



# *Cooking with* **QUORN IN** **Secondary Schools**

*Vegan*





# *Welcome to the food* **OF THE FUTURE.** **Eating together to help the planet.**

Today, sustainability resonates strongly with secondary school students who are passionate about saving the planet. They also want to be healthy and eat delicious food. With Quorn, they are able to satisfy all three of these appetites with our wide array of meat free ingredients. From all that Quorn has to offer, there's a limitless source of inspiration for easy to make, tasty meals. We've put together some of our favourites to get your mouths watering and your minds wandering!

*Click here for*  
**RECIPE**  
inspiration and  
tutorials



# Explore QUORN RECIPES



## MID-MORNING BREAK



**QUORN'S CRUNCHY NUGGET BOX**



**QUORN'S PAD THAI NOODLE POT**



**QUORN'S SPICY SAUSAGE PASTA POT**

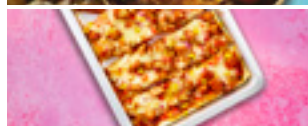


**QUORN'S MEXICAN FLATBREAD**

## LUNCH



**QUORN'S KATSU NUGGETS**



**QUORN'S SAUCY BBQ PIZZA**



**QUORN'S CURRY-FILLED FLATBREAD**



**QUORN'S PIRI PIRI FILLET**



Explore



# QUORN RECIPES

## LUNCH



QUORN'S HUNTER STYLE FILLETS



QUORN'S BBQ FILLET BURGER



QUORN'S TIKKA FILLETS WITH VEGETABLE RICE

## QUORN'S MARVELLOUS MARINADES



BBQ



MEXICAN



PIRI PIRI



TIKKA

*Mid-morning*  
**BREAK**  
**With Quorn**



# Quorn's CRUNCHY Nugget Box

**Preparation Time:**

10 minutes

**Cooking Time:**

15 minutes

**Serves:**

10

## INGREDIENTS:

50 ..... Quorn Vegan Nuggets

150ml ..... BBQ sauce

150ml ..... sweet chilli sauce



## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Place the Quorn VEGAN Nuggets on a lightly greased baking tray and cook for 13-15 minutes or until a core temperature is reached.
3. Meanwhile, transfer the BBQ sauce to 10 small sauce pots and do the same with the sweet chilli sauce.
4. To assemble, place the 5 Nuggets into a box, along with a pot of the BBQ dip and sweet chilli dip.

## TIP

If preferred, one dip can be served rather than both.

# Quorn's PAD THAI Noodle Pot



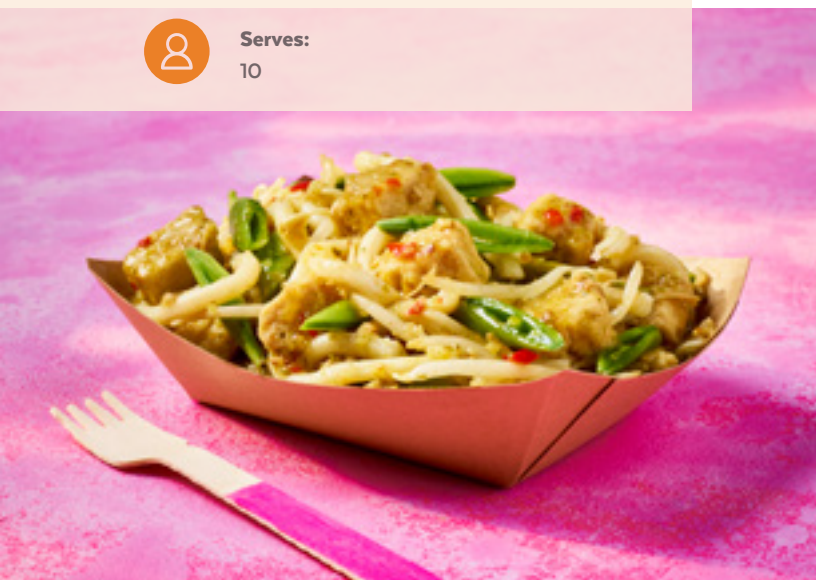
**Preparation Time:**  
15 minutes



**Cooking Time:**  
15 minutes



**Serves:**  
10



## INGREDIENTS:

**500g** ..... Quorn Vegan Pieces

### SPICE MIX

**20g** ..... coriander, roughly chopped

**100g** ..... onion, finely chopped

**2** ..... stalks of lemon grass, chopped

**40g** ..... ginger, peeled and grated

**4** ..... garlic cloves, crushed

**1** .. small green chilli, deseeded and finely chopped (optional)

### NOODLES

**3 tbsp** ..... vegetable oil

**300g** ..... sugar snap peas, halved

**600g** ..... udon noodles, pre-cooked

**350ml** ..... vegetable stock

**100ml** ..... sweet chilli sauce

**2 tbsp** ..... low salt soy sauce

**300g** ..... beansprouts

**1** ..... lime, juice and zest

### GARNISH

**Lime wedges** .....

**10g** ..... fresh coriander, finely chopped

## METHOD:

1. Place the spice mix ingredients in a food processor with 1 tbsp oil and blitz for 30 seconds until a rough paste forms.
2. Heat the remaining oil in a large pan or wok and fry the Quorn Vegan Pieces for 4-5 minutes until they are golden. Stir in the paste and cook for a further 2 minutes.
3. Add the sugar snap peas, noodles, stock, sweet chilli and soy sauce and bring to a boil and simmer for 5 minutes.
4. Finally, stir in the bean sprouts, lime juice and zest and mix well. Cook for 2 minutes until a core temperature is reached.
5. Serve in individual noodle pots and garnish with the remaining coriander leaves and wedges of lime.

## TIP

For best results serve this dish immediately. If keeping warm more stock may be required to prevent the noodles drying out.



# Quorn's

# SPICY SAUSAGE

## Pasta Pot

**Preparation Time:**

10 minutes

**Cooking Time:**

30 minutes

**Serves:**

10



### INGREDIENTS:

15 ..... Quorn Vegan Best of British Sausages

1 tbsp ..... vegetable oil

#### SAUCE

1 tbsp ..... vegetable oil

300g ..... onion, finely diced

200g ..... red pepper, finely diced

2 ..... cloves garlic, crushed

2 x 400g ..... cans chopped tomatoes

2 tbsp ..... tomato purée

200ml ..... vegetable stock

½ tsp ..... dried chilli flakes

1 tsp ..... dried mixed herbs

1 tsp ..... sugar

Ground black pepper .....

500g ..... pasta penne, cooked as directed on the pack

15g ..... basil, roughly chopped

### METHOD:

1. Preheat the oven to 190°C/Gas Mark 5.
2. For the sauce, heat the oil in a saucepan and gently fry the onion, red pepper and garlic for about 5 minutes until softened. Stir in the tomatoes, tomato purée, chilli flakes, mixed herbs and sugar. Bring to a boil, then cover and simmer gently for 25 minutes.
3. Meanwhile, place the Quorn Vegan Best of British Sausages on a baking tray and lightly brush with the remaining oil then cook for 12-15 minutes until a core temperature is reached.
4. Slice the sausages into 5 slices on the diagonal and stir through the sauce.
5. Divide the cooked pasta between 10 pots and top with the spicy sauce. Garnish with fresh basil.

### TIP

Try serving with a sprinkling of vegan parmesan and a slice of garlic bread.



# Quorn's MEXICAN Flatbread



**Preparation Time:**  
15 minutes



**Cooking Time:**  
15 minutes



**Serves:**  
10



## INGREDIENTS:

**10 x 63g** ..... Quorn Vegan Fillets, defrosted and sliced  
**2** ..... red peppers, cut into 3cm cubes  
**3** ..... medium red onion, cut into wedges  
**60g** ..... chipotle paste  
**1 tbsp** ..... smoked paprika  
**1 large** ..... lime, juice and zest  
**1 tbsp** ..... oil  
**Seasoning** .....

## DRESSING

**300ml** ..... vegan soured cream  
**1** ..... lime, juice and zest

## TO SERVE

**10** ..... flat breads, warmed  
**200g** ..... mixed salad leaves

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Pop the Quorn Vegan Fillets, red pepper and onion into a large mixing bowl, add the chipotle paste, paprika, lime juice and zest and oil. Season and mix together until everything is evenly coated.
3. Transfer the Quorn mixture to a lightly greased baking tray and cook for 15 minutes until a core temperature is reached.
4. Meanwhile mix the soured cream in a bowl with the remaining lime zest and juice. Season to taste.
5. Serve the Quorn mixture on a warm flatbread with salad and a drizzle of dressing.

## TIP

The Quorn Vegan Fillets can also be served in a wrap or in warmed pitta breads.

# LUNCH

## With Quorn



# Quorn's KATSU Nuggets



**Preparation Time:**  
10 minutes



**Cooking Time:**  
25 minutes



**Serves:**  
10



## INGREDIENTS:

30 ..... Quorn Vegan Nuggets  
2 tbsp ..... vegetable oil  
450g ..... onion, finely chopped  
4 ..... garlic cloves, crushed  
30g ..... piece of ginger, peeled and grated  
1 tbsp ..... ground turmeric  
3 tbsp ..... medium curry powder  
3 tbsp ..... plain flour  
750ml ..... hot vegetable stock  
400ml ..... coconut milk  
2 tbsp ..... light soy sauce  
1 tsp ..... sugar  
2 tbsp ..... fresh coriander, chopped  
100g ..... spring onions, trimmed & thinly sliced

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. For the katsu curry sauce, heat the oil in a saucepan over a medium heat. Add the onion, garlic and ginger and cook for 5 minutes, until softened.
3. Lower the heat, add the spices and cook for 2-3 minutes. Sprinkle over the flour and stir over the heat for 2 minutes to cook it out.
4. Remove the pan from the heat then slowly whisk in the vegetable stock and bring to a simmer. Next add the coconut milk, soy sauce and sugar to taste. Simmer gently for 15 minutes until the sauce thickens.
5. Meanwhile, cook the Quorn Vegan Nuggets in the oven for 13-15 minutes or until core temperature is reached.
6. Pour the mixture into a blender and mix until a smooth and thick. Season to taste.
7. Serve in a bowl, pour over the sauce and garnish with coriander and spring onions.

## TIP

Delicious served in a pot with steamed rice.

# Quorn's SAUCY BBQ Pizza

**Preparation Time:**

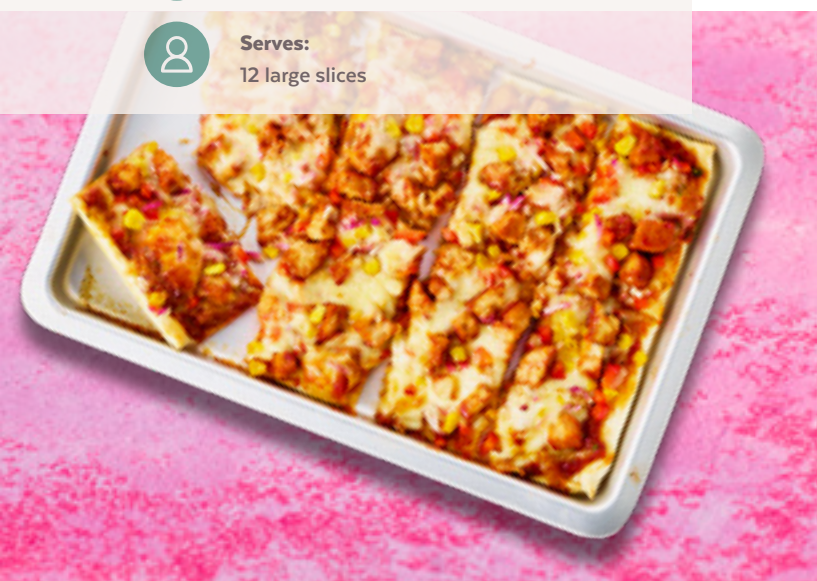
15 minutes plus 30 minutes to marinate

**Cooking Time:**

12 minutes

**Serves:**

12 large slices



## INGREDIENTS:

**375g** ..... Quorn Vegan Pieces, roughly chopped

**3 tbsp** ..... BBQ sauce

**3 x 12-inch** ..... stone-baked thin and crispy pizza bases

**375g** ..... tomato and basil sauce

**375g** ..... grated vegan mozzarella cheese

**150g** ..... red onion, finely sliced

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Mix the Quorn Vegan Pieces and BBQ sauce in a bowl then cover and leave to marinate in the fridge for 30 minutes.
3. To assemble the pizza, place the bases on a lightly oiled tray and divide the tomato and basil sauce between them, spreading in an even layer and leaving about 1cm for the crust.
4. Sprinkle over half of the cheese followed by the sliced onion and the BBQ Quorn mixture, then finish off with the remaining cheese.
5. Bake for about 12–15 minutes until the cheese is bubbling and the topping has reached a core temperature.
6. Allow to cool slightly, then divide into wedges using a pizza wheel.

## TIP

As an alternative topping, marinate the Quorn Vegan Pieces with sweet chilli sauce and top with sweetcorn and red pepper.



# Quorn's CURRY-FILLED Flatbread



## Preparation Time:

10 minutes plus 30 minutes to marinate



## Cooking Time:

25 minutes



## Serves:

10



## INGREDIENTS:

### MARINADE

500g	Quorn Vegan Pieces
3 tbsp	tandoori curry paste
1 tbsp	ground cumin
2 tsp	ground coriander
1 tbsp	turmeric
1 tsp	chilli powder
200ml	vegan yoghurt
2 tbsp	tomato purée
2	cloves garlic, crushed

### SAUCE

2 tbsp	vegetable oil
300g	onions, finely diced
1	large red pepper, diced
400g	can chopped tomatoes
200ml	hot vegetable stock
Seasoning	

### TO SERVE

10	flatbreads, warmed
2 tbsp	chopped coriander

## METHOD:

1. Place the Quorn Vegan Pieces and marinade ingredients into a bowl and mix well. Cover and transfer to the fridge for at least 30 minutes for the flavour to develop.
2. Heat the oil in a pan, add the onion and fry for 3 minutes. Add the pepper and cook gently for another 2 minutes.
3. Add the marinated Pieces to the pan and stir-fry for 5 minutes.
4. Pour in the chopped tomatoes and stock, bring to a boil and simmer uncovered for 15 minutes until the sauce thickens.
5. To assemble, divide the curry between the flatbreads and sprinkle over the chopped coriander. Fold the flatbread over to serve.

## TIP

A spoonful of cucumber raita is perfect served over the curry.

Quorn's



# PIRI PIRI FILLETS

## with Portuguese Rice and Slaw



### Preparation Time:

15 minutes plus 30 minutes to marinate



### Cooking Time:

25 minutes



### Serves:

10



## INGREDIENTS:

10 ..... Quorn Vegan Fillets

225ml ..... medium piri piri sauce

### PORTUGUESE RICE

1 tbsp ..... vegetable oil

150g ..... red pepper, finely diced

150g ..... yellow pepper, finely diced

3 ..... cloves garlic crushed

1 tsp ..... turmeric

2 tsp ..... piri piri seasoning

400g ..... basmati rice

800ml ..... hot vegetable stock

Small bunch coriander, finely chopped for seasoning .....

### RED SLAW

4 tbsp ..... vegan mayonnaise

4 tbsp ..... vegan yoghurt

1½ tsp ..... wholegrain mustard

Juice of half a lemon .....

300g ..... red cabbage, finely shredded

150g ..... carrot, peeled and grated

150g ..... red onion, finely sliced

Freshly ground black pepper .....

## METHOD:

1. Pre-heat the oven to 200°C/Gas Mark 6.
2. Place the Quorn Vegan Fillets in a bowl with the piri piri sauce and mix well to ensure that the fillets are fully coated. Cover and marinate in the fridge for 30 minutes.
3. For the rice heat the vegetable oil in a large saucepan. Add the peppers and fry gently for 3-4 minutes.
4. Stir in the garlic, turmeric and piri piri seasoning and cook for 1 minute, add the rice and stir well to coat in the spices. Pour over the hot stock and bring to the boil, then cover and reduce the heat.
5. Simmer the rice gently for 10 minutes then remove from the heat and set the pan aside for 10 minutes with the lid on.
6. When the rice has about 18 minutes left to cook place the marinated Quorn Vegan Fillets on a lightly oiled baking tray and cook for 15 minutes until a core temperature is reached.
7. Meanwhile, to prepare the coleslaw, combine the mayonnaise, yogurt, mustard and lemon juice in a mixing bowl then add the red cabbage, grated carrot and red onion and mix well until all of the vegetables are coated in the mayo mixture. Refrigerate until needed.
8. To serve, stir the coriander through with the rice, check for seasoning and fluff up with a fork. Cut each Quorn Vegan Fillets into 6 slices and serve with a portion of rice and coleslaw.

Quorn's



# HUNTER STYLE Fillets



**Preparation Time:**

15 minutes



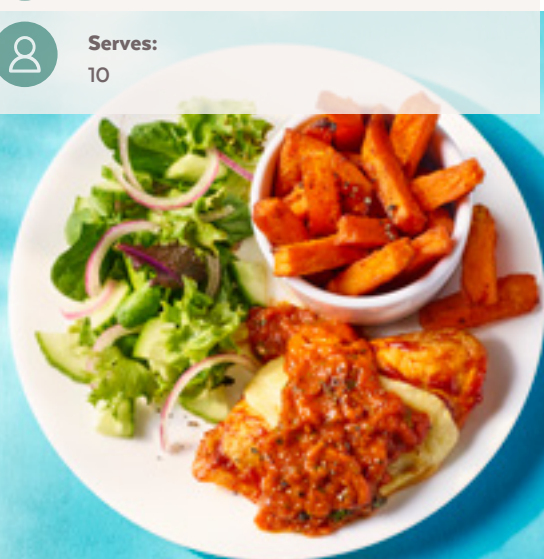
**Cooking Time:**

25 minutes



**Serves:**

10



## INGREDIENTS:

10 x 63g ..... Quorn Vegan Fillets

200ml ..... BBQ sauce

10 ..... vegan cheddar cheese (optional)

## HUNTERS SAUCE

1 tbsp ..... vegetable oil

300g ..... onion, finely chopped

2 ..... cloves garlic, crushed

2 x 400g ..... tin chopped tomatoes

1 tsp ..... smoked paprika

1 tsp ..... sugar

2 tbsp ..... fresh chopped parsley

Ground black pepper .....

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. For the sauce, heat the oil in a saucepan and gently fry the onion and garlic for about 5 minutes until softened. Stir in the tomatoes, paprika and sugar. Bring to the boil, cover and simmer gently for 15 minutes.
3. Meanwhile, lightly brush the Quorn Vegan Fillets on both sides with BBQ sauce, and top with a slice of cheese, place on a lined baking tray and bake in the oven for 15 minutes or until a core temperature is reached.
4. Stir the parsley into the tomato sauce and season with pepper then blend with a stick blender until smooth.
5. Place a Quorn Vegan Fillet on each plate topped with the tomato sauce. Serve with a portion of roast potatoes and vegetables or salad.

## TIP

Try serving the BBQ fillet without the sauce in a bread bun with some salad.

# Quorn's BBQ FILLET burger

**Preparation Time:**

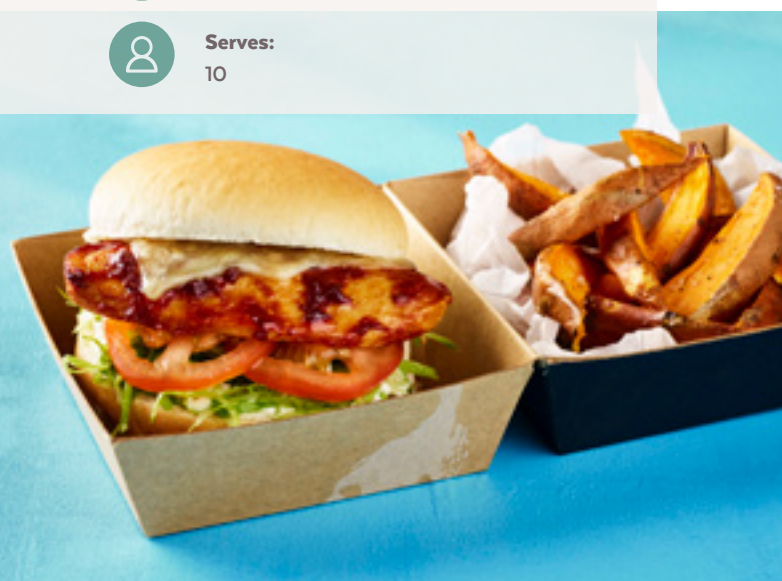
5 minutes

**Cooking Time:**

15 minutes

**Serves:**

10



## INGREDIENTS:

10 x 63g ..... Quorn Vegan Fillets  
300ml ..... BBQ sauce  
10 ..... burger buns  
100ml ..... vegan mayonnaise  
200g ..... iceberg lettuce, shredded  
5 ..... tomatoes, sliced  
10 ..... vegan cheddar cheese (optional)

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Lightly brush the Quorn Vegan Fillets on both sides with BBQ sauce, place on a lined baking tray and bake in the oven for 15 minutes or until core temperature is reached.
3. Meanwhile spilt the burger buns and spread a spoonful of vegan mayonnaise on the base of each bun.
4. Divide the lettuce and tomato between each bun, top with a Quorn Vegan Fillets and cheese if using, then replace the lid of the buns.

## TIP

Try serving with a mixed salad and sweet potato wedges.



# Quorn's TIKKA FILLETS

## with vegetable rice



### Preparation Time:

10 minutes plus 30 minutes to marinade



### Cooking Time:

15 minutes



### Serves:

10



## INGREDIENTS:

10 x 63g ..... Quorn Vegan Fillets

### MARINADE

375ml ..... vegan yoghurt

3 tbsp ..... Tikka spice mix

2 tbsp ..... tomato purée

3 ..... garlic cloves, crushed

### CUCUMBER RAITA

300ml ..... vegan yoghurt

1½ tbsp ..... mint sauce

½ ..... cucumber, peeled, de-seeded and finely diced

### VEGETABLE RICE

1 tbsp ..... vegetable oil

200g ..... mixed peppers, finely diced

2 tsp ..... turmeric

400g ..... basmati rice

800ml ..... hot vegetable stock

100g ..... frozen peas

100g ..... sweetcorn

Seasoning .....

2 tbsp ..... freshly chopped coriander

## METHOD:

1. Preheat the oven to 200C/Gas Mark 6.
2. Mix the marinade ingredients together and pour over the Quorn Vegan Fillets in a shallow dish, mix to coat and refrigerate for 30 minutes.
3. Make the cucumber raita by combining the ingredients in a small bowl. Refrigerate until required.
4. For the rice heat the vegetable oil in a large saucepan. Add the peppers and fry gently for 3-4 minutes.
5. Stir in the turmeric and cook for 1 minute, add the rice and stir well to coat in the spices. Pour over the hot stock and bring to the boil, then cover and reduce the heat.
6. Simmer the rice gently for 10 minutes then remove from the heat, stir in the peas and sweetcorn and quickly replace the lid. Set the pan aside for 10 minutes with the lid on.
7. Meanwhile, place the Quorn Vegan Fillets on to a greased baking sheet and top with any remaining marinade. Bake in the oven for 15 minutes or until core temperature has been reached.
8. To serve, season the rice and fluff up with a fork. Divide the rice between the plates, top with the tikka fillets and drizzle with the cucumber raita then sprinkle over some fresh coriander.

## TIP

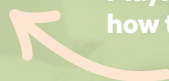
As an alternative, the Fillets can be sliced and served with salad in a wrap or on a folded flat bread.

# Quorn's MARVELLOUS Marinades



*Check out the Quorn*  
**PROFESSIONALS**

Playlist below for full demonstrations on  
how to properly marinate our Quorn Fillets!



# BBQ FILLET

**Preparation Time:**

5 minutes

**Cooking Time:**

15 minutes

**Serves:**

10



## INGREDIENTS:

**10 x 63g** ..... Quorn Vegan Fillets**300ml** ..... BBQ sauce

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Lightly brush the Quorn Vegan Fillets on both sides with BBQ sauce, place on a lined baking tray and bake in the oven for 15 minutes or until a core temperature is reached.

# MEXICAN FILLETS

**Preparation Time:**

15 minutes

**Cooking Time:**

15 minutes

**Serves:**

10



## INGREDIENTS:

**10 x 63g** ..... Quorn Vegan Fillets, defrosted and sliced**2** ..... red peppers, cut into 3 cm cubes d sliced**3** ..... medium red onion, cut into wedges**60g** ..... chipotle paste**1 tbsp** ..... smoked paprika**1 large lime** ..... juice and zest**1 tbsp** ..... oil

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Mix the marinade ingredients together and pour over the Fillets in a shallow dish, mix to coat and refrigerate for 30 minutes.
3. Place the Quorn Vegan Fillets on to a greased baking sheet and top with any remaining marinade. Bake in the oven for 15 minutes or until a core temperature has been reached.



# PIRI PIRI FILLETS

**Preparation Time:**

15 minutes plus 30 minutes to marinate

**Cooking Time:**

25 minutes

**Serves:**

10



## INGREDIENTS:

**10 x 63g** ..... Quorn Vegan Fillets, defrosted

**225ml** ..... medium piri piri sauce

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Place the Quorn Vegan Fillets in a bowl with the piri piri sauce and mix well to ensure that the Fillets are fully coated. Cover and marinate in the fridge for 30 minutes.
3. Place the marinated Quorn Vegan Fillets on a lightly oiled baking tray and cook for 15 minutes until a core temperature is reached.

# TIKKA FILLETS

**Preparation Time:**

10 minutes plus 30 minutes to marinate

**Cooking Time:**

15 minutes

**Serves:**

10



## INGREDIENTS:

**10 x 63g** ..... Quorn Vegan Fillets, defrosted

### CHILLI

**375ml** ..... vegan yoghurt

**3 tbsp** ..... tikka spice mix

**2 tbsp** ..... tomato purée

**1 large lime** ..... juice and zest

**3** ..... garlic cloves, crushed

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Mix the marinade ingredients together and pour over the Fillets in a shallow dish, mix to coat and refrigerate for 30 minutes.
3. Place the Quorn Vegan Fillets on to a greased baking sheet and top with any remaining marinade. Bake in the oven for 15 minutes or until a core temperature has been reached.





For more recipe inspiration visit [www.quornfoodservice.co.uk](http://www.quornfoodservice.co.uk)