



LUNCHBOXES

*and*

QUICK MEALS





## Acknowledgement

We would like to thank Nigel Dreary for his creative input and grateful for the input of Lisa Drummy.

## Preface

This eCookbook will inspire you to create simple and delicious meals using our range of Fry's Family Foods products. We picked some of the very best of what is available on our website - [www.frysfamily.com](http://www.frysfamily.com) - head over there if you need some more mouth-watering meals.

Whether you are looking to go meat free for a few days, a week or follow a plant-based diet, these recipes will be a source of inspiration in your kitchen. The recipes were put together with you in mind; today cooking has taken a backseat to a fast-paced modern lifestyle but we have found simple recipes which you can use without compromising on taste.

You will be able to see what you can do with our range of meat free products and a cupboard full of fruit and vegetables. The motivation for this eCookbook is clear, going meat free is easy and means more taste (not the contrary!).

We hope you enjoy it!

# FOOD FROM OUR KITCHEN TO YOURS

Wally and Debbie Fry began making protein alternatives back in 1991. These eventually lead to the creation of Fry's which is now available in over 25 countries around the world.

All the recipes in this eCookbook were made with our range of Fry's meat free products. Each recipe has been tried and tested in the Fry's kitchen so you will not be disappointed.

Our food is vegan, NON GMO, and naturally cholesterol free. Visit our website for more information about our family story, tasty recipes and for tips on better eating.

[www.fryfamily.com](http://www.fryfamily.com)



# RAINBOW SANDWICH

Serves 2

Cooking time 12 minutes

## Ingredients

- 2 Fry's Chicken-Style Burgers
- 1 small ripe avocado, peeled and stoned
- 1 tsp. lemon juice
- Salt and ground black pepper
- 4 thick slices multigrain OR rye bread
- 1 lettuce leaf, shredded
- 1 small beetroot, washed and grated
- 1 small carrot, peeled and grated
- 4 sliced tomato OR 1/4 finely sliced red pepper
- Small handful of snow peas OR alfalfa sprouts

## Method

Prepare Fry's burger using pack instructions and set aside.

Place avocado in a bowl. Add lemon juice, season with salt and pepper and mash with a fork until smooth. Place bread on a board and spread with avocado mixture. Top 2 slices of bread with Fry's burger, lettuce, beetroot, carrot, tomato or pepper and top with a few snow peas or alfalfa sprouts. Top remaining bread. Cut in half, wrap and pack.

MEAT FREE



# MANGO CHICK'N WRAP

Serves 1 - 2

Cooking time 10 minutes

## Ingredients

A handful of Fry's Chicken-Style Strips

4 Crisp lettuce leaves

1/2 large cucumber

1 medium just-ripe mango

2 seeded tortilla wraps

2 tbsp. sweet chilli sauce

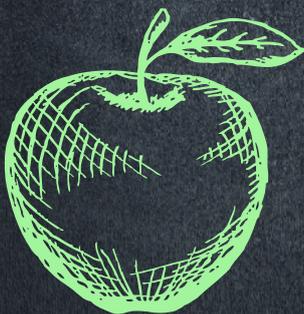


## Method

Prepare Strips using pack instructions and set aside.

To prepare filling, break lettuce into large bite size pieces. Cut cucumber in half, then halve lengthways and cut into very thin strips. Cut flesh, close to the stone, from the mango, remove skin and cut mango into thin strips. Place these ingredients in a bowl and mix in sweet chilli sauce and strips.

Place ingredients on wraps, fold, cut and ready for lunch.



# SCHNITZEL ROLL

MEAT  
FREE

Serves 2  
Cooking time 15 minutes

## Ingredients

2 Fry's Golden Crumbed Schnitzels  
2 wholegrain bread roll  
1 tbsp. egg-free mayonnaise  
2 lettuce leaves, shredded  
8 thin slices cucumber  
Salt and ground black pepper



## Method

Prepare schnitzel using pack instructions and set aside.

Cut roll in half and place on a board. Spread cut sides of the roll with mayonnaise. Top the roll base with lettuce, cucumber and then the schnitzel. Season with salt and pepper. Top with remaining bread, wrap and pack.



# POLONY PINXTOS

MEAT  
FREE

Makes 10 pinxtos  
Cooking time 15 minutes

## Ingredients

Fry's Polony Slicing Sausage  
190g basil pesto  
10 black olives  
Fresh basil  
Black pepper  
1 baguette  
10 toothpicks



## Method

Thinly slice 10 pieces of polony. Cut the baguette diagonally into slices approximately 2 inches thick. Spread a liberal amount of pesto onto each round of bread and add a fresh basil leaf. Add a folded slice of polony and place an olive on top. Stick a toothpick through all ingredients to keep together. Repeat for the remaining rounds of bread.



# THAI GREEN CURRY

Serves 4

Cooking time 35 minutes

## Ingredients

- 1 box Fry's chicken style strips
- 2 cups low-fat coconut milk
- 1 tbsp. thai green curry paste (check ingredients that there's no fish paste in this!)
- 1/2 onion, chopped
- 4 lime leaves
- 1 medium red chilli and 1 green chilli, sliced in half diagonally
- 1 tbsp. soft brown sugar
- 2 baby marrows, sliced
- 1 handful fresh coriander



## Method

Simmer coconut milk with the curry paste, lime leaves, chilli and sugar in a pot for 5-7 minutes before adding all the vegetables. Bring to boil and cook for 10-12 minutes, until vegetables are just tender.

Heat a little oil in a frying pan. Fry onion until brown. Add frozen chicken style strips. Fry on high heat for 6-8 minutes. Add them to the curry.

Garnish with coriander and serve hot.

**MEAT  
FREE**

# BUTTERNUT & SWEET POTATO SALAD

Serves 4

Cooking time 30 minutes

## Ingredients

- 1 box Fry's Chicken-Style Chunky strips
- 1 large butternut, peeled and thinly sliced
- 4 sweet potatoes, thinly sliced
- 40ml olive oil
- 1 tbsp. coriander seeds, crushed
- 1 tbsp. brown sugar
- 1 tbsp. rosemary
- 4 twigs thyme
- 2 tbsp. balsamic vinegar
- Salt to taste
- Black pepper to taste
- 1/2 green pepper, sliced
- 1/2 red pepper, sliced



## Method

Toss in butternut and sweet potatoes with oil, cumin seeds, coriander seeds, brown sugar, rosemary, thyme and vinegar into a medium sized casserole and season. Roast for 10 minutes at 180°C until partially cooked and thereafter, toss strips and peppers in. Roast for a further 12 - 15 minutes until golden and caramelised.



# SWEET & SOUR SKEWERS

Serves 4

Cooking time 25 minutes

## Ingredients

4 Fry's meat free sausages

1/2 red onion, peeled and cut into blocks

1/2 yellow pepper, deseeded and cut into blocks

1/2 red pepper, deseeded and cut into blocks

2 baby marrows, topped and tailed, cut into rounds

6 portabellini mushrooms, cubed

60ml syrup

60ml wholegrain mustard



## Method

Slice the sausages into pieces (4 - 5 pieces per sausage). Skewer the sausages and vegetables onto the kebab stick in any order you prefer. Fry the skewers in a hot pan with a little oil to give them some colour.

Make the basting sauce by mixing the syrup and mustard together. Place the skewers on an oven tray and baste with the basting sauce, bake/grill in the oven for 10 minutes at 180°C or place on barbecue for 10 - 15 minutes.

Serve with a summer salad or baked potato.



# NUGGET QUESADILLA

Serves 4

Cooking time 25 minutes

## Ingredients

1 box Fry's Chicken-Style Nuggets

1 tbsp. oil

8 soft flour tortillas

4 tbsp. tomato relish, chutney or another favourite pickle

4 tbsp. grated vegan cheese

4 spring onions, trimmed and chopped

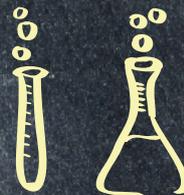
4 tsp. red or green chilli, finely chopped, or use jalapeno chilli from a jar)

1 large juicy lime, cut in half

4 tbsp. vegan soured cream



## Method



Prepare nuggets using pack instructions and set aside.

Heat a frying pan with a drizzel of oil and, when hot, place a torilla into the pan. Spread a tablespoon of relish on top, then scatter a handful of nuggets, a tablespoon of cheese and a sprinkle of spring onion, chilli and lime juice. Dot with three tablespoons of cream and place another tortilla on top. By this time the bottom of tortilla should be golden, flip it over in the pan and cook until the underside is also golden.

Slide the quesadilla onto a board, cut into wedges and devour.

# SWEET POTATO & POLONY SOUP

Serves 4 - 6

Cooking time 30 minutes

## Ingredients

- 1/4 Fry's Polony Slicing Sausage, cubed
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 red chilli, seeded and finely sliced
- 1 tsp. fresh ginger, grated
- 2 tbsp. margarine
- 1 litre vegetable stock
- 4 large red-fleshed sweet potatoes, cubed
- 2 tbsp. soy sauce
- 1 x 400g tin coconut cream
- Salt and black pepper to taste
- Fresh coconut, shaved, to garnish
- Fresh coriander, to garnish



**MEAT  
FREE**

## Method

Gently sauté the onion, garlic, chilli and ginger in the margarine for approximately 5 minutes. Add the stock and sweet potato and simmer for 15 - 20 minutes until soft and tender. Blend in a food processor, pour into a clean pot and stir in the soy sauce. Fry the cubed polony in a little bit of oil until crispy and set aside.

Serve garnished with fresh coconut shavings, polony and a few sprigs of coriander.

# GRILLED POLONY SANDWICH

Serves 1

Cooking time 15 minutes

## Ingredients

Fry's Polony Slicing Sausage

2 slices whole grain bread

A sprinkle of vegan cheese, grated

1/4 small onion, finely chopped

1/2 green chilli, finely chopped

1/2 tsp. olive oil



**MEAT FREE**

## Method

Top a slice of bread with 4 slices of polony, cheese, onion and green chilli. Add the second piece of bread to make a sandwich. Brush the outside of the sandwich with olive oil and grill it in a sauté pan OR on a griddle until bread is toasty golden brown.

Slide the sandwich onto a board, cut in half and devour.



# CHICK'N PASTA

Serves

Cooking time

## Ingredients

1 box Fry's Chicken Style Strips

Olive oil

2 cups frozen vegetables

1 punnet mushrooms

1 large onion, sliced in julienned strips

1/2 tsp. rosemary

1 tsp. dry mixed herbs

1/2 tsp. jeera (cumin) seeds

Salt to taste

1 green pepper, sliced in julienned strips

50ml sweet chilli sauce

4 green chillies, finely chopped

4 cups of cooked pasta

Coriander to garnish

## Method

Heat 35ml of oil in a frying pan and when hot, add in strips. Cook through until golden brown. Drain and set aside.

Heat 40ml of oil in a thick base pot. When hot, add in frozen vegetables, mushrooms, onion, rosemary, mixed herbs, jeera seeds, and salt and cook through. Add the peppers last whilst veggies are still crunchy. Simmer for 2 - 3 minutes before adding the strips, sweet chilli sauce, and green chillies. Toss in the cooked pasta and stir. Garnish with coriander and serve hot.





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