



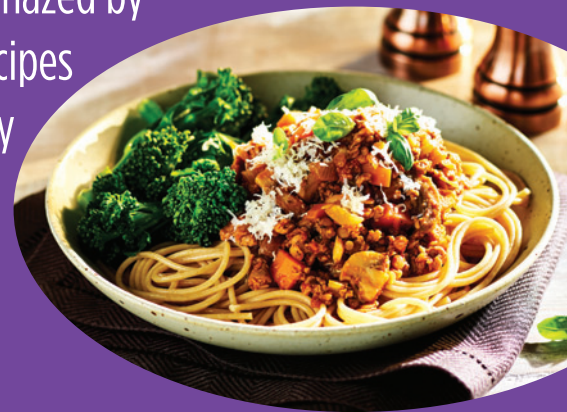
# VEGAN HACKS



DISCOVER INSPIRING VEGAN RECIPES AND NUTRITIONAL TOP TIPS CURATED BY OUR IN-HOUSE REGISTERED ASSOCIATE NUTRITIONISTS AND FABULOUS TEAM OF HOME ECONOMISTS



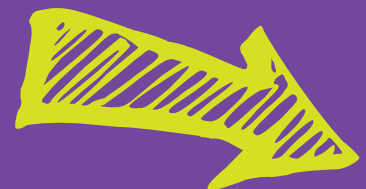
From family favourites, to vegan fakeaways to wow your friends, everyone will be amazed by how tasty and easy our vegan recipes are to prepare, cook and enjoy



**HAPPY COOKING!**



**COME ON IN!**





# UP FOR THE CHALLENGE?!

**FEAR NO MORE!** The Quorn Nutrition Team give you the low-down on how to make going vegan delicious and fun, whilst helping to ensure that you and your family are getting all the goodness that your body needs to thrive.

Going vegan can be daunting - especially if you're completely new to the category and have no idea where to start (we don't blame you - there's a lot of options out there nowadays!). You've also got to consider the nutritional implications of cutting out big food groups such as meat and dairy, but you are in for a treat because, if well-planned, a vegan diet can be full of beautiful colours, textures and flavours.

Stick with us as we walk you through our handbook to going vegan for the first time. Feel free to share it with your friends, family or work colleagues to kick-start a new foodie adventure together, guided by expert advice.



## OUTLINE OF GUIDE:

In this guide you'll find our top tips and advice on the following:

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<b>Building a Balanced Vegan Plate .....</b>	<b>3-5</b>
<b>Swapping is Easy with Quorn .....</b>	<b>6-7</b>
<b>Cooking with Quorn Hints Page .....</b>	<b>8-9</b>
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<b>Tasty Vegan Recipes that are Both Good .....</b>	<b>12-14</b>

**for us & Our Planet!**



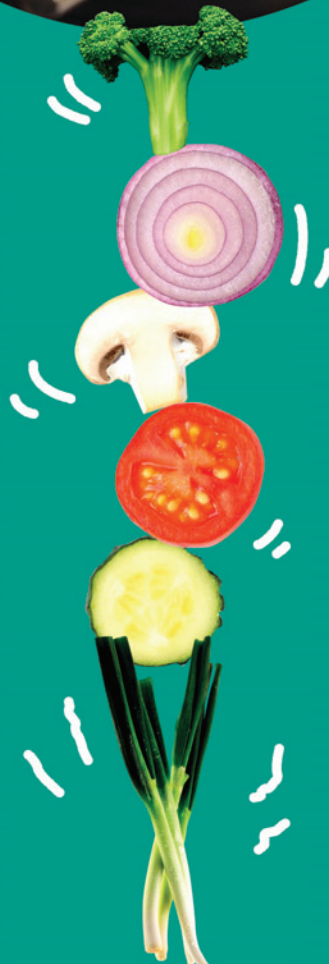




# BUILDING A BALANCED VEGAN PLATE



If you're going vegan for the first time, the key for a successful and stress-free experience is making sure you've got enough time to carefully plan your meals - at least for the first few weeks while you get used to it.



Swapping out big food groups like meat and dairy altogether requires a little bit of thought about what you are going to replace them with to ensure you're getting all the right nutrients your body needs.



The **Vegan Eat Well Guide**, created by the **Vegan Society**, is a great resource to lean on when getting your head round what makes a balanced vegan plate.<sup>1</sup>

# IT INCLUDES

## Potatoes, bread, rice, pasta and other starchy carbohydrates

- **Vegan Society key advice:** choose wholegrain or higher fibre versions with less added fat, salt and sugar.
- If you and your family are not ready to jump ship to wholegrain versions, why not start off with 50:50?
- These are good sources of fibre and can help us reach our recommended 30g of fibre per day.

Eating plenty of fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer.<sup>2</sup> Choosing foods rich in fibre can also keep us feeling fuller for longer and can keep our digestive system happy and healthy, preventing constipation.<sup>3</sup>



## Fruit and vegetables

- **Vegan Society key advice:** eat at least 5 portions of a variety of fruit and vegetables every day.
- Here we want to be aiming for at least 5 x 80g portions of fruit and veg per day. Try and mix it up as diet diversity is great for our gut microbiome and our overall health!
- Another way of thinking about it is trying to 'eat the rainbow'.



#1 Vegan Society (2020). [online]. Available at: <https://www.vegansociety.com/>  
#2 NHS. (2020). How To Get More Fibre Into Your Diet. [online]. Available at: <https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/>  
#3 British Nutrition Foundation (2020). Dietary Fibre. [online]. Available at: <https://www.nutrition.org.uk/healthy-living/basics/fibre.html>

**'EAT THE RAINBOW' - HOW MANY COLOURS CAN YOU GET IN YOUR BREAKFAST, LUNCH AND DINNER?**

CONTINUED 





## BUILDING A BALANCED VEGAN PLATE – CONTINUED



### Beans, peas, lentils and other proteins

- **Vegan Society key advice:** Eat a variety of protein-rich plant foods. Include them in most meals.

Quorn mycoprotein – the key ingredient in all Quorn products – has 11g of protein per 100g. Quorn mycoprotein is a sustainable, high-protein, high-fibre whole food that is a great addition to a vegan diet. It also contains all 9 essential amino acids making it a complete protein.

### Oil and spreads

- **Vegan Society key advice:** choose unsaturated oils and use in small amounts.
- Swapping saturated fats such as coconut oil and ghee for unsaturated fats such as sunflower, rapeseed (commonly known as vegetable oil) and olive oil can benefit blood cholesterol and other heart disease and stroke risk factors. This is due to the presence of mono and polyunsaturated fats, known for their beneficial effect on heart health.<sup>4</sup>



### Calcium-rich foods

- **Vegan Society key advice:** choose lower fat and lower sugar dairy alternatives. We should be aiming for at least 2 portions of calcium-rich foods per day.
- One portion could be 200ml of your favourite fortified plant-based dairy alternative milk or yoghurt. It could also be 70g of calcium-set tofu (such as Cauldron!) or 2 slices of soya/linseed bread fortified with calcium.

# Cauldron™

**Cauldron Organic Tofu Block contains 400mg of calcium** (that's 57% of the Daily Recommended Average!).

**Never tried tofu before?** Head to page 7 to find out how to get started.



### Aim to drink 6-8 glasses of fluid per day to keep hydrated

- Alongside water, sugar-free tea or coffee and unsweetened milk alternatives also count towards fluid intake.
- Fruit juices and smoothies should not exceed 150ml per day as they contain free sugars (as the fruit or vegetable has been juiced or blended) and, if consumed in excess, may contribute to tooth decay. It's best to have these types of drinks with a meal to help look after your teeth.



# SWAPPING IS EASY WITH QUORN

**QUORN MYCOPROTEIN** IS THE CHIEF INGREDIENT COMMON TO ALL QUORN PRODUCTS AND IS A UNIQUE, NUTRITIOUS AND SUSTAINABLE PROTEIN SOURCE THAT CAN CONTRIBUTE TO A HEALTHY, BALANCED MEAT-FREE DIET.

## MYCOPROTEIN...

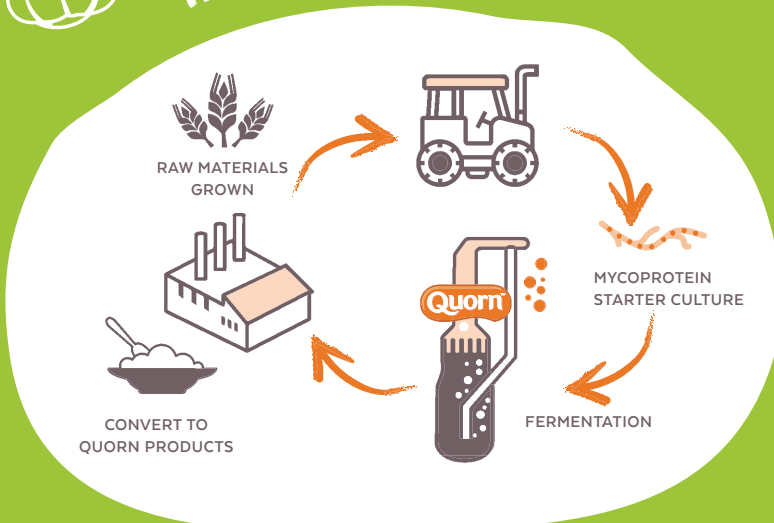
- ... is high in fibre and protein
- ... is low in fat and saturated fat
- ... contains no cholesterol
- ... is an important source of vitamins and minerals



Image credit: Raffaele Colosimo, Quadram Institute Bioscience (NPI Image Library)



## HOW IS IT MADE?



Quorn mycoprotein is made by fermentation of the naturally occurring fungus *Fusarium venenatum* and replicates the taste and texture of meat really well. This means we don't have to miss out of the meals with love as we start to reduce our meat intake or remove it altogether!





# Cauldron™

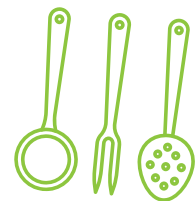
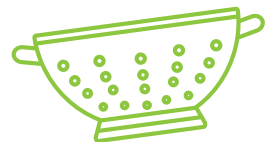
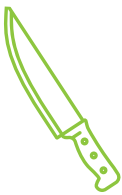
## ANOTHER VEGAN STABLE IS CAULDRON TOFU -

not only is it inexpensive, it's incredibly versatile and similar to mycoprotein, it has the ability to absorb all the flavours around it - making it a tasty addition to any dish. From curries to soups, salads to even desserts (yep!), tofu is the jack of all trades. If you're a vegan newbie, tofu may not have previously been on your shopping list so it can be confusing to know where to start. Good news is that cooking with Cauldron Organic Tofu couldn't be easier.



## HERE'S OUR WHISTLE-STOP STARTER GUIDE:

- 1. DRAIN:** Preparing tofu is easy. Carefully open the packet with a sharp knife and gently lift the tofu out of its water bath. Drain the water down the sink.
- 2. PRESS:** Wrap the block of tofu in several layers of kitchen roll and place between two plates or chopping boards. Weigh the top plate down with some tins or books. Leave for around 10 to 20 minutes, depending on the firmness you need for your recipe - the longer you press it for, the firmer the texture will be. Pressing the water out creates air pockets, which are great for absorbing flavours. When ready, unwrap the tofu.
- 3. SLICE:** Cut your tofu according to your recipe. You can slice it however you like, from small, bite-sized cubes or triangles to wide, thin slices.
- 4. FLAVOUR:** This step is optional. Tofu is very light on flavour, but its texture allows it to absorb flavours from marinades and sauces. Simply marinate your tofu pieces for at least 30 minutes before cooking, or ideally overnight.



IF YOU STILL NEED SOME MORE CONVINCING - CAULDRON TOFU IS HIGH IN PROTEIN, LOW IN SATURATED FAT, HIGH IN CALCIUM AND A SOURCE OF IRON. GO ON, GIVE IT A GO! HEAD OVER TO [WWW.CAULDRONFOODS.CO.UK](http://WWW.CAULDRONFOODS.CO.UK) TO EXPLORE THEIR QUICK AND EASY RECIPES.

# QUICK FIRE VEGAN MYTH- BUSTING



## 1. HOW DO I GET ENOUGH PROTEIN IF I AM NO LONGER EATING ANIMAL FOODS?

This is probably up there with one of the first questions someone will ask you when you tell them you're giving vegan a go. And we get it, often most of us have grown up where animal meat has taken centre stage in many of our weekday dinners, weekend takeaways and festive traditions. However, when it comes to high quality protein, there's no need for vegans to miss out!

Protein is made up of amino acids (commonly referred to as the building blocks of life) and there are 9 amino acids that are considered 'essential' as we cannot make in the body alone - we must instead consume them in our diet. This is where you might hear the term 'complete protein' which refers to a food source that contains all 9 of these essential amino acids (EAAs). Animal meat is a complete protein and so often people may worry that by removing animal meat out of the diet, it may prove much more difficult to reach adequate amounts of EAA.



  
CONTINUED





## QUICK FIRE VEGAN MYTH-BUSTING - CONTINUED



But don't worry, because there are lots of vegan sources that happen to also be complete proteins. These include mycoprotein (the key ingredient in all Quorn products), Cauldron Organic Tofu, Quinoa and seeds such as chia and hemp seeds. Quorn mycoprotein contains all 9 essential amino acids (EAAs) in good amounts and is highly bioavailable, making it comparable to beef, chicken and fish!



## 2. I'VE HEARD VEGAN FOODS ARE BLAND AND WON'T FILL ME UP?



**Not true!** There are endless possibilities when it comes to vegan food and it's a great excuse to get creative and try new herbs, spices, sauces, sides and textures. Often a vegan diet is thought of as restrictive, as a lot of the time the focus is on what we have to remove. We say it's time to flip that on its head and start experimenting with all the foods and flavours we can include!

In terms of the misconception that vegan food will leave you reaching for the fridge after dinner or craving a midnight snack - forget it! One of the great things about plant and fungi-based foods are their high fibre content and fibre is great at helping us feel fuller for longer.



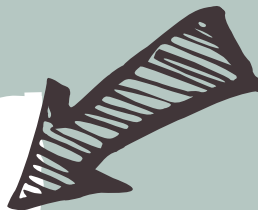


### 3. WILL I LOSE MUSCLE ON A VEGAN DIET?

This one goes hand in hand with the first myth – many people with an active lifestyle who rely on complete protein sources to build and repair muscle may at first be sceptical to give veganism a go. However, in May 2020, data published in the American Journal of Clinical Nutrition (AJCN) demonstrated how mycoprotein is a more effective source of protein to support post-exercise muscle building compared to milk protein in healthy young men. This groundbreaking study showed that while those who ingested milk protein increased their muscle growth rates by an average of 60%, those who had mycoprotein increased their muscle growth rates by more than double this! Research into milk protein has been around for decades, however these findings for the first-time shine light on the effectiveness of vegan protein sources to promote muscle growth<sup>12</sup>.

**QUORN MYCOPROTEIN...  
FOUND TO BE A MORE  
EFFECTIVE SOURCE OF  
PROTEIN TO SUPPORT POST-  
EXERCISE MUSCLE BUILDING  
COMPARED TO MILK PROTEIN  
IN HEALTHY YOUNG MEN**

Following this, in October 2020, lead PhD researcher at the University of Exeter, Alistair Monteyne (pictured right), found that, mycoprotein also supports equivalent rested and exercised daily muscle rates in healthy older adults. We know that healthy ageing is becoming more important than ever as it allows us to enjoy longer years of life in better health, so we can continue to do the things we love. Therefore, maintaining muscle mass and quality are fundamental for all stages of life.



### ... AND MEET THE REST OF THE TEAM!



#12 Monteyne et al., (2020). American Journal of Clinical Nutrition. [online]. Available at: <https://academic.oup.com/ajcn/article/112/2/518/5841182>



AND IF THE RESEARCH HASN'T YET CONVINCED YOU, TAKE A LOOK AT **ANTHONY MULLALY**, VEGAN RUGBY PLAYER! WE CAUGHT UP WITH HIM RECENTLY TO HEAR ABOUT HIS EXPERIENCES SINCE DECIDING TO GO VEGAN

### QUICK BIO

**Name:** Anthony (Tonie) Mullaly

**Job:** Full time professional rugby player for 12 years

**VEGAN FOR FOUR OF THEM!**

**Career Highlights:**

Played 200 super league games (England's top league)

2 World Cups with Ireland

1 Grand Final win with Leeds Rhinos

Championships Competition Winners with Toronto Wolfpack

1st Place Finish with Huddersfield Giants  
World Club Challenge player



# ANTHONY Q&A

## WHAT'S YOUR MOTIVATION FOR FOLLOWING A VEGAN LIFESTYLE?

It's driven by 3 factors: my health, the environment and not contributing to the cruelty of animals. These factors drive me daily and make me want to be the best athlete I can and to be a good example for people questioning whether they can play professional sport and be vegan.

## HOW HAVE YOU FOUND A VEGAN DIET HAS IMPACTED YOUR PROFESSION? E.G. ENERGY, ABILITIES ETC.

To be honest, it hasn't impacted it at all. If someone told me prior to being vegan that you can live this lifestyle where you aren't harming the planet as much and causing unnecessary suffering to animals AND still perform at the top level, I would have done it straight away instead of taking three years, but that was my journey and I'm glad I did it that way. If anything, initially I felt I had more energy and my recovery time was quicker.

## WHAT BARRIERS DID YOU FACE WHEN CHOOSING TO GO VEGAN?

Luckily for me I wasn't faced with too many barriers. The clubs I have been at have been very accommodating which I am grateful for. You have to do lots of research, especially if your job is linked directly to your diet. You have to be diligent and put up with people looking at you like you have two heads when you say you're vegan, because of my size and profession, but aside from that I've had a great transition.

## WHAT ADVICE DO YOU HAVE FOR ANYONE WHO IS CONSIDERING GOING VEGAN BUT IS WORRIED ABOUT HOW IT MAY IMPACT THEIR SPORT?

I always say research and preparation are paramount. You can't go into it half-hearted or you might have some stumbling blocks. Just because you're vegan doesn't mean you are healthy. You have to research the correct replacements you need to make sure you are getting the right nutrients, and you're going to have to learn to be more creative in the kitchen, but that being said, it opens you up to a whole world of flavours and tastes you've never really had before.

## WHAT'S YOUR FAVOURITE QUORN RECIPE TO MAKE?

This is going to sound really basic after what I just said, but I love the sandwich fillings. I go on a lot of hikes and do a lot of climbing, so I use the Quorn deli slices and Quorn smoked ham on some nice seeded bread, with hummus, avocado, broccoli sprouts and spinach, perfect for when you reach the top of a peak and can eat it, enjoying the view.



# TASTY VEGAN RECIPES THAT ARE GOOD FOR PEOPLE AND PLANET



Trust us when we say vegan food can be TASTY! Often, when you try a new dietary pattern whether that be choosing to go full-time vegan, veggie or simply dipping your toe in flexitarianism, it's a great opportunity to get creative, try new things and share great food experiences with your loved ones.

Here at Quorn, we believe good food does great things and that's why we have been working very hard on expanding our vegan range, alongside our veggie classics. In our Vegan Range, you can now find our battered or breaded fishless fillets, the ultimate burger, hot and spicy burgers, our classic vegan nuggets and our crunchy tex-mex nuggets, fishless fingers, fillets, spicy tortilla escalopes and our vegan pieces. We also have a selection of vegan deli items including pepperoni, smoky ham and chicken free slices!

To get you started on your vegan adventure, Holly and Zoe from Quorn Nutrition have each chosen a personal recipe favourite on page 13 & 14. We'd also love to see your creations and to hear what you think! You can contact us at [quornnutrition@quornfoods.com](mailto:quornnutrition@quornfoods.com) or tag us on social @Quorn\_Nutrition.



“LEAVING YOUR FOOD COMFORT ZONE WILL TAKE YOU ON A VOYAGE OF DISCOVERY OF NEW CUISINES. THERE ARE THOUSANDS OF VEGAN RECIPES OUT THERE FROM EVERY CORNER OF THE GLOBE. WHATEVER YOUR CULINARY PREFERENCE, YOU'LL ENCOUNTER AMAZING NEW DISHES AND INTERESTING VARIATIONS ON YOUR OLD FAVOURITES”

The Vegan Society





HOLLY'S PICK:

# QUORN VEGAN BUTTER CHICKEN



- This recipe uses Quorn Vegan Fillets which are high in protein, high in fibre and low in saturated fat
- You could use reduced fat coconut milk for a low-fat version!



## INGREDIENTS

- 2 packets of Quorn Vegan Fillets
- 2 onions
- 4 cloves of garlic
- 3 tomatoes
- 1 inch ginger
- ½ tsp coriander seeds
- 3 green cardamom seeds
- ¾ tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- ¼ tsp chilli powder
- 1 tsp smoked paprika powder
- ½ tsp cinnamon powder
- 3 cloves
- 6 black pepper corns
- 1 tbsp coconut sugar
- 1 ½ cups almond milk
- ½ cup soaked cashews (soak in boiled water for at least 30 minutes)
- 1 tbsp creamed coconut
- 1 green chilli



## TO GARNISH:

- Chopped fresh coriander
- Few tbsp of plain soya yogurt



## METHOD

- Dice the onions and tomato. Crush the ginger and garlic. Sauté the onions, ginger and garlic in a bit of coconut oil until tender. Using coconut oil as a butter substitute is essential in this recipe.
- Add the chopped tomatoes and a bit of water. Add all powdered spices and salt. Add creamed coconut. Sauté 5-7 minutes until tomatoes melts. Add soaked cashews. Blend the sauce in a high speed jug blender (a soup blender doesn't handle cashews well and they need to be pureed so that the sauce has rich, creamy consistency). Pour the sauce back to the pot.
- Now add the rest of the spices: cardamom pods, black pepper corns, cloves and chopped green chilli.
- Add diced Quorn Vegan Fillets and 1 and 1/2 cup of almond milk. Simmer for approximately 15 minutes, until the Fillets are cooked and have soaked up the spices. Stir occasionally. If the sauce gets too thick while cooking, add a tiny bit of water or almond milk. This curry should be thick and creamy.
- Serve with wholegrain rice and vegan naan bread. Garnish with soya yogurt and chopped fresh coriander prior to serving.

ZOE'S PICK:

# QUORN'S VEGAN PIECES PAELLA



- This recipe uses our famous Quorn Vegan Pieces which are high in protein, a source of fibre and low in saturated fat.
- This recipe uses red and orange peppers. Peppers are a good source of vitamin C which has lots of important functions in our body, such as helping to protect our cells and keep them healthy.
- Paella is a great excuse to use up any veggies you have lying around the kitchen - the more colourful the better. Whether fresh or frozen, they work equally as well!

## INGREDIENTS

- 280g Quorn Vegan Pieces
- 1 pack Quorn Vegan Pepperoni Slices
- 2 tbsp vegetable oil
- 1 onion, thinly sliced
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 200g fine green beans, cut into bite size pieces
- 2 garlic cloves, crushed
- 2 tsp smoked paprika
- couple of strands of saffron
- 1 tsp mild chilli powder
- 250g long grain rice
- 900mls vegetable stock (made with 2 stock cubes)
- 100g cooked beans of your choice - Black Eyed Beans, Kidney Beans etc.
- 400g fresh tomatoes, skinned and chopped
- 200g frozen peas
- 3 tbsp parsley, roughly chopped
- Salt and freshly ground black pepper to taste
- Olives and lemon wedges to garnish (optional)



## METHOD

- Pre-heat 1 tablespoon of the oil in a large frying pan and cook the onion, peppers and beans for 3 minutes, add the garlic and spices and cook for a further 2 minutes.
- Stir in the rice and stock, cover and simmer for 20 minutes, stirring frequently.
- Meanwhile heat the rest of the oil and fry the Quorn Pieces for 2-3 minutes until golden, then set aside.
- Reduce the heat, add the Quorn Vegan Pieces and Quorn Vegan Pepperoni Slices, tomatoes, peas and green beans and continue cooking for a further 5 minutes. Season to taste. Turn off the heat and sprinkle with the chopped parsley.
- Garnish with the olives and lemon wedges.

