



NATURE'S  

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PLANT PROTEINS

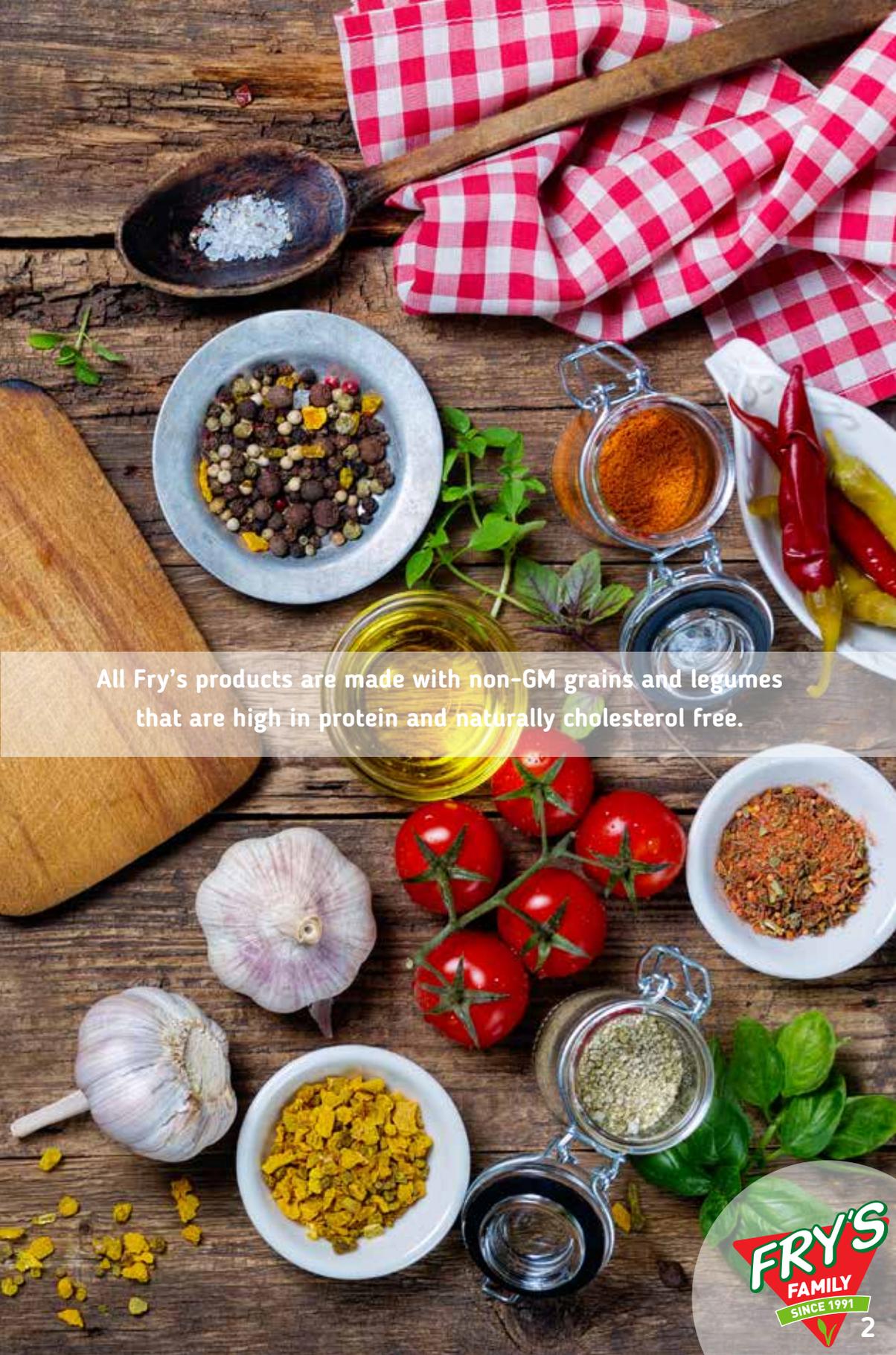
 COOKBOOK 

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**NUTRITIONAL SOLUTIONS - REGISTERED DIETITIANS**  
[www.nutritionaldietitians.co.za](http://www.nutritionaldietitians.co.za)

These recipes have been analysed by Nutritional Solutions. Nutritional Solutions is a registered dietetic practice with all its Dietitians registered with the Health Professional Council of South Africa (HPCSA) and Association for Dietetics in South Africa (ADSA). We consult in various aspects of nutrition and our Dietitians pride themselves on providing expert nutritional advice guided by sound scientific and evidence based practices.



All Fry's products are made with non-GM grains and legumes that are high in protein and naturally cholesterol free.

# BETROOT

SALAD WITH MEAT FREE POPS

## Ingredients

1 box FRY'S MEAT FREE POPS  
400g rocket  
1x 410g tin chickpeas, drained  
6 medium sized beetroots, peeled  
10ml Dijon mustard  
30ml balsamic vinegar  
60ml olive oil  
5ml sugar  
Salt and pepper

## Method

### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
1961.8	17.9g	40.1g	12.7g

Cook the FRY'S MEAT FREE POPS following instructions on back of pack. Place the beetroot in a large pot and cover with water, bring to the boil and cook for 20 minutes or until the beetroot can be pierced easily with a knife. Drain and peel the beetroot once cooled slightly. Cut the beetroot into wedges. Make a dressing by whisking together the olive oil, mustard, vinegar and sugar, season with salt and pepper. Set aside. Toss together the rocket, pops, dressing, beetroot and chickpeas.

TIME | 30 mins  
SERVES | 4



# MANGE TOUT

BASIL, BULGUR WHEAT & NUGGET SALAD

## Ingredients

1 box FRY'S CHICKEN STYLE NUGGETS  
200g fresh basil leaves  
2 cups bulgur wheat cooked to packet instructions  
6 medium carrots, grated  
250g mange tout, sliced diagonally  
500g butternut, cut into 2cm cubes  
5ml chilli powder  
70ml olive oil  
5ml Dijon mustard  
30ml apple cider vinegar  
10ml sugar  
A handful of coriander  
Salt & pepper

HEAT | 180°C  
TIME | 40 mins  
SERVES | 4

## Method

PER SERVING			
ENERGY	PROTEIN	CARBS	FIBRE
2691.8	19.5g	63.1g	17.2g

Preheat oven to 180°C  
Whisk together 60ml olive oil, mustard, apple cider vinegar and sugar. Season well and set aside. Cook the FRY'S CHICKEN STYLE NUGGETS following the instructions on back of pack. Place the butternut in a roasting tray, drizzle over 10ml olive oil, season well with salt, pepper and chilli powder and roast for 35 minutes or until golden brown. Cut each nugget in half. Toss together the bulgur wheat, mange tout, carrot, butternut, nuggets, coriander, basil leaves and dressing.





# THAI CURRY

WITH MEAT FREE PRAWNS & GREEN VEG

TIME | 20 mins  
SERVES | 4

## Ingredients

### CURRY PASTE

1 tbsp. ground coriander  
2 tsp. ground cumin  
1 stalk of lemongrass  
finely chopped  
2 tbsp. soy sauce  
1/2 tsp. sugar  
3 green chillies, sliced

3 cloves garlic  
5cm piece ginger, grated  
1 tsp. galangal, finely chopped  
1 tbsp. fresh lime juice  
1 loose cup chopped fresh  
coriander leaves and stems

### CURRY

1 box FRY'S MEAT FREE PRAWNS  
10ml olive oil  
2x 410g tins coconut milk  
250g mange tout, sliced  
diagonally

250g asparagus  
250g tender broccoli stems  
Fresh coriander for garnish  
Salt and pepper

### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
2878.3	18.2g	26.7g	13.6g

## Method

Blend together all the curry paste ingredients in a food processor. Heat the olive oil in a large wok or frying pan, fry 2 tbps of the curry paste until fragrant. Add the coconut milk and bring to a simmer. Cook the FRY'S MEAT FREE PRAWNS following instructions on back of pack. Add the asparagus, broccoli, mange tout to the curry base and cook for 5 minutes. Season well with salt and pepper. Stir through the crispy meat free prawns and serve with fresh coriander.





# SPICY SAUSAGE

## STEW WITH TOMATO & BEANS

### Ingredients

- 1 box FRY'S SPICY SAUSAGES, cubed
- 15ml olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 red chillies, finely chopped
- 3 carrots, sliced
- 500ml vegetable stock
- 1x 410g tin chopped tomatoes
- Sugar, for seasoning
- Salt and Pepper
- 1x 410g tin kidney beans
- 1x 410g tin butter beans
- 4 tsp. coriander, roughly chopped for garnish

### Method

PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
2096.3	31.2g	51.4g	23.1g

Heat the oil in a large pot, over medium heat. Add onion and fry for 5 minutes. Add garlic and chilli and fry for a further minute. Add carrots, vegetables stock and tomatoes and bring to the boil. Allow to simmer over a low heat for 25 minutes and season well with sugar, salt and pepper. Stir in the beans and the FRY'S SPICY SAUSAGES and allow to simmer for a further 10 minutes.

Garnish with coriander.

TIME | 50 mins  
SERVES | 4



# LETTUCE CUPS

WITH MEAT FREE MINCE LARB

## Ingredients

TIME | 35 mins  
SERVES | 4

1 box FRY'S MEAT FREE MINCE  
15ml olive oil  
30ml freshly grated ginger  
1 stalk lemongrass  
250ml vegetable stock  
2 fresh red chillies, chopped  
chopped for garnish  
4 cloves garlic, crushed  
45ml fresh lime juice  
1 tsp. brown sugar  
3 spring onions finely sliced + 1 sliced for garnish  
2 heads baby gem lettuce, leaves separated  
2 limes cut into wedges to serve  
Salt & Pepper

### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
1003.8	17.8g	33.5g	14.2g

## Method

Heat olive oil in a large pot and fry the spring onions, chilli, ginger and garlic until fragrant. Add the FRY'S MEAT FREE MINCE and fry for a further 5 minutes. Add the STOCK and lemon grass stalk, and allow to simmer for 15 minutes. Add sugar and lime juice, season well with salt and pepper. Allow to simmer for a further 10 minutes.

To serve, scoop the larb into each lettuce 'cup' and garnish with lime wedges, thinly sliced spring onion and sliced red chilli.



# CORNDOGS

WITH MEAT FREE HOT DOGS



## Ingredients

1 box FRY'S Hotdogs cut in half  
1/3 cup cornmeal  
1 cup flour  
2 tsp. corn flour  
2 tsp. baking powder  
1 tsp. salt  
1 cup soy milk  
60ml tomato sauce  
45ml mustard  
Oil for deep frying  
Skewers

## Method

### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
1148.3	11.1g	21.3g	2.3g

Heat the oil for deep frying.  
Mix all the dry ingredients together, make a well in the center and add the soy milk, whisk to form a smooth batter. Skewer each FRY'S HOT DOGS half and dip into the batter. Deep fry 2 at a time for about 2 minutes until golden brown. Drain on paper towel.

Serve the corndogs with tomato sauce and mustard.

TIME | 20 mins  
MAKES | 8



# CORIANDER

## PESTO SCHNITZEL SANDWICH

### Ingredients

1 box FRY'S CRUMBED SCHNITZELS  
2 wholewheat low GI baguettes, tips cut off  
and halved and opened  
200g rocket  
1x 410g tin cannellini beans  
1 lemon, juiced  
1 cup roughly chopped coriander  
45ml salted peanuts  
45ml olive oil  
1 clove garlic, crushed  
Salt & Pepper

### Method

#### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
1999.3	19.3g	29.1g	11.0g

Preheat oven to 180°C

Cook the FRY'S CRUMBED SCHNITZELS following instructions on back of pack. Blend the coriander, peanuts, olive oil and garlic together and season well to make a coriander pesto.

Roughly blend the cannellini beans with lemon juice and a good pinch of salt and pepper.

Spread each 'roll' with the coriander pesto, then spread over the cannellini bean spread. Top with a schnitzel and rocket, close the sandwich and serve.

HEAT | 180°C  
TIME | 15 mins  
SERVES | 4





# BUTTERNUT

WRAP WITH MEAT FREE STRIPS

HEAT | 180°C  
TIME | 50 mins  
SERVES | 4

## Ingredients

- 1 box FRY'S THICK CUT CHUNKY STRIPS
- 45ml olive oil
- 250g butternut, cut into 2cm cubes
- 1x 410g tin kidney beans, drained
- 250g rocket
- 100ml balsamic reduction
- 4 whole wheat wraps

## Method

PER SERVING			
ENERGY	PROTEIN	CARBS	FIBRE
2484.0	31.7g	69.1g	8.1g

Preheat oven to 180°C

Place the butternut in a roasting tray, drizzle over 10ml olive oil and season well with salt and pepper. Roast the butternut in the oven for 35 minutes or until golden brown. Pour the balsamic reduction into a pan and heat gently. Toss the kidney beans through the balsamic sauce.

Cook the FRY'S THICK CUT CHUNKY STRIPS following instructions on back of pack. To serve, wrap the butternut, rocket, strips, and kidney beans up in a whole wheat wrap and serve a little extra reduction on the side.



# LEMONGRASS

BROTH WITH SLICED ASIAN SPICED BURGER

## Ingredients

- 1 box FRY'S ASIAN SPICED BURGERS, sliced 2cm thick
- 1 litre vegetable stock
- 2 lemongrass stalks, bruised
- 2x Small pieces of ginger, peeled
- 1 red chilli split + 1 red chilli finely sliced for garnish
- 500g pak choi split in half
- 400g mange tout, thinly sliced
- Salt & Pepper

## Method

PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
978.5	19.9g	23.1g	5.8g

Cook the FRY'S ASIAN SPICED BURGERS following instructions on back of pack. Add the stock, lemongrass, chilli and ginger to a large pot. Bring to the boil. Allow the liquid to simmer for 15 minutes with the lid on. Season the broth well. Discard the lemon grass, chilli and ginger. Add the spiced burger slices to the broth and allow to simmer for a further 5 minutes. Add the pak choi and mange tout, cook for 2 more minutes.

Spoon into bowls and garnish with chopped red chilli. Add salt and pepper to taste.

TIME | 20 mins  
SERVES | 4



# VEGETABLE

## SOUP WITH BRAAI STYLE SAUSAGES

### Ingredients

- 1 box FRY'S BRAAI STYLE SAUSAGES, sliced into 4 pieces each
- 30ml olive oil
- 1 large onion finely chopped
- 2 cloves garlic crushed
- 6 carrots sliced
- 4 potatoes peeled and cut into 3cm cubes
- 3 large stalks celery finely chopped + 1 cup celery leaves
- 1 x 410g tin chopped tomatoes
- 800ml vegetable stock
- 1 red chilli finely chopped
- medium butternut peeled
- Oil for deep-frying
- Salt & Pepper

#### PER SERVING

ENERGY	PROTEIN	CARBS	FIBRE
1775.8	14.1g	33.1g	7.5g

### Method

Heat oil for deep frying. Heat the olive oil in a large pot, fry the onions for 3 minutes then add the garlic, chilli, celery and carrots, cook for a further 3 minutes. Add the potatoes, tinned tomatoes and stock and season well with salt and pepper. Bring to the boil and allow to simmer for 40 minutes. Peel long strips of butternut and deep fry for 3-4 minutes or until dark golden. Drain on paper towel and season with salt.

Check seasoning of the soup and add the FRY'S BRAAI STYLE SAUSAGES, simmer for a further 10 minutes. Serve the soup with butternut crisps on the side.

TIME | 20 mins  
SERVES | 6



TAKE CARE OF  
**YOUR BODY**  
It is the only  
**PLACE**  
YOU HAVE

to **LIVE** in



**HEALTHY**  
lifestyle

