

**Healthy, tasty eating for you and your family : Quorn myco-protein / Tesco.**

**Contributors**

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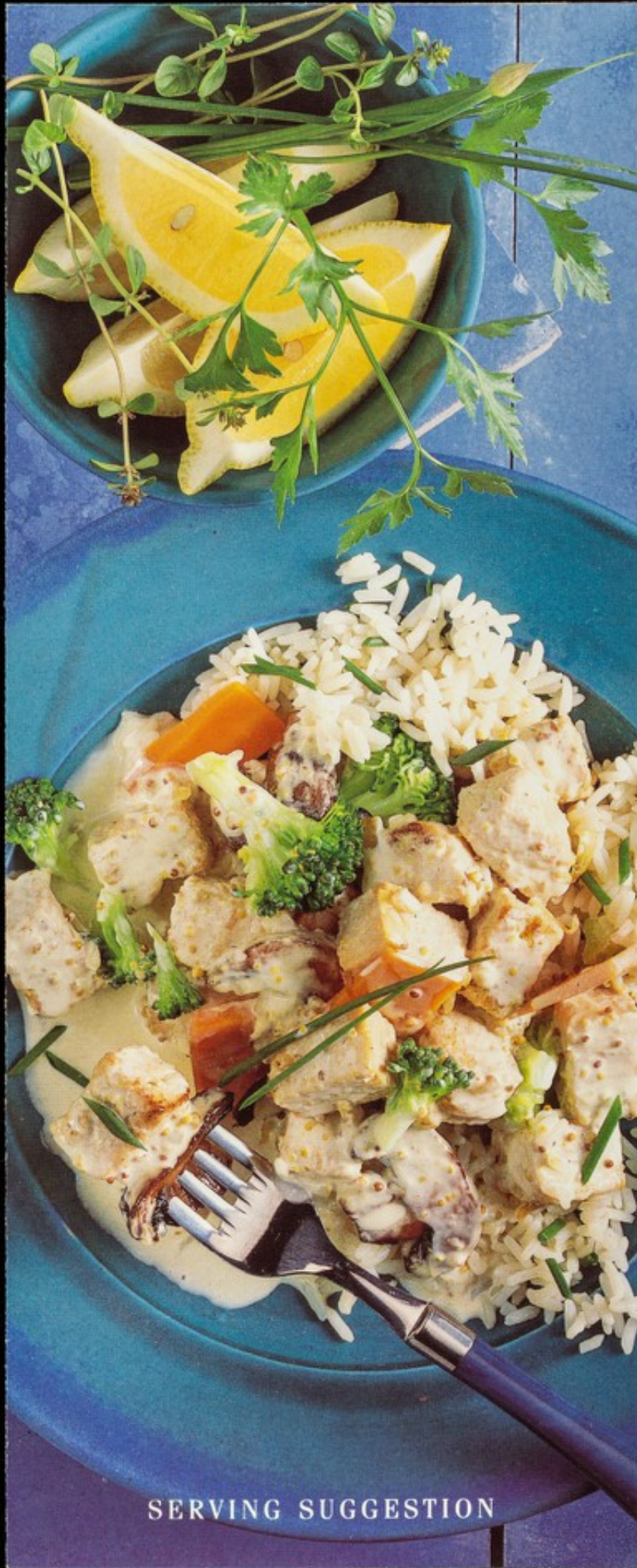
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SERVING SUGGESTION

**TESCO**

Healthy  
tasty  
eating  
for  
you  
and  
your  
family



**Quorn**<sup>®</sup>  
myco-protein



SERVING SUGGESTION

## The simple recipe for healthier eating

Quorn® myco-protein is the delicious low fat protein food that helps you provide a healthier way of eating for yourself and your family. And because Quorn comes from a tiny plant, as well as being high in protein and low in fat, it is a good source of dietary fibre.

Quorn has a succulent texture that allows the flavours of the herbs, spices and sauces you cook with to be absorbed to produce a temptingly tasty dish. It's easy to cook with too, with no wastage during preparation nor shrinkage during cooking. Simply add Quorn straight from the pack to your own favourite family recipe and cook to allow the flavours to mingle. Try casseroles, stir frying, grilling or marinating Quorn - the results are simply delicious and the possibilities are endless!

So why not try cooking with Quorn yourself - it's easy. You'll find Quorn in Tesco chilled ready meal cabinets. Quorn is now available in both minced and in chunks. To get you started, you'll find two recipes in this leaflet and even more in the free recipe booklet in every pack of Quorn.

If you would like to know more about Quorn please write to :-

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

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**TESCO**



# MEXICAN STYLE QUORN

(Serves 4)

## INGREDIENTS

- 1 x 5ml sp (1 tsp) Olive Oil
- 1 medium Onion, chopped
- 1 Green Pepper, de-seeded and chopped
- 1 teaspoon Mild Chilli Powder
- ½ teaspoon Ground Cumin
- 400g (14oz) can Chopped Tomatoes
- 1 x 15ml sp (1 tbsp) Tomato Purée
- 1 x 5ml sp (1 tsp) Sugar
- Pinch of Salt
- 5fl.oz (¼ pint) Vegetable Stock
- 250g (9oz) Minced Quorn
- 220g (7½oz) can Red Kidney Beans, drained
- 1 x 15ml sp (1 tbsp) Flour

## PREPARATION TIME

10 minutes

## COOKING TIME

15 minutes

## METHOD

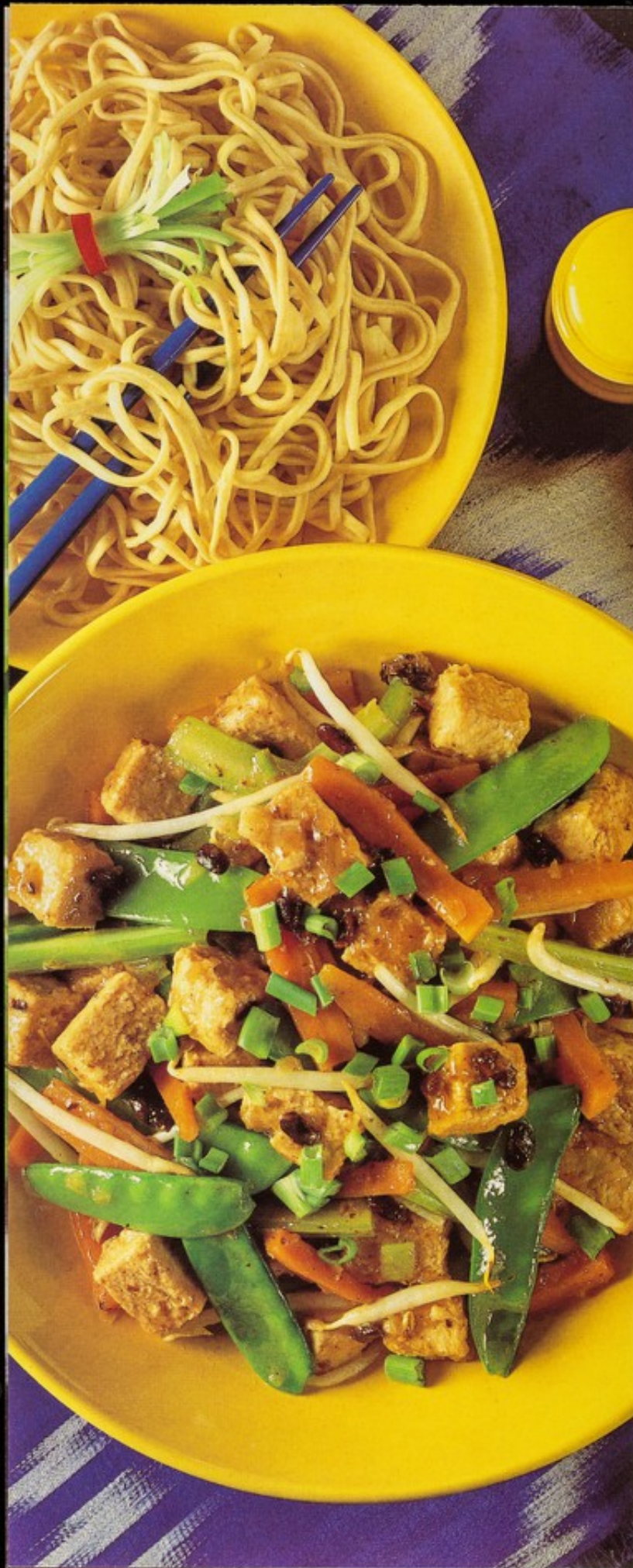
- 1 Heat the oil in a large pan. Add the onion, green pepper, chilli powder and cumin, and fry gently until soft.
- 2 Add the tomatoes, tomato purée, sugar, salt and vegetable stock. Simmer for 3-4 minutes.
- 3 Stir in the Quorn and kidney beans and simmer for 3-4 minutes.
- 4 Mix the flour with a little water, to a smooth paste. Stir into the mixture and allow to thicken, approximately 2 minutes.
- 5 Serve immediately with boiled rice.

\*\* Suitable for freezing

## NUTRITION INFORMATION

(per serving)

Energy 142 kcal (596kJ) Protein 11.4g  
Fat 5.2g Carbohydrate 13.4g Dietary Fibre 4.2g



# STIR FRY QUORN IN BLACK BEAN SAUCE

(Serves 4)

## INGREDIENTS

- 1 x 15ml sp (1 tbsp) Vegetable Oil
- 2 cloves Garlic, crushed
- 4 Spring Onions, sliced
- 1 medium Carrot, sliced into sticks
- 1 stick Celery, sliced into sticks
- 100g (4oz) Mangetout
- 250g (9oz) Quorn Chunks, cut in half
- 50g (2oz) Beansprouts
- 160g (5½oz) jar Black Bean Sauce for stir frying
- 4 x 15ml sp (4 tbsp) Water

## PREPARATION TIME

10 minutes

## COOKING TIME

15 minutes

## METHOD

- 1 Heat the oil in a wok or large frying pan.
- 2 Stir fry the garlic for 30 seconds.  
Add the spring onions, carrot, celery, mangetout and Quorn.  
Stir fry for 4 minutes.
- 3 Stir in the beansprouts.  
Cook for a further 1 minute.
- 4 Blend the sauce and water together.  
Stir into the Quorn mixture, ensuring all the ingredients are evenly coated.  
Cook for 5 minutes.
- 5 Serve immediately with egg noodles or rice.

## NUTRITION INFORMATION

(per serving)

Energy 140 kcal (584kJ) Protein 9.7g  
Fat 5.3g Carbohydrate 13.9g Dietary Fibre 5.7g