITY CAN BE EASILY IDENTIFIED BY THE FOLLOWING ICONS:



WORKPLACE
HOSPITALITY



UNIVERSITIES



WORKPLACE
STAFF FEEDING

02

QUORN IS FOR EVERYONE

Our recipes are of course meat free but they are created with meat eater appeal in mind too. After all, we know that choosing the meat free option is about more than dietary preference, but also environmental conscience. Consumers opt for Quorn because it tastes good, it's kinder to the planet, can be better for them and can also be a nutritious protein source too.

73%
OF QUORN
ENTHUSIASTS
EAT MEAT ³



We hope you enjoy making and tasting our Spring /Summer recipe ideas as much as we enjoyed creating them. More than that - we hope to see some of them on your menus.

IF YOU'D LIKE TO KNOW MORE
ABOUT QUORN OR IF YOU HAVE
ANY FEEDBACK, PLEASE GET IN
TOUCH BY EMAILING US AT
FOODSERVICE@QUORNFODDS.COM

Sources: 1 - Ipsos Mori, commissioned by The Vegan Society, 2018. 2 - Kantar Worldpanel Usage Panel Feb 2018. 3 - Kantar Worldpanel

03

SAMOSA CHAAT

WITH QUORN MINCE



WORKPLACE
HOSPITALITY

STREATFOOD
b&i awards 2018

A SPICED QUORN MINCE SAMOSA SERVED WITH A FRAGRANT JACKFRUIT CURRY.

SERVES

10

PREPARATION TIME:

20 MINUTES

COOKING TIME:

90 MINUTES

INGREDIENTS:

SAMOSA

- 500g Quorn Mince
- 1 tsp turmeric
- 2 tsp cumin seeds
- 15ml vegetable oil
- 200g onions, finely diced
- 15g garlic, finely chopped
- 50g ginger, finely diced
- 25g green chilli, chopped
- 250g peas
- Seasoning
- 170g packet (= 10 sheets) feuilles de brick (samosa pastry)
- 1 tsp oil for sealing pastry

JACK FRUIT CURRY

- 2 tsp cumin seeds
- 2 tsp coriander seeds
- 1 tsp fenugreek seeds
- 1 tsp mustard seeds
- 4 tsp garam masala
- 300g onions, diced
- 30g garlic
- 30g ginger
- 1 tbsp chilli
- 10g tomato paste
- 50g vegetable stock
- 500g jackfruit

METHOD:

1. Pre-heat fryer to 180°C.
2. For the jackfruit curry, take the cumin, coriander, fenugreek and mustard seeds, crush them in a pestle and mortar then dry fry them in a pan until they start to smoke slightly, and you can smell the aromas.
3. Add the onion, garlic, ginger and chilli. Let the onions sweat down and then add the garam masala. Add the tomato paste and cook until all the ingredients have bound together.
4. Pull the jackfruit into manageable pieces and add to the curry mix.
5. Once all the ingredients have mixed together, add the vegetable stock, simmer for approximately an hour and a half, stirring occasionally until the jackfruit is cooked. Top up with extra stock if necessary.
6. For the samosas; toast the spices in a frying pan, once golden, add oil to the seeds and then the onions, garlic, ginger and green chilli. Cook through for 3-4 minutes. Add the Quorn Mince and peas stirring to combine and heat through. Season and leave to cool.
7. Take the pastry sheets, cut them length ways into strips, place the mince mixture at the top and fold down into triangles. Seal the edges with a little oil.
8. Place the samosa in the fryer and cook until they turn golden brown. Drain on kitchen paper.
9. To serve individual portions, use a chef's ring for the curry to give a circular shape and top each with a samosa.



ROBBIE LORRAINE – DIRECTOR OF FOOD & OPERATIONS, GRAZING FOOD

It was a great pleasure to work with the huge variety of Quorn products and I thoroughly enjoyed developing my dish. The Quorn Mince that I used took on the flavours of the herbs and spices which I used in the dish and helped to bring it to life. I will continue to experiment and encourage all chefs to do so, as the possibilities are endless.

Delicious served with a coriander chutney, raita and a mango lassi. This can also be made with tinned jackfruit.





LEBANESE SHAWARMA WITH SPICED PICKLED ONIONS

WITH QUORN FILLETS



WORKPLACE
STAFF FEEDING



UNIVERSITIES

A BEAUTIFULLY SPICED SHAWARMA WITH ALL THE TRIMMINGS.

SERVES

10

PREPARATION TIME

15 MINUTES PLUS 60 MINUTES

COOKING TIME

30 MINUTES

MARINATION TIME

INGREDIENTS:

- 10 Quorn Fillets, defrosted and torn into 4 pieces
- 100ml rapeseed oil
- 400ml Thai sweet chilli sauce
- 30g fresh mint
- 300g tahini
- 500g tomatoes, thinly sliced
- 1 cucumber, peeled into thin strips
- 350g white cabbage, thinly sliced
- 10 khobez bread, warmed

MARINADE

- 2 tsp ground cumin
- 2 tsp paprika
- 2 tsp ground coriander
- 2 tsp turmeric
- 2 tsp ground cinnamon
- 2 tsp cracked black pepper
- 1 lemon, juice and zest
- 3 crushed garlic cloves

SPICED PICKLED ONIONS

- 700g white onions, thinly sliced
- 350ml white wine vinegar
- ½ tsp black mustard seeds
- ½ red chilli, thinly sliced
- 2 bay leaves
- 70g caster sugar
- ½ tsp coriander seeds
- ½ tsp cracked black pepper
- 200ml water

METHOD:

1. Mix all the dry spices for the shawarma marinade with half the oil, garlic and lemon juice and zest. Coat the Quorn Fillets and leave to marinade for 60 minutes.
2. Meanwhile, prepare the pickled onions. Put the sliced onions into a large bowl and place all the other ingredients into a pan and bring to the boil.
3. Once boiled, pour the mixture over the onions and cover with cling film and leave to cool.
4. Return to preparing the shawarma by searing the marinated Quorn Fillets in a hot pan with the remaining rapeseed oil to caramelise and heat through, stirring to core temperature.
5. Chop the mint and mix with the sweet chilli sauce.
6. Drain the pickling liquor from the onions.
7. Spread the khobez with the tahini.
8. Place the Quorn Fillets in warmed khobez with the pickles, cabbage, tomatoes and cucumber. Drizzle with the sauce.

MARK WETHERILL – DEVELOPMENT CHEF, SODEXO

Street food is still the buzz word at the moment and this Lebanese kebab has many forms. You can't beat the traditional Shawarma with spiced pickles.

Make a batch of the pickled onions ahead of time and store in the fridge until ready to use.

HARISSA ROASTED QUORN & CREAMY GOATS CHEESE TOASTIE

WITH QUORN PIECES

A DELICIOUS SMOKY, SWEET & CREAMY TOASTED SANDWICH FILLED WITH HARISSA QUORN PIECES, ROASTED PEPPERS, RED ONION & SOFT CHEESE.

SERVES
10

PREPARATION TIME:
20 MINUTES

COOKING TIME:
40 MINUTES

INGREDIENTS:

- 500g Quorn Pieces
- 150g harissa paste
- 300g red peppers
- 300g red onion
- 150g soft goats cheese
- 150g soft cream cheese
- 20 slices of bloomer bread
- 20g fresh coriander, washed
- 50g runny honey
- 100g mayonnaise
- 100ml olive oil
- 5g sea salt
- 2g cracked pepper

METHOD:

1. Pre-heat oven to 200°C/Gas Mark 6.
2. Roast the peppers - ideally blacken the skins on an open flame, place in a bowl and cover with clingfilm, allow to cool. Then rub off the skin, cut off the cheeks of the pepper, remove the seeds and cut into strips.
3. Peel the onions, cut into quarters through the root, place on a baking tray, drizzle with $\frac{1}{2}$ of the olive oil, a little salt then roast in the oven for 20 minutes or until onions are tender and flake into petals.
4. Mix together the goats and cream cheese, season with pepper. Finely chop the coriander stalks and add to cheese mix, reserve leaves.
5. Mix $\frac{1}{2}$ of the harissa with the Quorn Pieces. Heat a non-stick pan add a little of the oil, cook the Quorn Pieces over a gentle heat for a few minutes until core temperature is reached.
6. To assemble: spread the cream cheese on the base of 1 slice of bread, top with the onions, pepper, Quorn Pieces and coriander leaves, brush the remaining harissa over the remaining slice of bread, spread half the mayonnaise on top of bread.
7. Heat a non stick pan, add the remaining oil (in batches) place the mayonnaise side of the sandwich down in the pan, gently fry, spread the remaining mayonnaise on the bread, then flip over in the pan, drizzle with the honey and caramelize.
8. Remove from pan and serve as required.



WORKPLACE
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IAN SMITH – EXECUTIVE DEVELOPMENT CHEF, ELIOR

This recipe was based on some ideas I had recently seen on the high street that I deconstructed. I think this is a perfect lunchtime dish packed full of flavour. It can be served as it is, with a variety of side dishes, or even as a half with a portion of soup as we head into the colder time of year!

These can be prepared ahead of time, pre-heat in a microwave to warm the filling and finish cooking in a panini grill. Serve with Ras el Hanout sweet potato wedges, or leaf salad and coleslaw.



GOCHUJANG QUORN BALLS, KIMCHI RICE & STIR FRIED VEG

WITH QUORN SWEDISH STYLE BALLS

SOFT TACOS STUFFED WITH CORIANDER RICE, DELICIOUS SPICY GLAZED QUORN SWEDISH STYLE BALLS & BRIGHT STIR FRIED VEGETABLES.

SERVES
10

PREPARATION TIME
20 MINUTES

COOKING TIME
30 MINUTES

INGREDIENTS:

- 30 Quorn Swedish Style Balls
- 300g long grain rice
- Kimchi salt, to taste
- 1 tbsp coriander, chopped
- 10 soft taco shells

MARINADE

- 250g Sriracha chilli sauce
- 150g ketchup
- 1 tbsp toasted sesame oil
- 1 tbsp gochujang paste

STIR FRY

- 6 spring onions, thinly sliced
- 2 yellow peppers, thinly sliced
- 200g bean sprouts
- 200g mange tout, thinly sliced
- 1 red chilli, thinly sliced
- 2 tbsp vegetable oil
- Seasoning

GARNISH

- Coriander cress

METHOD:

1. Wash the rice and cover with water, add kimchi salt and cook until soft for around 15-20 minutes. Finish with chopped coriander.
2. Place the Sriracha, ketchup and sesame oil in a pan with the gochujang paste, mix and add the Quorn Swedish Style Balls to the sauce and heat through thoroughly, coating and glazing the balls until hot and core temperature is reached.
3. Meanwhile, using a shallow frying pan or wok, heat the oil and stir fry the vegetables until just cooked but still al dente, this should only take a minute. Lightly season with salt.
4. To build the tacos, place the rice in the taco shell first, and then add 3 balls per taco.
5. Cover with stir fried vegetables and garnish with coriander cress.

DAVID HENDERSON – SENIOR CHEF DE PARTIE,
BARTLETT MITCHELL

The inspiration for this street food dish came from the flavours and colours of Korea.

If Gochujang paste is not available use a tomato chilli paste. The soft taco shells can be lightly charred or substituted for the hard shell option if preferred.

LEBANESE QUORN FLATBREAD WITH BEET HUMMUS

WITH QUORN MINCE



SMOKY MIDDLE-EASTERN QUORN SERVED IN A KILN FIRED FLATBREAD
ON A BED OF BEETROOT HUMMUS WITH PICKLED CUCUMBER.

SERVES

10

PREPARATION TIME

30 MINUTES PLUS 24 HOURS PICKLING TIME

COOKING TIME

20 MINUTES

INGREDIENTS:

- 350g Quorn Mince
- 10g fresh coriander
- 10g fresh mint
- 2 tsp vegetable oil
- 200g red onions, peeled and diced
- 200g green and yellow pepper, thinly sliced
- 2 tsp garlic puree
- 2 tsp smoked chilli puree
- 1 tsp ras el hanout spice
- ½ tsp coriander seeds
- 25g tomato puree
- 200ml vegetable stock
- 70g tinned chickpeas
- ¼ tsp dried oregano
- Seasoning
- 10 kiln fired flatbreads

BEETROOT HUMMUS:

- 1kg pre-cooked beetroot
- 500g hummus

SHAVED PICKLED CUCUMBER

- 400g cucumber
- 500ml white wine vinegar
- 1 tsp mustard seeds
- 1 tsp coriander seeds
- 1 tsp turmeric
- Seasoning
- 80g caster sugar
- 15g dill

GARNISH

- 1 red chilli, finely sliced
- 2 tsp nigella seeds

METHOD:

1. For the pickled cucumber; with a peeler peel the cucumber to reach the seeds on each side, sprinkle with salt and leave in a colander for 10 minutes and wash off.
2. Boil the vinegar with the mustard and coriander seeds, turmeric, seasoning and sugar and allow to cool. Place the shaved cucumber in the vinegar along with the dill and leave to pickle for 24 hours.
3. Wash and chop ½ of the fresh coriander and mint and leave to the side, pick the other half and put aside for garnish.
4. Heat the oil in a pan and add the onion, peppers, garlic and smoked chilli puree, ras el hanout and coriander seeds. Cook for 3-4 minutes until the onion is browned and the spices cooked out.
5. Add the tomato puree, Quorn Mince and vegetable stock and cook gently for 10 minutes, add the chickpeas, oregano and seasoning cook for a further 5 minutes. Remove from the heat and add the chopped mint and chopped coriander.
6. For the beetroot hummus; puree the beetroot and fold into the hummus.
7. To warm the flatbreads; pre-heat a chargrill pan, hot bar mark the flat bread on both sides, and then place under cling film to keep moist.
8. To serve; take the chargrilled flatbread and place on a plate, put 100g of the beetroot hummus and top with the hot Quorn mixture and the shaved cucumber. Garnish with remaining mint and coriander and sliced chilli then sprinkle with the nigella seeds.



NINO ADDIO – SALES DEVELOPMENT CHEF, ELIOR

The inspiration behind this recipe follows the growing trends of street food and meat free foods and the need to create a more inviting offer. Looking at current hot on-the-go trends and the need of a quick bite that can hold most of your five-a-day.

Try filling pitta breads as an alternative to wraps.
The pickled cucumber can be made in advance and stored in an airtight jar in the fridge.



QUORN CURRY WITH RICE AND PEAS

WITH QUORN PIECES



WORKPLACE
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A SPICED CARIBBEAN INSPIRED CURRY SERVED WITH COCONUT RICE & PEAS.

SERVES

10

PREPARATION TIME

10 MINUTES

COOKING TIME

30 MINUTES

INGREDIENTS:

QUORN CURRY

- 750g Quorn Pieces
- 1 chilli, chopped
- 50g onion, chopped
- 1 tbsp cumin
- ½ tsp cayenne pepper
- ½ tbsp ground coriander
- 1 tbsp masala
- 3 tbsp curry powder
- ½ tsp ground ginger
- 2 tbsp vegetable oil
- 500ml coconut milk
- Seasoning

RICE & PEAS

- 800ml coconut milk
- 4 sprigs fresh thyme
- 2 cloves garlic, crushed
- 2 tsp ground all spice
- 400ml water
- 800g long grain rice
- 800g canned kidney beans, drained and rinsed
- Seasoning

METHOD:

1. Using a blender or stick blender, blitz the chilli and onions, and mix with the cumin, cayenne pepper, coriander, masala, curry powder and ginger into a paste.
2. Sauté the paste in oil for 1-2 minutes, add the coconut milk and Quorn Pieces. Cook for a further 15 minutes and season to taste.
3. For the rice and peas: combine the coconut milk, thyme, crushed garlic, all spice and water in a medium saucepan over medium heat, and bring to a boil.
4. Stir in the rice and kidney beans. Cover saucepan and cook for 20 minutes, or until all liquid is absorbed.
5. Remove pan from heat, season and discard thyme sprigs.
6. To serve; plate a portion of the Quorn curry on a bed of the rice and peas or serve in individual dishes.

ROSETTA NORBERT – CHEF, RAF BENSON

This dish reminds me of my native home and also brings to life my favourite bits of British food.

Serve with a vibrant salad and plantain chips.
Can also be served as a wrap using dahl roti.



CHILLI CON QUORN POUTINE

WITH QUORN MINCE



STREETFOOD
b&i awards 2018

CHILLI CON QUORN SERVED ON A BED OF SMOKY SWEET POTATO WEDGES, TOPPED WITH LIME MAYO & PICKLED ONIONS.

SERVES

10

PREPARATION TIME

25 MINUTES

COOKING TIME:

60 MINUTES

INGREDIENTS:

- 750g Quorn Mince

CHILLI CON QUORN

- 100g courgette, diced
- 100g mixed peppers, diced
- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, crushed
- 50g smoked paprika
- 1 tbsp cayenne pepper
- 4 tsp ground coriander
- 1 tbsp ground cumin
- 250g kidney beans, drained and rinsed
- 800g tinned tomatoes
- 1 red chilli, finely diced
- ½ bunch of coriander
- Seasoning

PICKLED RED ONION

- 250ml white wine vinegar
- 500ml water
- 150g sugar
- 10g cloves
- 2 bay leaves
- 10g peppercorns
- 500g red onion, finely sliced

SWEET POTATO WEDGES

- 1kg sweet potato, cut into wedges
- 10g smoked paprika
- 1 tbsp vegetable oil
- 20g sunflower seeds

VEGAN LIME MAYO

- 200g silken tofu
- 1 lime, juice
- ½ bunch of coriander
- 100ml water
- Seasoning

GARNISH

- 1 bunch chervil, finely sliced
- 1 bunch parsley, finely sliced

METHOD:

1. Pre-heat oven to 180°C/Gas Mark 4.
2. For the pickled red onion; combine all of the ingredients other than the red onions into a pan and heat through until the sugar is dissolved. Allow to cool completely, add the red onions and set aside.
3. For the chilli; roast the courgettes and mixed peppers in 1 tbsp olive oil. Heat the remaining oil and sauté the diced onion along with the garlic. Add paprika, cayenne, coriander and ground cumin and cook out for 1 minute. Add kidney beans, chopped tomatoes and Quorn Mince. Finish with chilli, chopped coriander and season.
4. For the wedges; toss the sweet potato and smoked paprika together with the oil and roast in the oven for 20 minutes. Add the sunflower seeds and then roast for a further 3 minutes.
5. For the vegan mayo; put all of the ingredients into a food processor with 100ml of water and seasoning. Blitz until it combines to make a mayonnaise type consistency.
6. To serve; place the wedges at the bottom of the serving bowl and top with the chili. Garnish with a drizzle of vegan lime mayo, mixed herbs and pickled red onions.



RYAN PERCOPO – HEAD CHEF, BAXTER STOREY

This recipe is based around the famous and much-loved Canadian dish 'Poutine'. It has been a big winner on the street food scene in London over the past year or so, and quite rightly too because who doesn't love fully loaded chips in Britain! This is a completely street food based idea adding a playful twist to a much loved meaty dish with the addition of Quorn Mince and a vegan mayo.

Make the pickled onions the day before and leave overnight

QUORN & COURGETTE KOFTE

WITH QUORN MINCE



WORKPLACE
STAFF FEEDING



UNIVERSITIES

SPICED QUORN MINCE KOFTE SERVED ON A TOASTED PITTA WITH MUSHROOM & CHICKPEA QUINOA.

SERVES

10

PREPARATION TIME

10 MINUTES PLUS 30
MINUTES SOAKING TIME

COOKING TIME

15 MINUTES

INGREDIENTS:

- 750g Quorn Mince
- 500g courgettes, grated
- 1 tsp salt
- 200g red onion, grated
- 1 tbsp harissa spice mix
- 2 tsp garlic powder
- 4 eggs
- 200g self raising flour
- 1 tbsp vegetable oil
- 350g mushrooms, sliced
- 450g red quinoa
- 200g tinned chickpeas, drained
- 10 pitta bread, toasted
- 200g rocket
- 100g Greek yoghurt

METHOD:

1. Pre-heat oven to 180°C/Gas Mark 4.
2. Put the grated courgette into a bowl, add the salt and set to one side for 30 minutes to allow the salt to draw out the moisture.
3. In a separate bowl, mix together the Quorn Mince, red onion, harissa, garlic powder, eggs and flour until all the ingredients are fully combined.
4. Drain the liquid from the courgettes and add them to the kofte mix.
5. Form into 10 koftas on metal skewers and place onto a pre-lined baking tray. Bake for 12 minutes until golden brown and core temperature is reached.
6. Meanwhile, heat the oil in a pan, add the mushrooms and gently fry for 5 minutes. Add the quinoa and chickpeas and cover with water. Bring to the boil and simmer for 10 minutes or until the quinoa is fully cooked.
7. Cut the pitta breads and place a kofte into each one.
8. Serve the koftes with the quinoa, mushroom and chickpea mix, rocket and drizzled with Greek yoghurt.

TOM RAVENSDALE – EXECUTIVE HEAD CHEF, ARTIZIAN

After spending some time working in a Turkish restaurant, learning about the ingredients they used and the unique flavours of the country's cuisine, I looked at ways I could take those flavours and incorporate them into some great meat free dishes. What better way to showcase great flavours and great ingredients.

Grate and salt the courgette as early as possible to remove more moisture and prevent the koftas being too soft. This can be done the day before. Replace metal skewers with wooden ones but soak for 30 minutes before making up the koftas to prevent them from burning.

QUORN KAATHI ROLL

WITH QUORN FILLETS

SUMAC INFUSED QUORN FILLETS SERVED IN A WARM TORTILLA WRAP WITH VEGETABLE RICE & A HERB & YOGHURT DRESSING.

SERVES

10

PREPARATION TIME

30 MINUTES

COOKING TIME

30 MINUTES

INGREDIENTS:

- 10 Quorn fillets, defrosted and torn into pieces
- 100g sumac
- 1 lemon, juice
- 4 cloves garlic, crushed
- ¼ tsp cracked black pepper
- 500g easy cook long grain rice
- 1 litre vegetable stock

VEGETABLES

- 1 tbsp rapeseed oil
- 100g onion, chopped
- 2cm root ginger, peeled and finely crushed
- 400g butternut squash, cut into 1cm dice
- 100g chickpeas in water, drained
- 200g aubergine, cut into 1cm dice
- 200g broccoli, cut into small florets

WRAPS

- 1 tbsp rapeseed oil
- 5 eggs, beaten
- 10 tortilla wraps

CORIANDER DRESSING

- 200g coriander, roughly chopped (1 tbsp reserved for garnish)
- 100ml olive oil

WRAP FILLING

- 100g red onion, finely sliced
- 300g red pepper, finely sliced
- 100g Greek yoghurt

METHOD:

1. Pre-heat the oven to 180°C/Gas Mark 4.
2. Mix the Quorn Fillets with sumac, lemon juice, half the garlic and black pepper, place on a baking tray and cook in the oven for 10-12 minutes.
3. Cook the rice in the vegetable stock until all the liquid has been absorbed. Keep warm.
4. Heat 1 tbsp oil in a large pan, add the onion, ginger, remaining garlic and butternut squash and allow to cook for 5-7 minutes until the onion and squash has softened. Stir in the chickpeas, aubergine and broccoli and continue to cook for a further 5 minutes until the vegetables are just soft. Stir in the Quorn mixture.
5. Cook the tortillas; heat 1 tbsp rapeseed oil in a frying pan. Meanwhile, place the beaten eggs in a large flat dish and dip the wraps through the mix. Fry each tortilla until golden brown, keep warm.
6. Make the coriander dressing; blend the coriander with olive oil and reserve for later.
7. Assemble the wraps; dividing the mixtures between each tortilla. Place the cooked rice just off centre on the warm tortilla wrap, then add the Quorn mix next to the rice.
8. Dress with red onion and red pepper and coriander then drizzle over the coriander oil and yoghurt.
9. Fold the wrap from the bottom up first then bring the top down and fold from the left to the right ensuring it remains tight and roll. Wrap in greaseproof paper and foil and cut on the diagonal.



JAMES LARKINS – GROUP EXECUTIVE CHEF, COMPASS GROUP

Food trends today are reflective of the ever changing pressures on our time to sit and eat properly so hand-held food has evolved from grabbing a pie or a pasty to food that includes health and wellbeing, interesting flavours and spices whilst representing value for money. A Quorn sumac and vegetable kaathi roll with herb and yoghurt dressing seemed to fit this remit quite nicely!

Keep a 4cm gap around all the way around the edge of the wrap to allow sufficient wrapping without filling falling out. If leaving the top open on the wrap add a bit more dressing and garnish.



QUORN BAO BUNS

WITH QUORN PIECES

SESAME GLAZED QUORN PIECES SERVED IN STEAMED BAO BUNS WITH A KIMCHI & PEANUT GARNISH.

SERVES

10

PREPARATION TIME

30 MINUTES

COOKING TIME

15 MINUTES

INGREDIENTS:

- 750g Quorn Pieces
- 250g peanuts
- 4 eggs
- 120ml sesame oil
- 400g onion, diced
- 8 tbsp major Korean mari base
- ½ bunch coriander, chopped
- 30 hirata buns
- 500g kimchi, shredded
- 100g black sesame seeds
- 100ml water
- Seasoning

SAUCE

- 1 tbsp brown sugar
- 2 tbsp honey
- ¼ cup soy sauce
- 2 tsp fresh ginger root, chopped
- 2 tsp garlic, chopped

METHOD:

1. Pan-roast the peanuts, set to one side and crush when cool.
2. Soft boil the eggs, de-shell, separate the white from the yolk and grate.
3. Warm a pan, add sesame oil and sauté onions for 3-4 minutes, then add Korean paste, Quorn Pieces and 100ml of water. Simmer for 8-10 minutes until sauce glazes the Quorn Pieces and core temperature is reached. Add coriander and season to taste.
4. Mix all the sauce ingredients together and set aside.
5. Heat a large steamer over a medium-high heat. Steam the buns for 2-3 minutes until hot.
6. To fill each bun; open and place kimchi in the steamed bun and add the Quorn Pieces. Sprinkle peanuts, egg white and yolk over the top.
7. Season with black sesame seeds.
8. Garnish with coriander, a drizzle of sauce and serve.

MARK ROBINSON – HEAD CHEF, VACHERIN

If you're preparing street food, I think it's important that dishes don't look too dissimilar regardless of catering for varying types of dietary or allergen requirements. As chefs, we want to show that we believe in providing clients and customers looking for meat free the same consideration as other dietary requirements without having to compromise on quality, taste and style.

Serve with Sriracha chilli sauce for that extra kick or use different sauces to tickle your taste buds. If Kimchi isn't available use pickled cabbage as an alternative.

QUORN KEEMA BHAJI

WITH QUORN MINCE



A SPICED QUORN MINCE BHAJI SERVED WITH A SWEET CHILLI JAM.

SERVES

10

PREPARATION TIME:

20 MINUTES

COOKING TIME:

40 MINUTES

INGREDIENTS:

- 500g Quorn Mince

CHILLI JAM

- 500ml red wine vinegar
- 8 red chillies
- 2 garlic cloves
- 400g sugar
- 200g tomato puree

BHAJI

- ½ tsp cumin seeds
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- ½ tsp mustard seeds
- ½ chilli flakes
- 200g white onions, thinly sliced
- 1 sweet potato, grated
- 30g coriander, leaves shredded and stalks reserved
- 1 tsp root ginger, peeled and grated
- 1 tsp fresh turmeric, peeled and grated
- 200g gram flour
- 500g natural yoghurt
- 300g peas
- Seasoning

METHOD:

1. Pre-heat fryer to 180°C & oven to 160°C/Gas Mark 3.
2. Make the sweet chilli jam; place all the ingredients into a thick bottomed pan and simmer for 30 minutes, remove from the heat and leave to cool, then liquidize and pass through a sieve.
3. Make the bhajis; dry roast all the spice seeds and chilli flakes together in a pan on the stove without colouring to release oils, then put to one side.
4. Mix together the Quorn Mince, onion, sweet potato, coriander, ginger and turmeric in a large bowl. Stir in the gram flour, add the roasted spices and then slowly add the yoghurt until it reaches a thick consistency, then add the peas and season.
5. Shape bhaji mix into rough balls and carefully drop into hot oil. Cook for 3-4 minutes or until they start to float. Remove using a slotted spoon and drain on kitchen towel.
6. Place on a lined baking tray and bake in the oven 15 minutes until golden brown and crispy.
7. Serve each bhaji with a dollop of sweet chilli jam.



JAMIE HICKS – CHEF MANAGER, CONNECT CATERING

My inspiration for the dish is about taking something as simple as an onion bhaji and making it into a really funky dish. I have always loved cooking and eating Indian food and feature a lot of Indian inspired dishes on my menus.

Squeeze the bhaji mixture in your hand before putting into the fryer to avoid it splitting.

QUORN PAKORA KAATHI ROLL WITH QUORN SWEDISH STYLE BALLS



WORKPLACE
STAFF FEEDING



UNIVERSITIES

SPICED BATTERED QUORN SWEDISH STYLE BALLS SERVED IN A PARATHA
WITH COCONUT CHUTNEY, SALAD & RAITA.

SERVES

10

PREPARATION TIME

10 MINUTES PLUS 30
MINUTES SOAKING TIME

COOKING TIME

15 MINUTES

INGREDIENTS:

- 800g Quorn Swedish Style Balls
- 200g butter curry paste

BATTER

- 300g garam flour
- 1 tbsp paprika
- 1 tbsp ground coriander
- 10g turmeric
- 1 tsp chilli powder
- 1 tsp cracked black pepper
- 1 tbsp cumin
- 500ml water

SALAD

- 100g red onions, thinly sliced
- 300g mixed peppers, sliced into thin strips
- 200g carrots, sliced into thin strips
- 200g savoy cabbage, thinly sliced
- 25g coriander, chopped

COCONUT CHUTNEY

- 2 tbsp rapeseed oil
- 80g black urid dhal, boiled until just cooked
- 80g yellow split peas, boiled until just cooked
- 200g onion, thinly sliced
- ½ tsp black mustard seeds
- 1 tsp red chilli flakes
- 100g desiccated coconut
- 90g tomato puree
- Seasoning

RAITA

- 200g cucumber, finely diced
- ½ tsp ground cumin
- 50g red onion, finely diced
- 350ml natural yoghurt
- 1 tbsp fresh mint, finely chopped
- Seasoning

- 10 paratha, chapati or chargrilled tortilla wraps

METHOD:

1. Pre-heat deep fat fryer to 180°C/Gas Mark 4.
2. Coat the Quorn Swedish Style Balls in the butter curry paste mixed with 100ml water and leave to marinade for 60 minutes. Mix all the remaining dry spices with the flour and gradually add the remaining water to form a smooth batter. Leave to rest until required.
3. Pass the coated Quorn Swedish Style Balls through the batter. Deep fry in batches for 6-8 minutes until the batter is golden and crispy. Remove and place onto absorbent paper. Keep warm.
4. Meanwhile, prepare the salad: mix all ingredients together.
5. For the raita; mix all the ingredients together and season.
6. Make the chutney; heat the oil, add both pulses and fry for 30 seconds, then add the onions, mustard seeds and chilli and cook for 4-5 minutes until onions are soft. Add the coconut, tomato puree and seasoning to the pan and mix well. Remove from the heat and allow to cool.
7. To serve; top the paratha with salad and chutney. Add 5 battered Quorn Swedish Style Balls to each paratha and drizzle with raita.

MARK WETHERILL – DEVELOPMENT CHEF, SODEXO

Everybody loves a traditional curry but not all have the time to sit in a restaurant and eat one. This hand-held street food concept gives you the all the flavours and taste of India in a traditional roti style wrap.

Leave the chutney in the fridge for several hours to infuse for a more intense flavor.



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