



RECIPE
INSPIRATION
FOR THE NATION'S
FAVOURITE
SCHOOL MEAL
THE CURRY EDITION



TANDOORI FILLETS & VEGETABLE PILAU

Oven baked torn Quorn® fillets marinated in tandoori spices and yoghurt. Served with colourful vegetable pilau rice, flavoured with golden turmeric. Topped with a cucumber and yoghurt raita.

Preparation Time: 45 MINS / Cooking Time: 14 MINS / Serves: 10 / Primary Recipe

INGREDIENTS

- 10 Quorn Fillets, defrosted

MARINADE

- 400ml natural yoghurt
- 1 tbsp lemon juice
- 5 tbsp tandoori spice mix
- 2 garlic cloves, crushed

CUCUMBER RAITA

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

VEGETABLE PILAU

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

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
237kcal	4.4g	1.4g	8.7g	1.5g
LOW	LOW	LOW	MED	

METHOD

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

HINTS & TIPS

CAN ALSO BE MADE WITH QUORN PIECES WITHOUT THE NEED TO DEFROST.



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 / Primary Recipe

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
- 4 tbsp coriander, chopped
- 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.

PER SERVING

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



HINTS & TIPS

SERVE WITH RICE OR AS A JACKET POTATO FILLING.

QUORN KORMA

A mild, creamy Quorn Indian curry with butternut squash.

Preparation Time: 15 MINS / Cooking Time: 20 MINS / Serves: 10 / Primary Recipe

INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp vegetable oil
- 350g onion, finely chopped
- 1 small green chilli, seeds removed and chopped finely
- 10g fresh ginger, grated
- 2 cloves garlic, crushed
- 350g butternut squash, diced into 1.5cm pieces
- 3 tbsp korma curry paste
- 400ml canned low fat coconut milk
- 300ml vegetable stock
- 2 tbsp chopped coriander for garnish

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
141kcal	7.8g	3g	5.2g	1.0g
	MED	LOW	LOW	MED

METHOD

1. Heat oil in a pan and add the onions and fry gently for 5 minutes until the onions are golden.
2. Add the chilli, ginger and garlic and continue to cook for 1 minute. Then add the butternut squash, korma paste and Quorn Pieces and cook over a moderate heat for 5 minutes stirring constantly.
3. Pour the coconut milk and stock into the pan and mix well. Bring the curry to the boil and then cover and simmer for 15 minutes or until the butternut squash is tender.
4. Serve with a portion of basmati rice and garnish with some freshly chopped coriander.

HINTS & TIPS

SWEET POTATO CAN BE ADDED AS AN ALTERNATIVE TO BUTTERNUT SQUASH.



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 / Primary Recipe

INGREDIENTS

- 30 Quorn Dippers
- 1 tbsp vegetable oil
- 300g onion, chopped
- 200g carrot, diced
- 1 tbsp mild curry powder
- 1 tbsp turmeric
- 1 tbsp garam masala
- 1 tsp mild chilli powder
- 3 cloves garlic, crushed
- 1ltr 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

PER SERVING

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

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.

HINTS & 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.



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 / Primary Recipe

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

PER SERVING

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

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.



HINTS & TIPS

TRY SERVING WITH A DRIZZLE OF MINT RAITA.

KATSU CURRY

Crispy southern style Quorn Dippers drizzled with a fiery katsu curry sauce, topped with a sprinkling of coriander & spring onions.

Preparation Time: 5 MINS / Cooking Time: 30 MINS / Serves: 10 / Secondary Mid-Morning Break / Lunch Recipe

INGREDIENTS

- 30 Quorn Dippers or Vegan Nuggets
- 1 tbsp vegetable oil
- 300g onion, chopped
- 200g carrot, diced
- 1 tbsp medium curry powder
- 1 tbsp garam masala
- 1 tbsp turmeric
- 1 tsp mild chilli powder
- 1 bay leaf
- 2 cloves garlic, peeled & crushed
- 1 ltr vegetable stock
- 2 tbsp light soy sauce
- 2 tbsp runny honey
- Seasoning
- 1 tbsp fresh coriander, chopped
- 100g spring onions, trimmed & thinly sliced

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
181kcal	9.1g	1.4g	8.2g	1.3g
	MED	LOW	LOW	MED

METHOD

1. To make the katsu sauce: heat the oil in a saucepan, add the onion and carrot and cook on a medium heat for 6-8 minutes until softened.
2. Add the spices and garlic and cook for a further minute.
3. Pour in the stock and add the bay leaf, bring to the boil and simmer for 20 minutes.
4. Meanwhile cook the Quorn Dippers in a pre-heated oven 200°C/Gas Mark 6 for 13-15 minutes or until core temperature is reached.
- 5.
6. Add the soy sauce and honey to the curry and stir. Remove the bay leaf.
7. Pour the mixture into a blender and mix until smooth and thick.
8. Season lightly to taste, re-heat and pour over the Quorn Dippers/Nuggets and serve garnished with coriander and spring onions.

HINTS & TIPS

DELICIOUS WITH THAI STICKY RICE.



SPICY NAAN-WICH

A creamy tikka curry served in a warm naan bread, topped with a cool homemade cucumber raita.

Preparation Time: 40 MINS / Cooking Time: 25 MINS / Serves: 10 / Secondary Mid-Morning Break / Lunch Recipe

INGREDIENTS

MARINADE

- 500g Quorn Pieces
- 2 tbsp tikka paste
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp turmeric
- 1 tsp chilli powder
- 200ml natural yoghurt
- 1 tbsp tomato purée
- 2 cloves garlic, finely chopped

SAUCE

- 1 tbsp vegetable oil
- 200g onions, finely chopped
- 1 large red pepper, diced
- 400g canned chopped tomatoes
- 100ml hot vegetable stock
- 2 tbsp chopped coriander

RAITA

- ½ cucumber, coarsely grated
- 20g fresh mint, leaves finely chopped
- 300ml natural yoghurt
- Ground black pepper
- 10 mini naan breads or pitta breads, warmed

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
279kcal	5.7g	1.4g	9.3g	1.7g
LOW	LOW	LOW	MED	

METHOD

1. Place the Quorn Pieces and marinade ingredients in a bowl and mix well. Cover and transfer to the fridge for at least 30 minutes.
2. Heat the oil in a pan, add the onion and fry for 3 minutes then add the pepper and cook gently for another 2 minutes.
3. Add the Quorn plus marinade to the pan and stir-fry for 5 minutes.
4. Pour in the chopped tomatoes and stock, bring to the boil then simmer, uncovered for 15 minutes. Stir in the coriander.
5. Meanwhile to prepare the raita place the cucumber into a bowl and squeeze it with your hands to remove as much juice as possible. Stir in the fresh mint and yoghurt. Season with black pepper.
6. To assemble, cut the naan breads to create a pocket, fill with tikka curry and top with a spoonful of raita.

HINTS & TIPS

A SPOONFUL OF MINT SAUCE CAN BE USED INSTEAD OF FRESH MINT FOR THE CUCUMBER RAITA.
TO SPEED UP THE SERVING PROCESS SIMPLY TOP EACH NAAN WITH THE CURRY INSTEAD OF SPLITTING AND FILLING THEM.



BIRYANI WITH ROOT VEGETABLE CURRY

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

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

INGREDIENTS

- 500g Quorn Pieces
- 2 tbsp balti curry paste

ROOT VEGETABLE CURRY

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

BIRYANI

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

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
333kcal	10g	3.2g	9.8g	1.4g
	LOW	LOW	LOW	MED

METHOD

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

HINTS & TIPS

FOR A Milder BIRYANI TRY USING A KORMA CURRY PASTE.



KEEMA PIE

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

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

INGREDIENTS

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

METHOD

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

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
149kcal	5.8g	1.8g	5.7g	0.92g
	LOW	LOW	LOW	MED



HINTS & TIPS

USE SHORTCRUST PASTRY AS AN ALTERNATIVE TO FILO.

STUFFED TANDOORI NAAN

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

Preparation Time: 45 MINS / Cooking Time: 14 MINS / Serves: 10 / Secondary Mid-Morning Break / Lunch Recipe

INGREDIENTS

- 10 Quorn Fillets, defrosted
- 10 naan breads

MARINADE

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

CUCUMBER RAITA

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

VEGETABLE PILAU

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

PER SERVING

Energy	Fat	Saturates	Sugar	Salt
337kcal	7.0g	1.7g	9.8g	1.8g
	LOW	LOW	LOW	HIGH

METHOD

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

HINTS & TIPS

FOR A SPICIER DISH, ADD SOME DRIED CHILLI FLAKES TO THE VEGETABLE RICE.





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