

A top-down photograph of a kitchen scene. In the upper left, a teal ceramic bowl is filled with a thick, dark red sauce. To its right, a wooden cutting board holds several fresh vegetables: two bright orange carrots, two vibrant green snow peas, and a yellow carrot. In the lower right, a large, golden-brown, flaky Wellington sits on the board, with a small wedge cut out to reveal a green spinach filling and a light-colored fillet. A red and white striped ribbon is visible in the bottom right corner.

Christmas Quorn Fillet Wellington



Ingredients

- Quorn Fillet (4 pcs)
- Chopped Garlic (2 cloves)
- Frozen Spinach (200 gm)
- Medium-sized Chopped Onion (1 pc)
- Egg White Powder (8 gm) + 1 Egg for Egg Wash
- Salt and Pepper
- Cooking Cream (80 gm)
- Butter (50 gm)
- 1 Sheet Puff Pastry

Instructions

- Bake or fry Quorn Fillet with a little oil till golden brown, this should be done on medium heat for 3 to 4 mins. Once done, set aside
- Defrost spinach and squeeze water out
- In a pan, add butter, garlic and onion. Sautee till golden brown
- Add spinach and cream and cook for 5 mins
- Season with salt and pepper
- When done, set aside and cool in fridge for about 30 mins to 1 hour
- Mix in egg white powder
- Using a clingfilm, lay the spinach out and place the fillet on the spinach
- Roll the spinach into a sausage-like shape and twist both ends of the clingwrap
- Make sure the roll is tight and freeze it
- Defrost the puff pastry and place the frozen spinach in the middle
- Start rolling the pastry till it covers the spinach filling
- Once done, press down the sides and cut slits on the pastry to help prevent cracking
- Bake in reheated oven at 200 degrees Celsius for 30 mins till pastry is golden brown