SWAP IT THIS VEGANUARY!

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

It's simple really. Think about your lunches for the month and ask yourself: what could I swap to make it vegan? Whatever you swap, Quorn is the perfect replacement. Each meal where you swap meat for Quorn, you're not only saving water, land and reducing greenhouse emissions, but you're providing a healthy option for pupils too.

Ready to go, straight out of the freezer, Quorn is easy to prepare and even easier to turn into a delicious meal — whether that be flavours of the world, classic home cooked dishes, or theme day options. There's so much potential with any of Quorn's wide array of ingredients, but check out some of the fun and flavourful dishes we've assembled here to get your imaginations soaring and see why kids love Quorn!

This January, go vegan for the month by swapping it with Quorn, one lunch at a time.

VEGAN NUGGET SHAKER SALAD

Crunchy Quorn Vegan Nuggets on a bed of fresh salad including shredded lettuce, cucumber, tomatoes, red pepper and sweetcorn.

PREPARATION TIME:
15 minutes

COOKING TIME:
15 minutes

SAUSAGE AND CHIPS

Juicy Quorn Vegan Sausages paired with everyone's favourite – crispy on the outside and fluffy on the inside chips!

PREPARATION TIME:
2 minutes

COOKING TIME:
15 minutes

SAUSAGE IN A BUN

Quorn Vegan Sausage in a bun, topped with ketchup and American mustard.

PREPARATION TIME:
2 minutes

COOKING TIME:
15 minutes

SAUSAGE TWIST

A delicious, fun and healthier version of a sausage roll. Perfect for a hand-held mid-morning snack.

PREPARATION TIME:
10 minutes

COOKING TIME:
20 minutes

POTTED SAUSAGE PASTA BAKE

Delicious sliced Quorn Vegan Sausage and penne pasta baked in a herby tomato and sweetcorn sauce. Perfect for potting!

PREPARATION TIME:
10 minutes

COOKING TIME:
30 minutes

FISHLESS FINGER FLATBREAD

Quorn's Vegan Fishless Fingers served in a warm flatbread on top of crisp lettuce with tangy tartare sauce.

PREPARATION TIME:
5 minutes

COOKING TIME:
20 minutes