

Quorn myco-protein : the delicious new food for healthier eating : a versatile alternative to meat / Marlow Foods Ltd.

Contributors

Marlow Foods.

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Quorn[®]

myco-protein

The delicious new food for healthier eating
A versatile alternative to meat



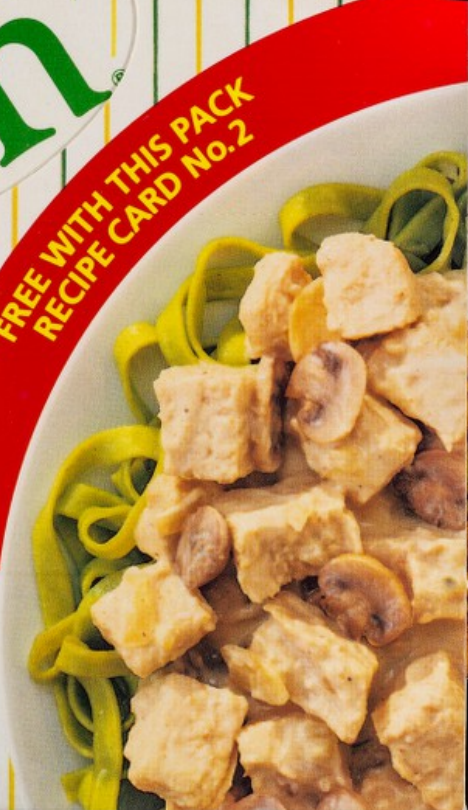
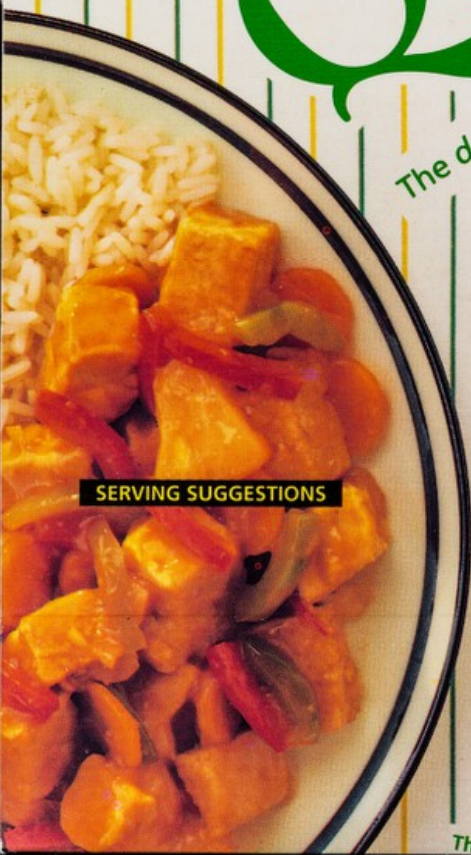
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SERVING SUGGESTIONS

FREE WITH THIS PACK
RECIPE CARD No.2

Quorn[®]
myco-protein

The delicious new food for healthier eating





Quorn®

myco-protein

The delicious new food for healthier eating



TEAR ALONG PERFORATIONS FOR YOUR FREE RECIPE CARD

Quorn®

myco-protein

Low in fat • High in protein
A source of dietary fibre

Quorn® is a delicious new food for your cooking that makes a versatile alternative to meat. Quorn is ideal for all the family - it has a succulent texture and light savoury taste which absorbs and combines readily with other flavours. It is quick and easy to use, with no wastage during preparation or shrinkage during cooking. Simply add straight from the pack, chilled or frozen, to your own favourite recipes. Because it comes from a tiny plant, Quorn is full of dietary fibre and contains no animal fats or cholesterol. It is a good source of protein with remarkably few calories, yet **there is nothing artificial about it.**

Storage instructions: Keep refrigerated and use within 2 days of purchase. Once opened, eat within 24 hours.

Helpful hints

Quorn is already cooked, so needs little further cooking; simply add to your recipe and heat through. For strong ingredients like garlic and herbs, use half the normal amount, since Quorn readily picks up the flavours with which it is cooked.

Casseroles: Just follow your chosen recipe adding Quorn for the last 15 minutes.

Stir frying: Simply add Quorn and cook for 2-3 minutes in a little oil. If a sauce is added, cook for a further 2-3 minutes.

Microwaving: Quorn can be microwaved on its own like any ingredient. As a guide microwave 100g (4oz) Quorn on full/high power (650W) for 1/2 a minute, then stand for 1/2 a minute.

Grilling: First marinate Quorn or brush with a little oil or sauce to prevent drying out. Grill for 2-3 minutes.

Freezing: Quorn can be frozen on purchase and can be kept for up to 3 months. Defrost in a refrigerator overnight, or cook straight from frozen, heating through for 15-20

minutes. Once thawed, store in a refrigerator and use within 24 hours. Do not re-freeze.

Marinating: Quorn absorbs flavours very easily. Marinate for 30 minutes - 1 hour.

Portion size: As a guide, 1 pack (250g) will serve 3-4 people when used in the recipes enclosed.

Ingredients: myco-protein, water, egg white, vegetable flavourings

Nutritional Information

Typical per 100g

Energy	85kcal/355kJ
Protein	12.3g
Carbohydrate (of which sugars 0.8g)	1.8g
Fat (of which saturated fat 0.6g)	3.2g
Sodium	0.2g
Dietary fibre	4.8g
Cholesterol	Nil

NO ARTIFICIAL ADDITIVES

For more information about Quorn please contact: The Quorn Kitchen, FREEPOST, Ashford, Kent, TN23 2WY

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