

# SWAP IT

## ONE BREAKFAST AT A TIME

It's Veganuary, and we want you to join us. We want you to SWAP IT.

Ready to go, straight out of the freezer, Quorn is easy to prepare and even easier to turn into a delicious meal. Whether you're cooking up flavours of the world, British classics or mid-morning snacks, we've got you covered! There's so much potential with any of Quorn's wide range of ingredients, but check out some of the fun and flavourful breakfast dishes we've assembled here to get your imaginations soaring, and see why the nation loves Quorn!

This January, go vegan for the month and SWAP IT with Quorn, one breakfast at a time.

### FULL VEGAN BREAKFAST WITH QUORN

A green twist on a classic. Vegan Cumberland Quorn Sausage, scrambled tofu, wilted spinach, roasted cherry tomatoes, a sautéed mushroom, and a slice of chargrilled sourdough.



### QUORN'S SOUTHERN STYLE WAFFLES

A sweet waffle topped with Quorn Vegan Nuggets and drizzled with maple syrup.



### QUORN VEGAN BREAKFAST RÖSTI

Quorn Vegan Cumberland Sausage and crushed avocado on a vegan potato rösti, drizzled with rich tomato chutney and garnished with micro herbs.



### BREAKFAST WRAP

Quorn Vegan Cumberland Sausage, scrambled tofu, home-fries, vegan cheese and smashed avocado all rolled-up in a flour tortilla.



SWAP IT 

WHAT YOU SAVE BY SWAPPING OUT A REGULAR SAUSAGE TO A QUORN SAUSAGE:

01. Emissions equivalent of driving **3 miles** in a petrol car.



02. Enough water usage for **2 people** daily.



Quorn™