

EAT
WELL
with



Eat Well with Fry's

Our Eat Well with Fry's cookbook is filled with 30 delicious and wholesome recipes for breakfast, lunch and dinner, inspired by the Indian food trend. All recipes are 100% plant-based, meaning they are dairy-free, egg-free and contain no meat or animal protein. The recipes are non-GM and cholesterol-free so they are good for your heart and overall health.

The Fry Family Food Co. Story

Fry's was started in 1991 by Wally Fry who wanted to make nutritious meat alternatives for his family, all of whom were passionate about plant-based eating. The whole family soon got involved in the process. With one daughter weighing the raw ingredients, the other mixing the food together, and the other packing the goods, everyone was involved! Wally's wife, Debbie, helped develop the recipes alongside him, while he figured out his own custom-made machinery to produce the meat-free foods.

With no cookbook to go by, trial and error was the recipe of the day. People thought they were crazy. "Plants that look and taste like meat... made in your home kitchen?!" The Fry family were driven and determined to make a simple idea come to life: To craft tasty plant-based foods that left their family and friends feeling good, and inspired a move to a healthier, more compassionate and sustainable lifestyle.

Fry's Products Are

- Made with nature's plant proteins
- A good source of protein
- Naturally cholesterol-free
- 100% vegan
- Non-GM
- Free from harmful chemicals and preservatives
- No added MSG
- Quick and easy to prepare



How To Eat Well

A plant-based diet is the most optimal diet for our health. As stated by the  Dietetic Association, an appropriately planned plant-based diet may aid in the prevention and treatment of these diseases, among others:

Heart disease, diabetes, cancer, stroke, Alzheimer's and arthritis. 

Research says the leading causes of death in  has changed significantly since the **90's**, with coronary heart disease surpassing the communicable and neonatal diseases. Diabetes, which has been identified as a growing issue in South Africa, is projected to be the leading killer of the next two decades.

Eat Well For Your Heart

By choosing to cut back on meat, you reduce your intake of saturated fat and cholesterol, the leading causes of increased risk of heart disease. According to the American Heart Association, eating a **plant-based diet increases your fibre intake and healthy omega fats, antioxidants, phytochemicals, iron and potassium** levels, all important aspects of nutrition considered to reduce the risk of heart disease. A well-rounded diet should be abundant with veggies, leafy greens, legumes, nuts, whole grains and fruit, and if you crave meat, meat alternatives, like our Fry's range, will fill the hole. 



Eat Well for your Blood Sugar

It is possible to eliminate diabetes with a plant-based diet. Sugar, once the only supposed causative culprit of high blood sugar, is actually now accepted as a lesser evil. Diabetes management is no longer solely focused on restricting all dietary items that contain sugar. To get an accurate picture, we need to look at what we eat as a whole. 

Many foods contain a combination of carbohydrate, protein and fat, but some contain disproportionate amounts of fat – often in the form of **saturated fat**, as is the case of animal products. **This is unhealthy for diabetics, as a high fat intake has the ability to reduce the efficiency of insulin, the hormone which controls rising blood sugar.**

According to Dr Paul Palmer, Plant-Based Nutrition Consultant and Musculoskeletal Occupation Health Specialist, fat in the bloodstream builds up inside the muscle cells, creating toxic fatty breakdown products and free radicals blocking the insulin-signalling process. No matter how much insulin in the blood, it's unable to sufficiently open the glucose gates, and blood sugar levels build up in the blood, inhibiting blood sugar uptake. 

Here are some tips on how to get in more veg from Dr Paul: 

- Decrease fat intake by avoiding animal products that are high in saturated fat
- Make the switch to a meat-free diet by simply swapping out the meat and opting for plant-based meat alternatives that are low in saturated fat
- Eat low GI, high fibre foods

Eat Well With Soy

The soy bean has been part of the human diet for thousands of years with the Ancient Chinese believing it to be one of the **sacred greens** vital for life.

Today, soy is recognized as a **'functional food'** - meaning it has health promoting properties - by the US. FDA.

Soy is able to help reduce the risk of heart disease and some of the most common cancers, alleviate menopause symptoms, and improve bone health. Soy ticks the boxes as a complete protein, containing all nine amino acids. It's also free from cholesterol and saturated fats, unlike animal products.



There is a misconception about soy and its influence on hormones.  This is because soy contains isoflavones which are plant-derived hormones. The confusion comes in because isoflavones are described as phytoestrogens (plant oestrogens) because their structure and metabolism resembles that of human oestrogens. These plant oestrogens are much weaker than naturally circulating human oestrogens. Meat and milk in actual fact contain oestrogen which is far stronger than the phytoestrogens contained in plants.  **VS** 

As long as you're choosing non-GM soy there's no reason to avoid it, unless you have a soy allergy. Despite the common myths, the scientific research clearly shows that soy intake does not affect hormones in the human body, while clinical studies demonstrating the health benefits of soy recommend at least 15-20g non-GM soy protein per day as part of a balanced diet.

Eat Well With Non-GMO

There are many questions around the food we eat these days. Are they grown naturally or manipulated in some way? These are genuine concerns as biotechnology has entered into new areas where DNAs of plants (and animals) have been combined in ways to create never-seen-before DNA. 

These new ways of combining, leads to the creation of a new variety of plant or organism that is designed to withstand weed killers and herbicides that contain glyphosate – a product that kills almost all plants that are not GM.

Farmers use toxic glyphosate-based products, and are farming crops that have been genetically modified. Many South Africans are unknowingly, without knowledge or consent, consuming these GMO foods daily.

The consequences of GMO technology are unpredictable. It is feared that by altering natural DNA development, the result can be cell mutations which humans then ingest. **Glyphosate is a carcinogen**, meaning that it is capable of causing cancer, as stated by International Research Agency of the World Health Organisation (IARC). This has implications for consumers, farmers and farm workers. 



The Fry's entire range of food is



We ensure that all ingredients used are sourced from producers that adhere to our **strict standards**. We import all of our soy, wheat gluten and potato, because sourcing sufficient non-GMO soy, wheat gluten and potato in South Africa are almost impossible. Our products are tested by analysts at the University of the Free State, and are verified as non-GMO. As a family company we take a very strong stance on this which is why we go to such great lengths to ensure they are not found in our products.

Eat Well For Your Heart and Soul

As stated by University of KwaZulu-Natal Professor Brij Maharaj, "Because we are an embodiment of Divinity, our actions subscribe to this purpose. Our food then is an offering to God. It is called 'Prasad'. We offer food which is 'Sattvic' or pure in nature and this connotes 'Ahimsa' (non-violence) in its truest meaning." Thus, simple and pure food is not only necessary to survive but to maintain a pure heart,  long life  and cheerful spirit;  and these actions can be applied both during fasting period and beyond.



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Our Celebrity Chefs & Endorsers



My family and I having been part the Fry's for the longest time. As a child it is what my mum prepared especially during our auspicious fasting period. As a Mum now, and as someone who needs to take care of the budget as well as making sure we have the right food during the fast, Fry's is still an important member of my family. It has always been affordable and of course I'm very conscious that Fry's is the only meat replacement products on the market that is Non-GM. These have always factored into my love for the brand.

Sureshnie Rider, Radio Presenter and Broadcaster



We are always looking for great products for new dishes especially in the fasting months when we have to get creative with vegetarian options. Today, thanks to The Fry Family Food Co., we have access to a wide range of beautifully crafted plant-based products that are not only delicious but offer great value for money. Fry's products are convenient and easy to use and they have something for the entire family. We are constantly creating exciting ways to experience their diverse range. Whether you are a home cook, or a seasoned chef, Fry's inspires and makes cooking easy and fun with great recipes that are accessible to all.

Kim & Pashi, My Kitchen Rules, Season 2 Finalists

Feeding a vegetarian family used to have many challenges especially when it came to ensuring that I gave my children enough protein in their daily packed lunches. I discovered Fry's sausages in the early 90's and my family loved them. I have always felt that Fry's gives us value for money especially because they contain quality ingredients and way more flavour than most other vegetable protein products. From the care taken in the choice of ingredients, the iconic packaging and the versatility of uses for the now vast range of products, the quality is evident. I still choose Fry's products even though my children have flown the nest, and love showing my students how versatile these products are.

Chef Thigam Nathoo, Academic Director South African Hospitality Institute



As a freelance actor, my whirlwind lifestyle is built around work, exercise and a balanced diet. That's why there's always a special place at my table for Fry's. I love that my whole family has embraced conscious, healthy eating and mealtimes are special moments that connect and anchor us. Fry's offers a range of quality meat-free products that is easy to prepare (even for me) and offers incredible value, with portions that fill every plate and satisfy every appetite. Fry's doesn't compromise on their affordable, healthy non-GM products, and neither does mine. So when our table is set for a meat-free feast, Fry's is always our first choice.

Jack Devnarain, Actor



I love Fry's because I can trust the quality. It's one of the only meat replacement brands that use non-GM soy. It is also as versatile as meat, which means I am able to create delightful vegetarian meals during my fasting without feeling deprived. The Fry's range offers exciting products – gram for gram they are still one of the more affordable options on the market. They come in larger packs which lends itself to the preparation of family styled meals.

Deena Naidoo, 2012 Masterchef SA winner, Chef and Restaurateur





Tangy Prawn-Style Noodles



Ingredients:

For the peanut sauce:

- ¼ cup creamy, natural peanut butter
- 1½ Tbsp sesame oil
- 1 Tbsp tamari sauce
- 1½ tsp fresh lime juice
- ½ tsp freshly grated ginger
- 1 tsp sweet chili sauce
- Water, to thin, if necessary
- 1 tsp rice vinegar

For the noodles & veggies:

- 1 pack Fry's Battered Prawn-Style Pieces
- 1 pack rice noodles
- 1 punnet zucchini
- 1 large red or yellow pepper
- 1 bunch scallions/shallots
- 1 punnet shiitake mushrooms
- Black sesame seeds
- Crushed peanuts



Method:

In a small bowl, mix together the ingredients for your peanut sauce. Taste and adjust seasoning. Add more tamari if it's not salty enough. Add more rice vinegar or lime juice for more tang. Cook noodles until al dente. Set aside. Heat a heavy-based pan to medium, add a little oil. Add the Fry's Battered Prawn-Style Pieces and fry until golden brown, set aside. Add sliced zucchini, pepper and scallions and cook for a few minutes, then add the sliced mushroom, then Fry's -Prawn-Style Pieces, a splash of tamari and stir. Toss noodles with as much of the peanut sauce as you like. Add Prawn-Style mixture and season to taste. Top with sesame seeds and crushed peanuts. Serve hot for best taste.





Tooti Frooti Chicken Burger

Ingredients:

- 2 Fry's Chicken-Style Burgers
- 4 red chillies
- 2 Tbsp olive oil
- 1 Tbsp smoked paprika
- 4 whole-wheat burger buns
- Vegan mayonnaise
- Fresh coriander
- 1 mango, peeled and cut in small cubes
- 1 cup pineapple, halved and thinly sliced
- A handful of pomegranate seeds
- Red salad onions, thinly sliced

Method:

Bake the Fry's Chicken Burgers in a preheated oven for 10 minutes.

Chop the chillies and place in a small saucepan with olive oil and smoked paprika. Gently fry over a low heat for 2-3 minutes.

Serve the Chicken Burgers on the buns with a base of the chilli relish topped with a generous dollop of mayonnaise, fresh coriander, fresh mango and pineapple, a spoonful of pomegranate seeds and sliced red salad onions.



Meat-Free Quesadillas



Ingredients:

- 1 pack Fry's Meat-Free Mince
- 2 Tbsp oil
- 1 medium to large red onion, diced
- 1 large green pepper
- 1 large red pepper
- 1 tsp garlic paste
- 1 jalapeño, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- 1 small punnet button mushrooms, sliced
- 3 cups fresh spinach, chopped
- Sea salt and black pepper, to taste
- 6 to 8 brown tortillas



Method:

Heat a large, deep non-stick pan over medium heat, add oil, onion, peppers and Fry's Meat-Free Mince, sauté. Add garlic paste and chopped jalapeño, stir and add salt. Sauté for 15 minutes. Ensure that the Mince doesn't get too brown. Reduce the heat if necessary. Cook it slowly so everything softens and cooks. Add the spices and stir. Then add the mushrooms. Mix everything together and continue cooking for 5 minutes. Add spinach and continue cooking until spinach wilts. Add salt and pepper to taste, adjust seasoning if needed and remove from heat.

Heat a large, non-stick frying pan and cook tortillas, flipping over with a spatula once the bottom heats up. Once the tortillas have been heated, assemble the quesadillas directly on the pan. Add a large spoonful of the mixture. Do not spread the filling to the edge of the tortilla as it will spill out. If you wish you can add avo or a squirt lime juice before topping it off with a second tortilla. Cook for 5 minutes on each side until tortilla is golden brown. Cut quesadilla in half and then cut each half into triangles. Garnish with chopped coriander, serve with salsa or guacamole.





Recipe endorsed by: Sureshnie Rider



Spicy Sausage Chutney

Ingredients:

- 1 box Fry's Spicy Sausages
- Oil, for frying
- 1 onion, chopped
- ½ ground garlic
- ½ tsp ground ginger
- ½ tsp chilli powder
- 4-5 curry leaves
- 4-5 chopped tomatoes
- 1 tsp sugar
- 2 sliced green chillies
- Dhania (coriander), to taste
- Spring onions, to serve
- Salt, to taste

Method:

Heat a bit of oil in a frying pan. Once hot, add onions. Cook until onions are glassy or transparent colour and add a pinch of salt.

Move the frying pan away from the heat and add garlic, ginger, chilli powder, and curry leaves and add a little bit of water to prevent burning.

Place the frying pan over the heat again and stir slowly.

Add in tomatoes and sugar and stir together. Then add in green chillies and stir once more. Allow the tomatoes to break up and add water if necessary to prevent burning.

Place lid over the frying pan and allow to simmer for 4-5 minutes. Ensure that the tomatoes cook down nicely and that there is a saucy mixture. Add in dhania and Fry's Spicy Sausages. Coat the Fry's Spicy Sausages in the tomato chutney. Cover the lid and allow to simmer for 3-5 minutes. Finish it off by garnishing with spring onion.





Chicken-Style Kadai

Ingredients:

For the Chicken-Style Strips:

- 1 box Fry's Chicken-Style Strips
- 1 Tbsp oil
- 10 curry leaves
- 6 stems coriander
- 2 tsp crushed ginger garlic
- ½ tsp turmeric
- ½ tsp red chilli
- 1 tsp mustard seeds
- 1 tsp sugar
- 1 tsp coriander powder
- ½ onion, thinly sliced
- Salt and pepper, to taste
- Fresh coriander or lime, for garnish

For the Tomato Chutney:

- 2 Tbsp oil
- 1 whole onion, finely chopped
- 2 Tbsp crushed ginger and garlic paste
- A handful of curry leaves
- A handful of coriander leaves
- 2 medium green chillies
- ½ a tsp of chilli powder
- 1/3 tsp of cumin powder
- 1 can of chopped Italian tomatoes
- ½ Tbsp of tomato puree
- Sugar, to taste
- Salt and pepper, to taste
- Coriander, for garnish

Method:

For the Chicken-Style Strips:

In a hot wok add 1 Tbsp of oil. Add the Fry's Chicken-Style Strips and toss in with curry leaves, coriander stems, ginger, garlic, turmeric, red chilli, mustard seeds, sugar, coriander powder and thinly slice onion. Add salt and pepper to taste. Finish with fresh coriander and squeeze of lime (optional).

For the Tomato Chutney:

In a pan heat the oil. Add the onions, garlic and ginger and sauté for 3-5 minutes until translucent.

Add in the curry leaves and a handful of coriander. Add in the chillies.

Follow with the chilli powder and cumin powder.

Allow spices to gently toast for about 2 minutes.

Add in a can of chopped tomatoes, followed with the tomato puree.

Reduce the acidity with some sugar and salt to taste. Allow to cook for about 15-20 minutes.

Crack in some crushed black pepper. Garnish with coriander.

To Serve:

Place the tomato chutney on a plate, topped with the crispy Chicken-Style Strips. Garnish with fresh lime and serve with paratha or jasmine rice.



Chaka-Letka Burger Pie

Ingredients:

- 1 box of Fry's Traditional Burgers
- 2 packets of puff pastry
- Salt and pepper
- 1 cup of your favourite chakalaka sauce
- 1 cup grated dairy-free cheese
- Olive oil
- Sesame seeds, to garnish

To Serve:

- Baked potato wedges
- Tomato sauce
- Simple side salad

Method:

Preheat the oven to 180°C.
Roll out the first pack of puff pastry on a floured surface. Using a small plate just larger than the patty, cut 2 circles from the pastry. Place 1 Fry's Traditional Burger patty on top of each pastry round and wet the edges with a little water. Top the Traditional Burger with a generous dollop of chakalaka and grated dairy-free cheese.
Repeat the process of cutting 2 circles from the second roll of pastry and place the circles over the top of the Traditional Burgers.
Using a fork, seal the edges well and brush the top of the pies with a little olive oil. Sprinkle with sesame seeds then bake for 30-40 minutes, or until golden brown on top.
Serve the pies with a side of crispy baked potato wedges and tomato sauce for dipping.





Korean Cashew and Vegetable Stir Fry with Fry's Battered Prawn-Style Pieces

Ingredients:

- 1 box Fry's Battered Prawn-Style Pieces, prepared as per box instructions
- 50ml peanut oil
- 1 Tbsp fresh crushed garlic
- 1 cup sliced red pepper
- 1 cup sliced green pepper
- 1 onion, sliced into 20mm pieces
- 4 spring onions, sliced in rings
- 2 Tbsp vegetable oyster sauce
- 2 Tbsp light soy sauce
- 1 Tbsp chilli sauce
- 2 ½ Tbsp sugar
- 6 Tbsp water mixed with 1 heaped tsp cornflour to a smooth paste
- ½ cup roasted cashew nuts

Method:

- Heat oil in a wok or large frying pan.
- Add garlic, all vegetables and continue to fry.
- Reduce heat and mix in prepared Fry's Battered Prawn-Style Pieces.
- Mix together the sauces and sugar with a tablespoon of water.
- Add mixed sauce to coat all ingredients in pan.
- Pour in the cornflour mixture, heat until it thickens.
- Toss in the cashew nuts.
- Serve with jasmine rice or noodles.



Zesty Hot Dogs

Ingredients:

5 Fry's Meat-Free Original Hot Dogs, thawed and then sliced diagonally
60ml olive oil
¼ tsp sarson (mustard seeds)
½ tsp whole jeera (cumin) seeds
1 large onion, finely chopped
2 star anise
2 cloves
1 cinnamon stick
1 Tbsp garlic and ginger paste
2 green chillies, cut with a slit in the middle
1 Tbsp dhania (coriander) powder
½ Tbsp jeera (cumin) powder
2 Tbsp mixed masala
1 large green capsicum, diced
1x 400g tin whole plum tomatoes
1 tsp sugar
1 ½ cups basmati rice, soaked in water overnight (optional but helps speed up the cooking time)
3 cups warm water
½ cup chopped dhania (coriander)

Method:

Heat oil for 2-3 minutes in a medium-size, heavy-based pot. Add sarson seeds, whole jeera and curry leaves and allow to cook until golden brown or until the seeds have splattered. Add in onions, cloves, star anise and cinnamon. As the onions start to brown, add garlic and ginger paste. Fry onions until golden brown with other dry spices. Heat should be turned down from medium to low at this point. To the onions, add the mixed masala, dhania and jeera powder. Fry for a few seconds. Mix the Fry's Meat-Free Original Hot Dogs and capsicum and fry for a few seconds. Stir in the tin of tomatoes, sugar and green chillies. Heat should now be turned up high. Roughly break-up the tomatoes with the spatula. Cook for a minute. Add the rice to this. Stir for a few seconds. Add salt. Add the warm water and stir once. Cover the pot with an airtight lid. Bring to a boil. Reduce the heat to medium, add ½ of the chopped dhania and allow to simmer until all the water has been absorbed and rice is cooked, about 25-30 minutes.





Fish-Style Fillets in Banana Leaves

Ingredients:

- 1 pack Fry's Fish-Style Fillets
- 1 tsp chilli powder
- ½ tsp turmeric powder
- Juice of half a lemon
- Salt, to taste
- 2 Tbsp coconut oil
- ½ tsp mustard seeds
- ½ tsp somph (fennel) seeds
- 1 tsp fresh ginger paste
- 1 tsp fresh garlic paste
- Curry leaves
- 1 chopped green chili (optional)
- ½ chopped onion
- ½ tsp chilli powder
- ½ tsp turmeric powder
- 3 Tbsp tomato puree
- 1 Tbsp coconut milk
- Banana leaves washed
- Water

Method:

- Mix the chilli powder, turmeric powder, lemon juice, a pinch of salt and a bit of water together so it becomes a smooth marinade. Score the Fry's Fish-Style Fillets and smear the marinade over, set aside.
- Put 1 Tbsp of the coconut oil in a pan and pan-fry for approx. 2 minutes on each side, set aside
- Add the rest of the oil, mustard and somph seeds, ginger, garlic, green chilli, curry leaves and onion to the pot and stir.
- Allow to simmer until the ingredients start to get golden brown, then add the chilli powder and turmeric powder, some salt and the tomato puree. Simmer for 5-10 minutes on low heat.
- Add the coconut milk and cook for 1-2 minutes.
- Heat the banana leaves for a few seconds above the heated stove plate, as this makes it more pliable.
- Place the cooked masala on the banana leaves, put the Fry's Fish-Style fillets on top and finish with some more masala.
- Wrap in the banana leaves, sprinkle water and place in oven tray in middle shelf of hot oven (190°C) for approx. 5 minutes.
- Your Fish-Style Fillets in banana leaves are ready to serve with rice, naan or roti.





Kebab Chutney

Ingredients:

- 1 box Fry's Asian Spiced Burger, defrosted and grated
- 1 onion, finely chopped
- 1 bunch of dhania (coriander), finely chopped
- 1 bunch of shallot (or spring onion), finely chopped
- 2 green chillies, finely chopped
- 2 Tbsp pea flour
- ¼ cup water
- 40ml oil
- 1 tsp ground ginger and garlic
- ¼ tsp chilli powder
- ¼ tsp garam masala
- 6 small tomatoes, finely diced
- 15 leaves of curry leaves
- ¼ tsp salt
- 3 Tbsp tamarind water, (tamarind paste mixed with a little hot water to help thin it out)
- Dhania (coriander), to garnish

Method:

- Thaw or defrost the Fry's Asian Spiced Burgers and grate into a medium sized bowl.
- Add onions, finely chopped dhania, shallot, green chillies, pea flour and water to grated burgers. Mix well to create a thick batter.
- Using your hands roll the batter into small balls (aka kebabs) and set aside for 5 minutes.
- Heat 30ml of oil in a thick-based frying pan for two minutes. Then fry the kebabs. Cook the kebabs over a low-medium heat and only turn once to prevent breaking. Continue frying the kebabs until the batter is finished and then set aside.
- Add 10ml of oil to the frying pan and add ginger and garlic. Fry until golden brown.
- Add chilli powder, garam masala, tomatoes, curry leaves and salt.
- Cover with a lid and allow to cook for 6-7 minutes.
- Add in tamarind water and stir repeatedly. Add in kebabs and allow to simmer for 2 minutes. Garnish with dhania.



Fish-Style Fillets on Warm Crunchy Vegetable & Coconut Salad with Seafood Drizzle

Ingredients:

- 240g Fry's Fish-Style Fillets
- 3 Tbsp peanut oil
- ½ tsp mustard seeds
- ¼ tsp turmeric powder
- ½ tsp grated ginger
- ¼ tsp chilli flakes
- Sprig of curry leaves
- 1 cup finely grated carrots
- 1 cup finely sliced red cabbage
- 3 Tbsp toasted desiccated coconut
- 1 Tbsp each of chopped coriander and mint leaves
- Salt
- Black pepper

For the Seafood Drizzle:

- ¾ cup – 1 cup vegan mayonnaise
- 2 Tbsp tomato sauce
- 1 Tbsp Worcestershire sauce
- 2 tsp lime juice
- 3 Tbsp water

Method:

Prepare Fry's Fish-Style Fillets as per instructions on packaging. Heat peanut oil in a large pan on high heat (this dish will be prepared as you would a stir fry, do not allow moisture to develop hence we use a large surface pan). Add in mustard seeds, turmeric powder, grated ginger, chilli flakes and curry leaves, allow to sizzle for a few seconds. Do not burn or brown. Add carrots, cabbage and toasted coconut and toss to coat. Do not overcook or the veggies will lose their crunchy texture. Mix in coriander and mint leaves. Season with salt to taste. To make the Seafood Drizzle, simply mix all the ingredients together well.

For serving:

Place sliced or whole Fry's Fish-Style Fillet onto a bed of the prepared salad. Drizzle with seafood sauce. Garnish with coriander leaves.





Chicken-Style Strips Kalya

Ingredients:

- 1 box of Fry's Chicken-Style Strips
- 1 tsp ginger and garlic paste
- 1 tsp dhania (coriander) powder
- ½ tsp turmeric powder
- 1 Tbsp mixed masala
- ½ tsp crushed chillies
- ½ tsp cinnamon powder
- ½ onion, cooked and fried
- 1 Tbsp oil
- 1 Tbsp tomato puree
- 2 sprigs thyme
- 2 green chillies
- ¼ cup water
- Fresh dhania (coriander), chopped

Method:

Grease a thick-based pan with oil and heat for 1 minute. Add the Fry's Chicken-Style Strips and allow to simmer for 2-3 minutes until the half cooked.

Add all ingredients except water. Allow to cook for 8 minutes.

Add water if necessary to prevent burning. Ensure the Fry's Chicken-Style Strips are now cooked and golden brown. Garnish with coriander.



Thai Som Tam Salad

with Fry's Battered Prawn-Style Pieces



Ingredients:

For the Crispy Black Pepper Prawn Pieces:

- 1 box Fry's Battered Prawn-Style Pieces
- 1 Tbsp oil
- 6 sprigs coriander
- ½ tsp turmeric
- ½ tsp red chilli
- ½ tsp mustard seeds
- ½ onion, thinly sliced
- Salt and pepper to taste
- 3 lime leaves or 1 tsp lime zest and juice
- ½ stick lemon grass
- Fresh coriander

For the Som Tam Salad:

- 1 ½ cups julienned green papaya (soak in ice water for 10-15 minutes until they are firm)
- 2 cloves garlic
- 3 red chillies (this is a spicy salad so don't be afraid to use a lot!)
- 1 ½ Tbsp palm sugar, packed
- 2-3 green beans, cut into 2cm pieces
- 3 Tbsp roasted peanuts
- 2 tsp tamarind juice (½ tsp tamarind + 2 tsp boiling water, then strained)
- 2 Tbsp fresh lime juice
- ½ cup cherry tomato, halved

Method:

For the Crispy Black Pepper Prawn Pieces:

In a hot wok with 1 Tbsp of oil, add Fry's Battered Prawn-Style Pieces and toss in coriander, turmeric, red chilli, mustard seeds and thinly sliced onion. Add salt and pepper to taste, kafia lime leaves or lime zest and juice and lemon grass. Finish with fresh coriander and squeeze of lime (optional).

For the Som Tam Salad:

Drain the soaked papaya well and place in a bowl lined with 2 layers of paper towel to absorb excess water. You want to have as little water on the papaya as possible so as to not dilute the dressing. With a pestle and mortar, pound garlic and chillies until they have broken down and chilli skins have shredded. Add palm sugar and mash with the pestle until it turns into a wet paste and all the clumps are dissolved. Add green beans and pound just until slightly broken. Add peanuts and pound to break the peanuts up slightly. Add tamarind juice, and lime juice, adding the squeezed lime skin into the mortar as well for extra lime fragrance. Stir with a large spoon to mix and dissolve the sugar. Add shredded papaya and tomatoes. Once everything looks well mixed and the tomatoes are just slightly crushed, it's ready! Plate and sprinkle with the remaining peanuts.

To Serve:

Top the salad with the Crispy Black Pepper Prawns, garnish with fresh lime and serve with sticky rice. Sticky rice is a classic pairing with papaya salad!



Curry-Style Samosas

Ingredients:

- ½ box Fry's Meat-Free Mince (defrosted)
- ½ tsp mustard seeds
- 4 curry leaves
- ½ tsp ginger, minced
- ½ tsp garlic, minced
- 1 large onion, finely chopped
- 2 green chillies, finely chopped
- ½ tsp turmeric powder
- A pinch of chilli powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- Salt, as needed
- 1 medium sweet potato, boiled and then mashed
- 2 Tbsp fresh coriander, chopped
- Samosa pastry
- Oil, for brushing

Method:

Heat oil in a non-stick pan. Add mustard seeds and curry leaves and allow them to splutter.

Add the minced ginger, garlic and chopped onions, and sauté until translucent.

Add the green chillies, Fry's Meat-Free Mince and the rest of the spices. Mix well together and fry for 10-15 minutes on low heat. Add water as needed.

Add the mashed sweet potato to the pan and mix so that the flavours incorporate well. Fry for another few minutes. Add the fresh chopped coriander and mix well again. Turn off the stove and let the filling cool. Spoon the mixture in equal parts into the samosa pastry. Fold the samosas.

Brush the samosas with tiny bit of oil. Arrange the samosas in the air fryer, side by side, and cook for 15-18 minutes, at 185°C, or until golden brown in colour. You can also cook these in the oven or deep-fry them.

Serve hot with your favourite dip.



Goan Sunset

Ingredients:

For the Curry:

- 1 box Fry's Fish-Style Fillets
- 2 Tbsp coconut oil
- 1 star anise
- 2 cinnamon sticks
- 5 curry leaves
- 1 bay leaf
- ½ cup onions, finely chopped
- 3 Tbsp ginger & garlic paste
- 1 chilli
- 2 tsp coriander powder
- 2 tsp cumin powder
- 1 tsp cardamom powder
- 1 tsp black pepper
- 1 tsp chilli powder
- 1 tsp turmeric
- 1 tsp tamarind reduction (recipe on next page)
- 1/2 cup tomatoes, finely chopped
- 1 tsp sugar
- 2 cans coconut cream
- ½ cup desiccated coconut
- Salt to taste
- Handful fresh coriander and grated coconut, for garnish

For the Tamarind Reduction:

- 2 Tbsp tamarind paste
- ½ cup water
- ½ cup sugar

For the Fennel and Orange Salad:

- 2 fennel bulbs
- 1 whole orange
- A pinch of sugar
- A pinch of salt
- 1-2 tsp lemon juice
- Black pepper

For the Green Chutney:

- 50ml oil
- 6 green chillies (reduce if low chilli tolerance)
- ¼ cup fresh coriander
- 4 sprigs of mint (discard the stems)
- 2 Tbsp lemon juice
- 2 tsp sugar
- Salt to taste
- Black pepper

To Serve:

- Store-bought rotis

Method:

For the Curry:

Cook the Fry's Fish-Style Fillets according to pack instructions.

In a pan, heat coconut oil and the aromatics (star anise, cinnamon, curry leaves and bay leaf).

Add onions and sauté the onions until they are a golden brown.

Add the ginger & garlic paste and chilli along with the spices and cook for about 3 minutes being careful not to burn spices.

Add a teaspoon of tamarind paste (optional).

Add the tomatoes and sugar and cook down for a further 4 minutes.

Add coconut cream and coconut and let the curry simmer on a medium heat for 10 minutes.

Add salt and pepper to taste.

Use a stick blender to blend the curry giving it a rich and smooth consistency.

Slice the Fish-Style Fillets into cubes.

Add to the curry.

Garnish with a handful of chopped coriander and grated coconut.

For the Tamarind Reduction:

In a heated sauce pan add the concentrated tamarind. Add ½ cup of water.

Continue to add in the sugar to reduce the mixture until it forms a syrup-like consistency.

Reduce the heat to low until the syrup resembles a balsamic-like consistency.

This is able to keep for a few weeks in the fridge and is great as a dressing.

For the Green Chutney:

In a blender, add in the oil, chillies, coriander, mint, lemon juice and crushed black pepper. Add your sugar and salt to taste.

Blend all the ingredients together until it forms a paste consistency.

This can be kept in the fridge for 3 – 5 days.

For the Fennel Salad:

Use a mandolin to grate the fennel into thin slices.

In a heated sauce pan, add the orange and lemon juice.

Crack in black pepper and allow the liquid to slightly reduce with sugar and salt to taste. Set aside to cool.

Toss the dressing into the fennel and finish with coriander.

To Serve:

Serve the curry topped with Fry's Fish-Style Fillets, fennel salad, green chutney and rotis.





Beef-Style Butternut & Sweet Potato Salad

Ingredients:

- 1 box Fry's Thick Cut Chunky Strips
- 1 large butternut, peeled and thinly sliced
- 4 sweet potatoes, thinly sliced
- 40ml olive oil
- 1 Tbsp jeera (cumin) seeds,
- 1 Tbsp dhania (coriander) seeds, crushed
- 1 Tbsp brown sugar
- 1 Tbsp fresh rosemary
- 4 twigs fresh thyme
- 2 Tbsp balsamic vinegar
- Salt and pepper, to taste
- ½ green pepper, sliced
- ½ red pepper, sliced

Method:

- Preheat oven to 180°C.
- Toss the butternut and sweet potatoes with oil, jeera seeds, dhania seeds, brown sugar, rosemary, thyme and balsamic vinegar into a medium sized casserole. Season with salt and black pepper.
- Roast for 10 minutes until partially cooked and thereafter toss in Fry's Thick Cut Chunky Strips and peppers.
- Roast for another 12-15 minutes or until golden and caramelised. Serve with salad, fresh bread and your choice of a sweet and chilli sauce or vegan mayonnaise.





Chicken-Style Strips in Coconut, Orange & Ginger Cream Sauce

Ingredients:

- 380g Fry's Chicken-Style Strips, prepared as per instructions
- 4 Tbsp coconut oil
- 1 star anise
- 1 piece cinnamon stick
- 2 green cardamom pods
- ½ medium onion grated
- 1 Tbsp crushed garlic
- 1 Tbsp minced ginger
- ½ tsp cumin powder
- ½ tsp coriander powder
- 1 can coconut cream
- ¼ tsp nutmeg
- 1 stem lemon grass
- 1 Tbsp maple syrup
- Juice of 1 orange
- 1 tsp orange rind
- 2 Tbsp toasted coconut shavings

Method:

Heat coconut oil in a saucepan with the star anise, cinnamon stick and cardamom pods, mix in grated onion and sauté onion until pale in colour.

Add in crushed garlic, minced ginger, cumin and coriander powder and fry for a few seconds.

Pour in coconut cream and continue stirring, then add nutmeg and lemon grass and continue to simmer.

Mix in the maple syrup, orange juice and orange rind, simmer and allow liquids to thicken slightly.

Add in the prepared Fry's Chicken-Style Strips and allow to be coated in reduced sauce, cover and continue to simmer for another 4 to 5 minutes.

Garnish with toasted coconut shavings.





Meat-Free Strips & Brinjal Jambala

Ingredients:

- 1 box Fry's Thick Cut Chunky Strips
- 3 Tbsp oil
- 200g brinjal, diced with skin still on
- 1 large onion, peeled and chopped
- 1 red pepper, finely chopped
- 1 yellow pepper, finely chopped
- 1 green pepper, finely chopped
- 1 stick of celery, sliced
- 4 large garlic cloves, peeled and sliced
- ½ tsp smoked paprika
- ½ tsp cayenne pepper (or chilli powder)
- 50g chopped tomatoes
- 1 Tbsp tomato puree
- 250g basmati rice, cooked
- 500ml vegetable stock
- Salt and pepper, to taste
- Parsley, to garnish

Method:

In a medium-sized non-stick pot, heat 1 Tbsp of oil. When the oil is hot, put in as many brinjal slices to the pan in a single layer. Fry until reddish-gold on one side. Turn the slices over and continue frying until similarly coloured. Remove with a slotted spoon and spread out on a plate lined with kitchen paper.

Add the second Tbsp of oil and fry the Fry's Thick Cut Chunky Strips until golden brown, about 10 minutes. Remove from the pan and set aside.

Add the third Tbsp of oil and fry onions, peppers, celery and garlic until onions are golden brown.

To the fried veggies, add smoked paprika and cayenne powder, chopped tomatoes and tomato puree and cook for 5 minutes. Add the brinjal and Fry's Thick Cut Chunky Strips and fry for a minute. Transfer the mixture into a large sized pot and add the cooked rice. Add vegetable stock, season with salt and pepper and bring to boil. Cook until everything has warmed up. Garnish with parsley.





Spicy Meat-Free Mince Ragu with Potato Gnocchi

Ingredients:

For the Spicy Mince Ragu:

1 box Fry's Meat-Free Mince
2 Tbsp oil, for cooking
1 whole onion, finely chopped
2 Tbsp ginger and garlic paste
3 green chillies
6 sprigs fresh coriander
3 Tbsp korma spice
½ can tomato puree
Salt, to taste
Sugar, to taste
Crushed black pepper
Curry leaves to garnish (pan fry for 30 seconds)



For the Vegan Parmesan:

1 cup raw cashews
2 ½ tsp lemon juice
1 ¼ tsp distilled white vinegar
½ tsp sea salt
A pinch ground mustard

For the Chilli and Garlic Oil:

10 green chillies
5 garlic cloves
2 Tbsp oil
Salt, to taste



To Serve:

Store-bought gnocchetti, cooked

Method:

For the Spicy Mince Ragu:

In a pan heat oil over a medium heat. Add in the onion, sauté the onion for about 3 minutes until slight translucent. Add in the ginger & garlic paste. Add in the green chilli. Add in 3g chopped coriander to layer flavour. Add the korma spice and fry for 2 minutes. Add in tomato puree, mix together and allow it to reduce for about 10 mins. Add in pinch of sugar and salt to taste. Towards the last 2 minutes toss in the Fry's Meat-Free Mince and gently mix together with the sauce cooking it low and slow for a further 15 mins.

For the Vegan Parmesan:

Add the dry cashews in a food processor and blend until they are a fine and resemble a crumble. Add the rest of the ingredients and blitz until incorporated.

For the Chilli and Garlic Oil:

Pour some oil into a blender. Blend the green chilli together with the garlic. Add a pinch of salt.

To Serve:

Top the gnocchetti with the Spicy Ragu. Garnish with fresh coriander, crispy curry leaves and finish of with the Vegan Parmesan. Add a drizzle of Chilli and Garlic Oil.





Butter Fish & Mushroom Curry

Ingredients:

- 1 box Fry's Fish-Style Fillets, defrosted and then cubed
- 2 Tbsp oil
- 1 onion
- 2 cloves garlic, crushed
- 1 punnet button mushrooms
- 1 packet Robertson's Rajah Butter Chicken Seasoning or use your favourite vegan butter chicken spice blend)
- 375ml water
- 1x 400g tin tomato puree
- 1 tsp salt
- 8 baby potatoes, washed and quartered
- 3 Tbsp coriander, chopped

Method:

- In a pot, heat the oil and fry the onion and garlic until soft.
- Add the mushrooms and fry for 2 minutes.
- Add the Butter Chicken Seasoning, water, tomato puree and salt and mix well.
- Add the potatoes and simmer until they are soft.
- Stir in the cubed Fish-Style Fillets and simmer for 3 minutes.
- Stir in the coriander and serve with rice. Garnish with more fresh coriander, if desired.





Prawn-Style Noodle Broth

Ingredients:

- 1 box Fry's Battered Prawn-Style Pieces
- 1 Tbsp sesame oil
- 4 tsp garlic paste
- 3 tsp grated ginger
- 4 cups vegetable stock
- 300g white button mushrooms
- 1 pack rice noodles
- 2 cups finely chopped kale
- 1 cup grated carrots
- 1 punnet garlic chives
- Hot sauce to taste
- Salt and white pepper, to taste



Method:

- Heat the oil in a large pan over medium low heat. Add Fry's Battered Prawn-Style Pieces, garlic and ginger. Stir fry for 3 minutes or until fragrant.
- Add the stock and bring to a simmer. Add the mushrooms and simmer for 10 minutes.
- Add the noodles to the hot liquid and simmer for an additional 5 minutes or until the noodles have softened.
- Then add the kale and carrots and allow to cook for a few minutes before adding the chives.
- Top with hot sauce to taste before serving.





Peri Peri Pizza

Ingredients:

- 4 Fry's Traditional Sausages
- 30ml oil
- 2 shallots (or spring onion)
- ½ tsp fresh rosemary
- 6 button mushrooms, sliced
- Peri-peri sauce to taste
- 2 green chillies, finely chopped
- ½ white onion, sliced
- 4 Tbsp canned baked beans
- 1 pizza base
- ½ cup dairy-free cheese, grated
- Salt and pepper, to taste

Method:

Heat oil in a thick-based frying pan and fry the Fry's Traditional Sausages until partially cooked. Drain, cool and cube the Sausages. Place the Sausages in a small bowl and add shallots, rosemary, mushrooms, peri-peri sauce, green chillies and baked beans. Stir the ingredients together.

Place mixture on pizza base, sprinkle the cheese on top with onion. Sprinkle salt and pepper to taste. Place the pizza in an oven and bake at 180°C for 20 minutes or until the pizza is ready.



Fry's Strips in Garam Braised Cauliflower, Pea, Spinach & Potato



Ingredients:

380g Fry's Chicken-Style Strips (or use Fry's Thick Cut Chunky Strips)
80ml sunflower oil
6 curry leaves
½ tsp black mustard seeds
1 onion, finely chopped
1 tsp cumin seeds
1 tsp coriander powder
½ tsp cumin powder
½ tsp turmeric powder
1 tsp red chilli paste or chilli flakes
1 green chilli, deseeded and chopped
1 tsp brown sugar
2 tsp crushed garlic
1 Tbsp ginger cut into slivers
300g cauliflower, broken into florets
2 potatoes, cubed and parboiled
250ml frozen garden peas
300ml baby spinach
Salt and fresh coriander, for serving

Method:

Heat oil in pan, add curry leaves, cumin and mustard seeds allow to "pop".

Add onions and sauté, lower heat and mix in coriander, cumin and turmeric powder stir well add a tablespoon of water to prevent spices from burning.

Stir in red chilli paste or chilli flakes, green chilli, sugar, crushed garlic and ginger.

Add in cauliflower, potatoes and Fry's Strips, allow spices to coat them.

Add a little water if required.

Cover and simmer for 8 minutes on low heat stirring occasionally.

Add peas and spinach and cook for a further 5 minutes.

Season with salt and garnish with fresh coriander leaves.



Cape Malay

Coconut Curry with Charred Apricots

Ingredients:

- 1 box Fry's Battered Prawn-Style Pieces
- 250g (1 packet) dried apricots
- Salt and black pepper, to taste

For the Cape Malay Coconut Curry:

- 3 Tbsp canola oil
- 1 large onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 Tbsp of your favourite masala curry mix
- 1x 400g tin coconut milk

To Serve:

- Handful of sultanas
- Handful of roasted cashew nuts, crushed
- Handful fresh coriander, chopped

Method:

Skewer the dried apricots on kebab sticks, drizzle with oil and season with cracked salt and pepper. Cook over hot coals, turning frequently until charred.

For the Cape Malay Coconut Curry:

Heat a little of the oil in a skillet, add the onion and fry until golden, then add the garlic. Fry for 30 seconds, then add the curry masala and the remainder of the oil. Fry until combined.

Reduce the heat, and then slowly add the coconut milk, stirring until all is combined. Bring the mixture to a simmer. Add the Fry's Battered Prawn-Style Pieces. Allow to simmer for 10 minutes.

To Serve:

Garnish the curry with the sultanas, cashew nuts and fresh coriander. Serve the charred apricots on the side and with vegan flatbreads (optional) that have been brushed with olive oil and grilled. Season with cracked salt and pepper.





Creamy Chicken-Style Stroganoff

Ingredients:

- 1 box Fry's Chicken-Style Strips
- 1 Tbsp olive oil
- 1 onion, diced
- 3 Tbsp whole wheat flour
- 2 cups vegetable stock
- 1 Tbsp soy sauce
- 1 tsp lemon juice
- 1 tsp tomato paste
- 450g white button mushrooms, quartered
- 1 sprig fresh or ½ tsp dried thyme
- ½ tsp dried sage or basil
- ½ tsp salt
- 1 tbsp orange juice
- 70ml coconut cream
- A good grinding of black pepper
- Cooked rice or ribbon type noodles, for serving
- Handful flat-leaf parsley, chopped

Method:

In a large saucepan, add the olive oil and sauté the onions for 3 minutes over medium heat.

Add the Fry's Chicken-Style Strips and cook until golden brown, whilst tossing. Add 2 Tbsp flour and cook for 30 seconds, stirring constantly.

Gradually add the stock, soy sauce, lemon juice, and tomato paste, while stirring at the same time.

Stir until mixture becomes thick and bubbly.

Add the mushrooms, thyme, sage, and salt. Stir to combine.

Cook for 5 minutes, stirring frequently until mushrooms have shrunk in size.

Add the orange juice and simmer for 4

Add the coconut cream, 1 Tbsp of flour, black pepper, and parsley and cook on low for an additional 5 minutes. Taste and adjust seasoning if needed.

Garnish with more parsley and serve with rice or noodles.



Thai Noodle Salad with Fry's Battered Prawn-Style Pieces



Ingredients:

- 350g Fry's Battered Prawn-Style Pieces, prepared as per instructions
- 2 Tbsp groundnut or peanut oil
- 250g fine Thai noodles
- 1 red onion, finely cut
- 3 carrots, finely julienned
- A handful baby corn cut lengthwise
- ¾ cup green beans, slit lengthwise
- 2 stalks spring onions, cut into rings
- ½ cup cherry tomatoes, cut in half
- 2 cloves crushed garlic
- A handful bean sprouts
- ¼ tsp salt
- Juice of 1 lime
- 1 Tbsp white vinegar
- 1 tsp brown or palm sugar
- 1 tsp red chilli or ½ teaspoon chilli flakes
- ½ cup fresh coriander, chopped
- 1/3 cup roasted peanuts



Method:

- Prepare Fry's Battered Prawn-Style Pieces as per box instructions, and mix groundnut or peanut oil while still hot. Place the fine Thai noodles in hot water to soak for 10-15 minutes, drain well and keep aside, allow to cool.
- In a large bowl toss together all vegetables, red onion, julienned carrots, baby corn, green beans, spring onions, cherry tomatoes, crushed garlic and bean sprouts.
- In a separate small bowl add salt, juice of 1 lime, white vinegar, brown or palm sugar, and red chilli or teaspoon chilli flakes. Mix together. This make your lime dressing.
- Spread out vegetable "salad" layer on a plate. Add the Fry's Battered Prawn-Style Pieces.
- Drizzle over the lime dressing and garnish with fresh coriander chopped and roasted peanuts.
- You may serve this meal as individual portions or in a large salad bowl to share.



Mumbai Street Burger

Ingredients:

- 1 box Fry's Asian Spiced Burgers
- 2 Tbsp coconut oil
- 4 burger buns
- 1 red onion, sliced
- 1/3 cup vinegar
- 3 Tbsp sugar
- A pinch of salt and black pepper
- A few slices of vegan cheese
- 1 cucumber, sliced
- A few leaves of lettuce
- A few slices of tomato
- 4 Tbsp Green Chutney (see page 39)
- 2 Tbsp Tamarind Reduction (see page 39)

Method:

- Pan fry the Fry's Asian Style Burger patties in coconut oil for 4 mins on either side on a medium heat. Set aside.
- In a non-stick pan gently toast the sliced buns in coconut oil. Set aside.
- Add sliced cucumber to vinegar and toss in the sugar, salt and pepper. Let the cucumber pickle for 20 mins.
- Slice red onions and set aside.
- Start layering the burger. Add patty to the bun, followed by the vegan cheese, red onion, pickled cucumber, lettuce and tomato. Add some green chutney and a drizzle of tamarind reduction. Serve with sweet potato or shoestring French fries (optional).





Stuffed Gourmet Schnitzel Butternut Bowls

Ingredients:

- 2 Fry's Golden Crumbed Schnitzels
- 2 small sized butternut, halved
- Pinch of salt
- Pinch of black pepper
- 2 Tbsp oil
- 1 ½ cups of mixed vegetables, diced (we used sweetcorn, carrots, peppers, peas and green beans)
- Pinch of fresh rosemary
- 1 Tbsp margarine
- A handful of almonds, finely chopped
- 2 tsp agave syrup
- ½ tsp of cinnamon
- Handful of grated dairy-free cheese
- Coriander, to garnish

Method:

Cut butternut into halves, lengthways and remove pips and scoop out the flesh. Place the halves, cut sides facing upwards, and flesh into an ovenproof dish. Season with salt and black pepper and cook in oven until soft. Cook the Fry's Golden Crumbed Schnitzels in oil until golden brown (can be baked in an oven) by following instructions on pack. Allow the Schnitzels to cool down and then cut into strips and set aside. Prepare mixed vegetables (can be fried or boiled as per preference) and season with rosemary and salt. In a large bowl, combine the Schnitzels, mixed vegetables, margarine and almonds together. When the butternut is ready, allow it to cool down and brush the hollows with agave syrup and cinnamon and add in the stuffing. Add a layer of dairy-free cheese over the stuffing and garnish with coriander.





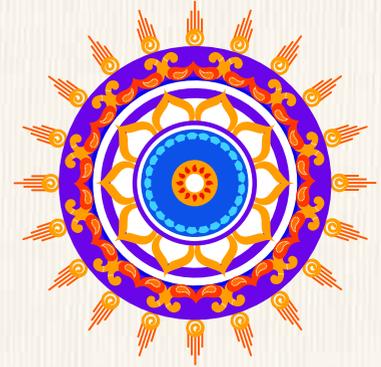
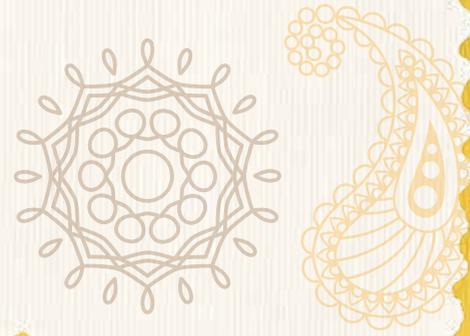
Cacao Yoghurt Bowl

Ingredients:

- 3 Tbsp Cacao Kasha
- 1 ½ cups raw cashews, soaked overnight
- 1 cup non-dairy milk
- ½ cup water
- 3 frozen bananas
- 1 cup frozen mixed berries
- ½ Tbsp maple syrup
- Pomegranate seeds, coconut, cashews, blueberries, chia seeds and edible flowers, for garnish

Method:

In a food processor, blend cashews, non-dairy milk and water together on high speed, until smooth. Add the Kasha, bananas, berries and maple syrup to the food processor and purée until smooth and creamy. Top with pomegranate seeds, coconut, cashews, blueberries, chia seeds and edible flowers (because flowers always brighten up the day!).





Chamomile Ginger Lemon Energy Bars

Ingredients:

- 2 tbsp Vanilla and Chia Kasha
- ½ cup cashews
- ½ cup walnuts
- 1 cup dates
- ½ cup dried pears, chopped
- 1 tbsp dried chamomile
- 1 tbsp freshly grated ginger
- ½ tsp vanilla extract
- Juice of ½ a lemon



Method:

- Place nuts and dried fruit into a food processor and blend until roughly chopped and combined.
- Add in rest of ingredients and blend until mixed. Form into squares or rectangles.
- Store in an airtight container in the refrigerator.





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