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Contributors

Marlow Foods.

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SEPT 1992



QUORN PRODUCT LIST

HEINZ - WEIGHT WATCHERS

Chow Mein

Tender chunks of Quorn with noodles and vegetables in an oriental sauce.
Price: £1.89 (300g)

To prepare: just Microwave or cook in the oven

Sweet & Sour

Aromatic Quorn in a mouth watering Sweet and Sour sauce with fluffy rice.
Price: £1.89 (320g)

To prepare: just Microwave or Boil-in-the Bag

VEGETABLE FEASTS

Peking Satay

Tender pieces of Quorn in an authentic satay sauce with brown and wild rice accompaniment.
Price: circa £1.75 (300g)

Korma Curry

A mild and creamy Korma dish with tender pieces of Quorn, onions, almond herbs and spices. Served with brown and wild rice.
Price: circa £1.75 (300g)

Cantonese Sweet & Sour

Tender pieces of Quorn in a delicious Cantonese style sweet and sour sauce with mixed peppers, sweetcorn and pineapple. Served with brown and wild rice.
Price: circa £1.75 (300g)

Harvest Casserole

Tender pieces of Quorn in a delicious casserole with tomatoes, onions, carrots, mushrooms, celery, herbs and spices.
Price: circa £1.75 (300g)

Vegetable Outlet

Delicious savoury cutlet with Quorn mixed with potato, sweetcorn, green beans, carrots, onions, herbs and spices.
Price: circa 89p for 2 (85g each)

Garden Vegetable Potato Topped Pie

A delicious potato topped pie of tender pieces of Quorn mixed with green beans, carrots and onions.
Price: circa £1.49 (312g)

Potato Topped Supreme Pie

Tender pieces of Quorn prepared supreme style with sweetcorn, broccoli, onions and mushrooms and topped with potato.
Price: circa £1.49 (312g)

The above can be found in the freezer cabinet in leading Health Food shops

DALEPAK

Quorn & Vegetable Crispbakes

Two Crispbakes of Quorn with crunchy vegetables; carrot, sweetcorn and green beans coated in a light crispy golden crumb.
Price: £1.15 (170g)

Quorn & Chilli Crispbakes

Two Crispbakes of Quorn and chilli flavoured vegetables coated in a light crispy crumb.
Price: £1.15 (170g)

These may be found in the freezer cabinet

REALEAT

Quorn Escalopes Curry Flavoured

Two Quorn escalopes mixed with nutty brown rice, onions, peppers, sultanas, natural yogurt, herbs and spices.
Price: £1.49 (170g)

Quorn Escalope with Sweetcorn

2 Escalopes formed with Quorn, brown rice, sweetcorn, mushrooms, onions, herbs and spices.
Price: £1.49 (170g)

These may be found in the freezer cabinet

SAFEWAY

Quorn Malaya

Tender pieces of Quorn combined with lychee and pineapple in a mildly spiced sauce.
Price: £2.25 (340g)

Quorn Tandoori

Succulent pieces of Quorn with strips of red and green peppers in a spicy tomato sauce.
Price: £2.49 (340g)

Quorn Stroganoff

Tender pieces of Quorn with mushrooms, broccoli and carrots in a creamy mustard sauce.
Price: £2.25 (300g)

Quorn Korma

Succulent pieces of Quorn in a spicy Korma sauce, accompanied with rice.
Price: £1.99 (340g)

The above can be found in the chilled cabinet

EISMANN

Quorn & Vegetable Grills

Two grills of Quorn with crunchy vegetables; carrots, sweetcorn and green beans coated in a light crispy crumb.

Price: £1.10 (170g)

These may be found in the freezer cabinet

TESCO

Tikka Masala

Tender pieces of Quorn in a spicy tikka masala sauce, served with rice. Less than 320 calories.

Price: £1.69 (290g)

Kashmiri Korma

Tender pieces of Quorn in a creamy curry sauce. Served with rice. Less than 350 calories.

Price: £1.69 (290g)

Peking Sweet and Sour

Tender Quorn pieces in a sweet and sour sauce with green peppers, onions and julienne carrots. Served with rice. Less than 250 calories per pack.

Price: £1.69 (290g)

All dishes are sold under Tesco "Healthy Eating" brand at over 200 selected Tesco super stores nationwide.

Quorn Kiev

Two escalopes of succulent Quorn topped with a garlic and herb cheese and coated in crispy crumbs.

Price: £1.99 (2)

The above products can all be found in the freezer cabinet

ICELAND

Four Savoury Pies

Four pies in one pack. Each pie contains pieces of Quorn, asparagus, sweetcorn and carrot, in a white wine sauce.

Price: £1.69 (4 x 5oz; total 567g)

The above can be found in the freezer cabinet.

ASDA

Quorn & Vegetable Pasty

Tender pieces of Quorn with onion, carrot, swede and potato in a light puff pastry.

Price: 55p

Quorn & Mushroom Pie With Sweetcorn

Tender pieces of Quorn with slices of mushroom and sweetcorn in a delicious white sauce topped with a puff pastry lid.

Price: £1.19 (450g)

These may be found in the chilled cabinet

Crofters Casserole

Tender pieces of Quorn and vegetables in a delicious casserole.

Price: £1.49 (285g)

Lemon & Mango Quorn

Succulent pieces of Quorn with baby sweetcorn in a piquant mango and lemon sauce served with rice.

Price: £1.55 (290g)

These may be found in the freezer cabinet

COOP

Quorn and Mushroom Pie

Tender pieces of Quorn with fresh mushrooms cooked in a delicious savoury sauce.

Available in two sizes at 89p (190g) and £1.69 (425g).

Quorn & Leek Flan

A crisp pastry case filled with tender pieces of Quorn myco-protein and sliced leek in a creamy cheese sauce.

Price: £1.79

The above products can be found in the chilled cabinet in most major Coop/Leos Superstores

Mushroom & Quorn Pie

A shortcrust pastry base deeply filled with tender pieces of Quorn and mushrooms in a delicate white wine and cream sauce finished with a light flaky pastry lid.

Price: £1.65 (454g)

The above product can be found in the freezer cabinet

BERNI RESTAURANTS

Quorn Tikka Masala

Authentically spiced tender pieces of Quorn, cooked in a creamy masala sauce. Served on a bed of rice with a poppadom. (250g Quorn 170g rice) and chutney. Retailing at £7.25

COUNTY FAIR CHEFS CHOICE

Parisienne Supreme

Quorn, broccoli and mushrooms in a delicious cream and wine sauce in the classic French tradition.

Ragout Provencale

Tender pieces of Quorn with courgettes, peppers and a variety of other vegetables in a delicious tomato based provencale sauce with garlic and herbs.

The above can be found in an increasing number of public houses and restaurants.

BhS/SAVACENTRE RESTAURANTS

Sweet and Sour

Tender pieces of Quorn with chunks of pineapple, mushrooms, onion and peppers in a sweet and sour sauce, served on a bed of rice.
Price: £2.99 (225g Quorn, 170g rice).

BRAKE BROTHERS

Quorn Country Pie

Succulent pieces of Quorn with mushrooms and sweetcorn in a herby fricassee style sauce with a wholemeal shortcrust lid.

Quorn Tikka Masala

Tender pieces of Quorn with authentic masala spices, cream, tomatoes and yoghurt.

The above can be found in an increasing number of public houses and restaurants.

TILLERY VALLEY

Creamy Quorn Casserole

Chunks of Quorn combined with mustard and mushrooms in a white wine sauce.

Chilli Pasta Bake

Tender chunks of Quorn in a traditional chilli sauce with pasta shells.

Crofters Bake

A rich brown casserole with tender chunks of Quorn, diced swede, onions, diced leeks and sliced mushrooms.

Madras Curry

A variation of the traditional Madras curry, Quorn in a spicy curry sauce together with mixed vegetables and saltanas.

Quorn a la King

Tender chunks of Quorn in a creamy white sauce, garnished with diced peppers, onions, mushrooms and pineapple.

Sweet & Sour Quorn

A colourful dish full of flavour, including tender Quorn pieces, peppers, onions, mushrooms and pineapple.

Welsh Country Pie

Chunks of Quorn in a white sauce garnished with leeks and sweetcorn topped with a wholemeal pastry crust.