

Quorn risotto : serves 12 / The Quorn Kitchen.

Contributors

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Quorn Risotto

SERVES 12

Ingredients

- 4 *tablespoons* vegetable oil
- 2 cloves of garlic, crushed
- 175g (6oz) onion, chopped
- 175g (6oz) carrot, diced or julienne
- 175g (6oz) celery, finely chopped
- 2 *tablespoons* curry powder
- 2 *teaspoons* turmeric
- 550g (1lb 4oz) Quorn
- 1.2l (2 pints) hot vegetable stock
- 175g (6oz) frozen peas
- 525g (1lb 3oz) long grain rice (uncooked weight), par boiled
- 250g (9oz) apple (red or green skin), chopped (optional)
- 150g (5oz) tomatoes, roughly chopped
- 175ml (6fl oz) plain low fat yoghurt
- 2 *teaspoons* mustard powder
- Salt and freshly ground black pepper

Information

- Not suitable for freezing
- Typical nutritional value per serving (295g/10½ oz):

kcal	kJ	Protein	Fat	Carbo- hydrate	Dietary fibre
280	1186	11.3g	7.2g	45.7g	6.6g



Method

- 1 Heat the oil in a large pan. Sauté the garlic, onion, carrot and celery for 3 minutes. Stir in the curry powder and turmeric. Fry for 30 seconds.
- 2 Add the Quorn and sauté for 3 minutes. Stir in the stock. Bring to the boil, reduce the heat and simmer for 10 minutes.
- 3 Stir in the peas and rice, mixing well. Cook until most of the liquid has been absorbed.
- 4 Gently stir in the apple and tomatoes. Cook for 1-2 minutes.
- 5 Fold in the yoghurt and mustard powder. Season with salt and freshly ground pepper.
- 6 Garnish with parsley.



The delicious new food For healthier eating

Add more choice and variety to your menus with Quorn.[®]

Quorn is a delicious and wholesome new food, with a succulent texture and a light, savoury taste which combines readily with other flavours.

As it comes from a tiny relative of the mushroom, Quorn contains no animal fats or cholesterol and there is nothing artificial about it. A good source of protein and fibre with remarkably few calories, Quorn is ideal for all your customers.

Cooking with Quorn is quick, easy and economical. There's no wastage during preparation, no shrinkage during cooking and Quorn can be used straight from the freezer. It can be baked in casseroles, pies or flans, stir-fried, sautéed, grilled or microwaved.

We invite you to try our recipe or to create one of your own favourites with this exciting new ingredient.

For more information, please contact:

The Quorn Kitchen, FREEPOST
Ashford, Kent, TN23 2WY.

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Helpful hints

Quorn is already cooked and does not need a lot of further cooking. Simply add to your chosen recipe straight from the freezer and heat through for up to 20 minutes to allow the flavours to mingle.

NB: Quorn readily picks up other flavours with which it is cooked; for strong flavours such as garlic and herbs, use about half the normal amount.

Casseroles

Since Quorn is already cooked, casseroles can be prepared in half the time, yet still be full of flavour. Combine all other ingredients and cook to develop the flavours. Add frozen Quorn for the last 15-20 minutes of cooking.

Stir-Frying

Quorn is ideal in stir-frys and only needs a short cooking time of 5-10 minutes in a little oil. If sauce is added it should then be cooked for a further 3-5 minutes to absorb the flavours.

Grilling

Quorn is low in fat and so it should first be marinated or brushed with a little oil or glaze to prevent it from drying out. For best results, use defrosted Quorn and grill for 4-5 minutes each side.

Marinating

Quorn needs only 30 minutes-1 hour to marinate, but is best defrosted first.

Microwave

Quorn can be microwaved in recipe dishes. Times will be dependent on type of model used.

Freezing

Quorn is most conveniently used from frozen. However, if defrosted first, reduce cooking times slightly. Once thawed, Quorn should be stored in the refrigerator and used within 24 hours. Quorn can be re-frozen after cooking, provided the recipe is suitable, but do not re-freeze the ingredient alone.

Nutrition

Quorn is both wholesome and nutritious.

- Ounce for ounce, as much protein as an egg
- Low in calories - only 21kcal per 25g/1oz
- Quorn contains no animal fats and no cholesterol
- Less than half the saturated fats of skinned roast chicken breast
- Weight for weight, as much fibre as fresh green vegetables
- Contains no artificial additives
- Suitable for vegetarians

Nutrient	Typical value per 100g
Energy	86k calories/360k Joules
Protein	11.8g
Carbohydrate	2.0g (of which sugars 0.8g)
Fat	3.5g (of which saturated 0.6g)
Sodium	0.24g
Dietary fibre	4.8g
Cholesterol	Nil

