

The Quorn logo is positioned at the top center of the image. It consists of the word "Quorn" in a white, sans-serif font, with a small trademark symbol (TM) to its upper right. The text is enclosed within an orange, pill-shaped border with rounded ends.

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The background of the entire image is a top-down view of a wooden dining table set for a meal. In the center is a large white plate of spaghetti topped with a red tomato sauce and numerous brown, meat-like meatballs. To the right of this plate is a blue ceramic bowl filled with a vibrant orange-red curry or stew, garnished with fresh green herbs. Below the curry bowl is a smaller blue bowl containing white rice. In the upper right corner, there is a blue plate with several round, golden-brown flatbreads. To the left of the central spaghetti plate, there is a green bowl of cherry tomatoes on the vine and a small blue bowl of white dip with black pepper. A hand with pink nail polish is visible on the left, holding a wooden skewer. Another hand with teal nail polish is on the right, holding a spoon over the rice. A bunch of fresh green herbs lies at the bottom right. The table is decorated with blue and red placemats, and various kitchen items like a pepper mill and a glass of red wine are also visible.

DELICIOUS RECIPES TO MAKE IT MEAT FREE

BREAKFAST



TENDERS AND WAFFLES

INGREDIENTS

Quorn Sriracha Crumbed Tenders

Maple syrup to top

FOR THE BUTTERMILK WAFFLES: DRY INGREDIENTS

1 3/4 cups plain flour

2 tsp baking powder

1/4 tsp baking soda

3 Tbsp white sugar

1/2 tsp salt

WET INGREDIENTS

1 1/2 cups buttermilk

8 Tbsp unsalted butter, plus additional
to grease waffle iron

3 large eggs

METHOD

1. Add all dry waffle ingredients into a large mixing bowl.
2. In a separate bowl, crack eggs and whisk together. Once combined, add in buttermilk and butter, then whisk together.
3. Pour the wet ingredients into the mixing bowl with the dry ingredients.
4. Stir with a wooden spoon until combined, and cover, setting aside for 30 mins - 1 hour at room temperature.
5. While waffles are set aside, preheat oven to 220°C (200°C fan forced).
6. Once oven is pre-heated, arrange Quorn Sriracha Crumbed Tenders on a baking tray and bake according to package directions.
7. Once waffles are ready to cook, heat a waffle iron greased with unsalted butter, and pour in. Cook until golden brown, approximately 3-4 mins.
8. Once cooked, top the waffles with baked Quorn Sriracha Crumbed Tenders and drizzle with maple syrup!



Serves 4



80 mins



GREEN BREAKFAST BOWL



Serves 4



50 mins

INGREDIENTS

300g Quorn Pieces

750ml vegetable stock

250ml milk

1 Tbsp butter

2 garlic cloves, finely chopped

160g polenta

salt and pepper

5 Tbsp (75ml) olive oil

150g zucchinis, sliced

125g peas, blanched

1 spring onion, chopped

1 Tbsp mint, chopped + extra

2 Tbsp (30ml) apple cider vinegar

2 Tbsp chives, chopped

¼ green chilli

25g baby spinach

180g ricotta

40g pistachios, chopped

CHEF'S TIP

For a more decadent and creamier polenta, replace the milk with cream or coconut cream instead.



METHOD

1. For the polenta, combine the vegetable stock, milk, butter and 1 chopped clove of garlic in a pot over medium heat. Bring it up to a boil, add the polenta and turn the heat down to low. Cook for 10-15 mins until smooth and cooked through. Season to taste.
2. For the toppings, heat 1 Tbsp of olive oil in a large pan over medium heat. Add the Quorn Pieces and sauté until golden and tender, 12 mins.
3. Remove the Quorn Pieces with a slotted spoon; add the zucchinis to the pan and sauté, 2 mins. Combine the zucchinis with the Quorn Pieces, peas, spring onions and chopped mint. Season it to taste.
4. For the chive oil, combine the remaining olive oil and garlic with the apple cider vinegar, chives and chilli and blend until smooth. Season to taste.
5. Top each serving of polenta with some of the Quorn Pieces and zucchini mixture, baby spinach, ricotta and pistachios. Drizzle the chive oil on top and add a few mint leaves, if preferred.



BREAKFAST BURRITO

INGREDIENTS

1 packet of Quorn Sausages (contains 8)

½ Tbsp low-fat margarine

8 free-range medium eggs, beaten

¼ tsp salt

¼ tsp black pepper

4 wholemeal wraps

40g baby spinach, washed

2 avocados, halved, de-stoned, peeled and sliced

100g cherry tomatoes, halved

METHOD

- 1.** Cook the Quorn Sausages according to packet instructions. Slice each sausage into 4 pieces and set aside.
- 2.** Place a frying pan onto a medium heat. Add the margarine, then once melted, pour in the beaten eggs, salt and pepper. Cook the eggs, stirring continually until the mixture has thickened and scrambled. Remove from the heat and set aside.
- 3.** Heat the wraps in a frying pan, then transfer to a clean chopping board or work surface. Top each wrap with spinach, avocado, cherry tomatoes, scrambled egg and sliced Quorn Sausages. Roll and fold to close.



Serves 4



25 mins

LUNCH



CLASSIC BEEF STYLE BURGER



Serves 2



40 mins

INGREDIENTS

BURGERS

1 packet of Quorn Classic Beef Style Burgers

2 seeded burger buns, toasted

20g baby spinach

1 red capsicum, sliced

1 small zucchini, ribboned

4 slices of red onion

SPICY SKIN ON FRIES

2 potatoes cut into thin strips

2 sprays oil

1 tsp paprika

1 tsp chilli flakes

BURGER SAUCE

4 Tbsp fat free Greek yogurt

1/2 tsp garlic powder

1/2 tsp yellow mustard

1 Tbsp of jalapeño relish

METHOD

BURGER

1. Preheat oven to 200°C (180°C fan forced/Gas Mark 6). Prepare Quorn Classic Beef Style Burgers according to pack. Lay the capsicum, onion and zucchini on a baking tray and roast in the oven for 15-20 mins until nicely charred. Meanwhile heat a griddle pan up and toast the buns. Layer burger sauce, spinach, capsicum, burger, zucchini and onion and top with burger sauce.

SPICY SKIN ON FRIES

1. In a bowl mix the potato strips with spray oil, paprika and chilli flakes. Place on a baking sheet and roast for 20-30 mins until nice and golden.

BURGER SAUCE

1. Mix all ingredients in a bowl until well incorporated.

CHEF'S TIP

Making the sauce a couple of hours earlier than required allows the flavours to come together.



NUGGET PIZZA

INGREDIENTS

1 packet Quorn Nuggets (frozen)

2 store bought (vegan) pizza bases

Napoli Sauce (vegan)

1 punnet cherry tomatoes, washed and drained

Pinch of red chilli flakes, to taste

Grated vegan mozzarella

Fresh basil, to top

METHOD

1. Preheat oven to 220°C (200°C fan forced).
2. Arrange Quorn Nuggets on a baking tray and bake according to package directions.
3. In the meantime, top pizza bases with Napoli Sauce. Slice cherry tomatoes in half and arrange on pizza bases. Add mozzarella cheese. Sprinkle with red chilli flakes to taste.
4. Cook pizza base in the oven for 10 mins, then add Quorn Nuggets and bake for a further 5 mins, or until the cheese has melted.
5. When cooked, top with fresh basil leaves and serve.

CHEF'S TIP

We love this recipe for a quick and easy mid-week meal, but you can make your pizza bases and pizza sauce from scratch for that extra homemade touch!

We also made our pizzas vegan, but you can use any cheese you like.



Serves 8



30 mins



Vegan



SPICY PARMA SLIDERS



Serves 8



25-30 mins

INGREDIENTS

Quorn Sriracha Crumbed Tenders

Mozzarella (sliced)

Fresh basil

8 dinner rolls

NAPOLI SAUCE

3 x Tbsp Olive oil

4 large garlic cloves, finely sliced

1 medium red onion, finely chopped

2 long red chillies, finely chopped

1 x 680g jar tomato passata

500ml vegetable stock

River salt & black pepper

To make the tomato sauce, place the oil and the garlic in a cold saucepan, before transferring the pan onto a medium heat. Gently stir the the garlic around a for a few mins. Add the onion, fresh chilli and some salt, then continue cooking for another couple of mins.

Gently throw in the passata and simmer for about half and hour, stirring occassionally.

Add the stock and bring to the boil. Use a stick blender to blend the sauce until it's smooth , then taste for seasoning.

METHOD

1. Preheat oven to 220°C (200°C fan forced).
2. Arrange Quorn Sriracha Crumbed Tenders on a baking tray and bake according to package directions.
3. Spread a layer of Napoli sauce onto the dinner rolls. Add fresh basil and top with cooked Quorn Sriracha Tender. Add a slice of mozzarella and top with more napoli sauce.
4. Preheat Grill.
5. Add rolls back to oven and grill until cheese is gooey.

CHEF'S TIP

Serve with fresh rocket salad and crispy fries!

DINNER



SPAGHETTI AND MEATBALLS



Serves 4



40 mins

INGREDIENTS

300g Quorn Swedish Style Balls

For the tomato sauce

1 tsp olive oil

1 white onion, finely chopped

2 garlic cloves, crushed

1 Tbsp balsamic vinegar

50ml red wine (optional)

75g tomato puree

400g chopped tomatoes

300ml reduced salt vegetable stock

Salt and pepper

TO SERVE

300g spaghetti

Vegetarian parmesan cheese

Fresh basil leaves



METHOD

TO MAKE THE SAUCE

1. Heat the olive oil in a saucepan. Add the chopped onion and sauté for 5 mins.
2. Add the crushed garlic and cook for 1 minute.
3. Add the balsamic vinegar and red wine, reduce for 1 minute.
4. Add the tomato puree, chopped tomatoes, and vegetable stock. Simmer for 20 mins.
5. Meanwhile, pre-heat the oven to 200°C /180°C(fan)/gas mark 6. Place the Quorn Swedish Style Balls onto a baking tray and cook for 20 mins.
6. To serve, cook the spaghetti as per pack instructions, drain and set to one side.
7. Season the tomato sauce with salt and pepper, add the cooked Quorn Swedish Style Balls and toss to coat.
8. Serve the spaghetti with a dollop of meatballs and tomato sauce. Garnish with vegetarian parmesan and fresh basil leaves.

CHILLI CON CARNE



Serves 4



30 mins

INGREDIENTS

300g Quorn Mince

2 Tbsp vegetable oil

1 medium onion, diced

1 red pepper, diced

2 fresh red chillies, diced

2 cloves of garlic, crushed

½ tsp smoked paprika

2 tsp ground cumin

3 tsp ground coriander

1 tsp chilli powder (optional depending on your heat preference)

400g can chopped tomatoes

500ml tomato passata

1 Tbsp tomato puree

1 vegetable stock cube

400g can kidney beans, drained

1 tsp brown sugar or 1 small cube plain chocolate (optional)

salt to taste (optional)

1 large bunch of fresh coriander leaves, finely chopped



METHOD

1. Pre-heat the oil in a large frying pan and cook the onion for 5-6 mins or until beginning to soften. Add the red pepper and continue to cook for a further 5 mins. Add the chillies, garlic and spices and cook for a further 2 mins stirring continuously.
2. Stir in the chopped tomatoes, passata, tomato puree and crumble over the stock cube and bring to a gentle simmer for 8 mins stirring occasionally. Stir in the kidney beans, sugar or chocolate if using and Quorn Soy Free, Meat Free Mince, cook over a gentle heat for a further 10 mins. Season to taste.
3. Stir in the chopped coriander and serve with rice, jacket potatoes or with nachos.

CHEF'S TIP

Adding beans like kidney beans or black beans to Quorn Mince helps to bulk out dishes to make your ingredients go even further. You could also add some greens to this dish by stirring in a couple of handfuls of fresh or frozen spinach leaves!



SWEDISH MEATBALLS

INGREDIENTS

1 packet Quorn Swedish Style Meatballs (frozen)

1 Tbsp olive oil

3 Tbsp butter

3 Tbsp plain flour

1 ½ cups beef-style broth

¾ cup sour cream

2 tsp salt-reduced soy sauce

1 tsp Dijon mustard

Parsley, chopped, to serve

METHOD

- 1.** Add 1 Tbsp olive oil to a frying pan. Add Quorn Swedish Style Meatballs and cook according to packet directions.
- 2.** In the meantime, start making the sauce. Add 3 Tbsp butter to a heavy pan. When butter is melted, add 3 Tbsp flour and cook for 1-2 mins until lightly browned.
- 3.** Add beef-style stock slowly, stirring continuously until incorporated. This will thicken slightly, so continue to stir for 1-2 mins, ensuring it is smooth. As the dish cooks, add extra stock to the sauce if it becomes too dry.
- 4.** Add sour cream, soy sauce and mustard until combined.
- 5.** Stir cooked meatballs into sauce mixture, and heat through.
- 6.** Sprinkle chopped parsley on top, and serve immediately on its own or over pasta, rice, or potatoes!



Serves 4



50 mins



PAD THAI



Serves 4



20 mins

INGREDIENTS

300g Quorn Pieces

260g pack of rice noodles

3 Tbsp vegetable oil

1 red onion thinly sliced

3 garlic cloves, finely chopped

2-3 red chillies, de-seeded and finely chopped

4 Tbsp light soy sauce

1 lime (juice only)

2 large free range eggs, beaten

GARNISH

4 Tbsp fresh coriander, roughly chopped

4 spring onions chopped including green part

75g dry roasted peanuts, roughly chopped



METHOD

1. Cook the rice noodles following pack instructions. Refresh in cold water, then drain.
2. Heat the oil in a wok over a high heat and stir-fry the Quorn Pieces for 3-4 mins, add the red onion and cook for a further 3 mins. Add the garlic and chilli and stir-fry for 1-2 mins.
3. Pour in the soy sauce and lime juice, stir well, add in the noodles and toss for 1-2 mins.
4. Pour over the beaten eggs slowly and evenly and let them begin to set (about 1 minute). Stir briefly until egg is cooked. Add half the garnish and stir through.
5. Serve with the remaining garnish scattered over the top.



ROAST WELLINGTON



Serves 5



50 mins

INGREDIENTS

1 Quorn Roast, frozen

2 Tbsp Dijon mustard

1 large egg, beaten

2 sheets frozen puff pastry, thawed

Flour, for dusting

Flaked sea salt

Salt & pepper

2 Tbsp unsalted butter

DUXELLES

680g mixed mushrooms, roughly chopped

1 shallot, roughly chopped

1 sprig of thyme

2 Tbsp unsalted butter

METHOD

1. Preheat the oven to 220°C (200°C fan forced). Cook Quorn Roast in the oven from frozen, according to package directions.
2. For the duxelles, add mushrooms, thyme and shallots to a food processor until finely chopped.
3. Put a frying pan on medium heat and melt 2 Tbsp butter. Once melted, add mushroom mixture to pan and cook for roughly 25 mins until all liquid has cooked out. Add salt and pepper to duxelles to taste, and set aside in the fridge to cool.
4. Sprinkle flour on bench and place 2 sheets of thawed puff pastry on top of each other. Roll out slightly with a rolling pin. Spoon on cooled duxelles, and spread evenly in a thin layer across the pastry sheets, leaving an inch of pastry on each side.
5. Once Quorn Roast is cooked, allow to cool slightly. Then coat in Dijon mustard and place on the bottom edge of the puff pastry.
6. Meanwhile, melt 2 Tbsps of butter and set aside. Brush the other three edges of pastry with melted butter and roll Quorn Roast so that it is covered in pastry.
7. Press down edges of pastry (trim any excess pastry if required) and ensure that they are sealed. Wrap tightly in cling wrap and set aside in the fridge to chill for 30 mins.
8. Meanwhile, line a baking tray ready for Quorn Wellington and reheat oven to 220°C (200°C fan forced).
9. Once cooled, remove Quorn Wellington from the fridge and place in the lined baking tray. Pierce puff pastry with knife and then brush egg wash over roast. Sprinkle top with flaked sea salt.
10. Put in the oven to bake for 30-40 mins, until the pastry is golden in colour. Set aside Quorn Wellington for 10 mins before serving, to allow it to rest. Then slice and serve!





COTTAGE PIE



Serves 4



20 mins

INGREDIENTS

350g Quorn Mince

1 Tbsp olive oil (Quorn Mince just needs to be added to the sauce, so the recipe requires about 50% less oil than you would usually use)

1 medium onion, finely chopped

1 medium carrot, finely chopped

100g frozen peas or mixed veg

400ml vegetable stock

1 dessert spoon vegetarian Worcestershire Sauce (optional)

1 Tbsp tomato puree

2 Tbsp salt reduced soy sauce

1 Tbsp cornflour, mixed to a paste in 1 Tbsp cold water

700g potatoes, peeled and roughly chopped

225g parsnips, peeled and chopped

2 Tbsp semi-skimmed milk

salt and freshly ground pepper



METHOD

1. Preheat the oven to 180°C (160°C fan forced/Gas Mark 4).
2. Boil the potatoes and parsnip until tender. Drain and set aside.
3. Meanwhile, heat the oil in a saucepan, add the onion and the carrot and fry gently until softened.
4. Add the Quorn Mince, frozen veg, vegetable stock, vegetarian Worcestershire sauce, tomato puree, soy sauce and seasoning. Simmer for 5 mins and then add the cornflour made into a paste with the tablespoon of cold water and continue to simmer gently, stirring continuously, until thickened. Place in an ovenproof dish.
5. Mash the potatoes and parsnip with the milk until smooth, season to taste with the salt and pepper. Place the topping over the Quorn Mince filling and fluff up with a fork.
6. Bake for 20 mins until the topping is crisp.
7. Serve with a selection of fresh vegetables.



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