

Quorn Roast

Pack Size: 8 X 454G

Product Description:

Quorn is a nutritious meat-free protein, low in fat and high in fibre. This Mycoprotein based roast can be oven roasted from frozen and is perfect sliced and served with a traditional roast dinner as a vegetarian alternative to chicken or turkey.

Brand: Quorn



Ingredient Declaration: Mycoprotein (63%), Rehydrated Free Range Egg White, Milk Protein, Natural Flavouring, Pea Fibre. Allergy Advice: For allergens see ingredients in bold.

Allergens:

CONTAINS

Eggs, Milk

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

SUITABLE FOR

Halal, Vegetarians

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	90 kcal / 378 kJ
Fat	1 g
of which Saturates	0.5 g
Carbohydrate	2.1 g
of which Sugars	0.2 g
Fibre	5.3 g
Protein	15.3 g
Salt	0.7 g

Directions For Use:

Cooking Instructions from frozen: OVEN Preheat oven and deep baking/roasting tray to 220°C/425°F/Gas Mark 7. Do not remove film and leave metal end clips in place. Pierce the film around the roast at least 6 times with a sharp knife ensuring that the film is fully pierced and place on baking/roasting tray. Cook for 45-50 mins. Carefully remove from the oven and stand for 5 mins. Carefully remove film and clips. Reduce the cooking by 5 mins for fan assisted ovens. WARNING - PRODUCT, CLIPS & FILM WILL BE HOT. HANDLE WITH CARE.

Storage Instructions: Keep frozen. Store at -18°C or below until best before date shown. Do not refreeze once defrosted.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.