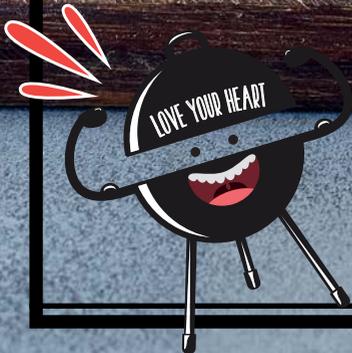


# LOVE YOUR HEART

C O O K B O O K



Crafting Food. Inspiring Change.

## HOW WE RAISED THE GAME: *The Fry Family Story*

The Fry Family Food Co. was started by my wife, Debbie Fry, and I, both born and bred in Durban, KwaZulu Natal. We would do what all proudly South Africans did: we attended many braais (aka “BBQs”) with friends and family on weekends. Despite braais being a meat-orientated tradition, we were determined not to sit on the sidelines, and would bring our own plant-based meat alternatives instead. Oftentimes we would get questioned, and when we replied, “these are vegetarian burgers”, we were given looks of bewilderment.

As a family, we would just keep to ourselves and dish up a burger or schnitzel each and leave the rest on the grill— just in case someone wanted to try our food. Every time, without fail, all of our food would disappear. Seeing our friends and family enjoying our plant-based meat alternatives always made our day! This inspired us to continue developing new and better meat alternatives for our friends and family and then for people around the world!

As South Africans, we take great pride in the diverse traditions that make up our country. Our cultural heritage impacts our food choices, how we prepare food and how we share our meals. We want to celebrate our braai culture, all the while honouring our beautiful country and her land, as well as positively influencing our own health and that of our families and communities.

Whether you are already following a plant-based diet, or are just beginning to cut down eating meat, let us show you how amazing a plant-based braai can be! Gone are the days when catering for the veggie at the braai meant a lonely mielie on the side. Now the plant-based options are the hero of the grill.

From vibrant veggies, to sizzling skewers, make your flavourful, plant-based braai one to remember! All you need is a touch of imagination, a sprinkle of good company and a few delicious recipes to knock up tasty, meat-free meals. Join us in celebrating braai meals that are good for your health, for the planet and for the animals!

*— Wally Fry*

### All our Products are:

- ✗ Made with nature’s plant proteins
- ✗ High in protein
- ✗ Naturally cholesterol-free
- ✗ 100% vegan
- ✗ Non-GM
- ✗ Free from harmful chemicals
- ✗ No added MSG
- ✗ Quick and easy to prepare

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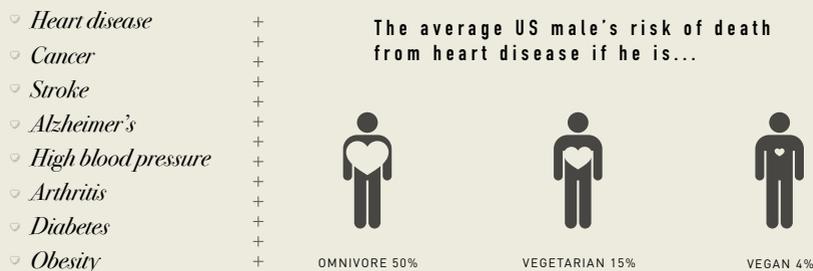


## ♥ your heart: The heart health benefits of eating plant-based

According to the American Heart Association and the World Health Organisation, more than half of heart-related deaths now affect people under the age of 65 years, while over 17 million people die every year from cardiovascular disease. It's a staggering number when one considers that the majority of these premature deaths can be prevented by eating better, moving more and avoiding smoking. And according to Oxford Research, changes in total energy intake, the consumption of less red meat, and more fruits and vegetables could result in reductions in total mortality of 6–10%.

A plant-based diet contains no cholesterol, a main predictor and cause of heart disease; is lower in saturated fat, which increases the risk of heart disease and stroke; and contains a rich amount of heart-protective nutrients and antioxidants – all without sacrificing on flavour!

As stated by the American Dietetic Association, an appropriately planned plant-based diet may aid in the prevention and treatment of these diseases, among others:



Leaving meat off your grill is not only good for your health, but with well-prepared veggies and convenient meat replacements, you don't have to worry about missing out on taste!

## More amazing benefits of a plant-based diet



## How plants save the world: the environmental benefits of going plant-based

We live on a beautiful planet, full of life and colour, but climate change is altering the world in which we live. Pollution and the wasteful use of our natural resources are the key contributors to the stresses Mother Earth is experiencing. On top of all of that, animal agriculture is the leading cause of rainforest deforestation, water depletion, species extinction, ocean dead zones, top soil erosion and pollution, and is responsible for more greenhouse gases than the entire transportation industry.

According to Oxford Research, recent analyses show that reductions in meat consumption and other dietary changes would ease pressure on land use and reduce greenhouse gas emissions. Changing diets may be more effective than technological mitigation options for avoiding climate change and may be essential to avoid negative environmental impacts such as, major agricultural expansion and global warming of more than 2 °C, while ensuring access to safe and affordable food for an increasing global population.

By eating less meat you are minimizing the amount of strain placed on the environment while maximizing the positive impact you can have!

**Cook with your heart: we ♥ all animals!** 🐔 • 🐷 • 🐮

Did you know that 20 million chickens, 18,000 cows and 75,000 pigs have been saved from slaughter each year by people eating Fry's products instead of animal-based ones? And the numbers of lives saved continue to grow as more people choose to leave meat off their plates!

And why do we choose to leave animals off our plates? All animals, including farm animals, wild animals and sea creatures have the ability to love and feel pain, they have friends and family, and importantly, they want to live a happy, safe and comfortable life.

Hosting a meat-free braai, or reducing the amount of meat on the grill, means you are turning your fork into a powerful tool for peace by withdrawing support from industries that harm animals. Indeed, celebrating our heritage and culture doesn't have to start and end with humans; we can still create a cohesive society that works towards the well-being of all its members, animals included.



PRINTS  
PACKED  
WITH  
PROTEIN



FULLY LOADED NUGGET  
**BRAAI BOAT**



**INGREDIENTS**

**For the Braai Boat:**

- 1 pack Fry's Rice Protein and Chia Nuggets
- 1 large ciabatta
- 2 braaied mielies, cut from the cob
- 1 cup of grated vegan cheese

.....

**For the Tomato and Onion Relish:**

- 3 tomatoes, diced
- 1 large onion, diced
- 1-2 garlic cloves, crushed
- 1 green pepper, diced
- 1 tbsp olive oil
- 1 tsp sugar
- Salt and pepper, to taste
- Fresh basil

.....

**To Serve:**

- Chopped spring onion, to garnish
- Chutney dipping sauce

**METHOD**

Heat olive oil in pan, add onion and brown lightly. Add the crushed garlic and heat with onion.

Add green pepper and stir-fry lightly. Add chopped tomatoes and sugar, let simmer for 15-20 minutes.

Season with salt and pepper to taste, and add the basil. Set aside.

Slice a channel out of the top of the bread loaf and hollow it out a little.

Layer the braai relish, mielies and Nuggets from pack inside the bread and top with a little more braai relish and the grated vegan cheese.

Pop the hollowed out bread back on top, wrap the loaf in tin foil and place on the braai. Bake the loaf for 20-25 minutes or until the bread is heated through.

Unwrap the loaf, slice into segments and sprinkle spring onion over the top before serving with a chutney dipping sauce.

**SERVES: 3**



TROPICAL STYLE BURGERS WITH  
**FRUITY SALSA**



**INGREDIENTS**

**For the Coconut Cream:**

- ½ cup coconut cream
- ½ cup coriander leaves
- 1 garlic clove
- 1 tbsp nutritional yeast
- 1 tsp lime juice
- Salt and pepper

**For the Salsa:**

- ½ cup mango, diced
- ½ cup pineapple, diced
- ½ cup pawpaw, diced
- ½ cup cucumber, diced
- 1 tbsp coriander, finely chopped
- 1 green chili, deseeded and finely chopped
- 1 tsp lime juice

**For the Sandwiches:**

- 1 cup onion, diced
- ¼ cup corn flour
- 2 tbsp almond milk
- 2 tsp nutritional yeast
- ½ tsp salt
- ½ cake flour
- Sunflower oil, for deep frying

**To Serve:**

- 4 Fry's Traditional Burgers
- 4 burger buns
- 160g cos lettuce
- 8 lime wedges

**METHOD**

**For the Coconut Cream**

Combine all ingredients in a food processor and blend until smooth. Season to taste.

**For the Salsa**

Stir all of the ingredients together.

**For the Crispy Onion Bits**

Stir the onions, corn flour, almond milk, nutritional yeast and salt together. Toss this mix through the flour to coat each piece of onion evenly.

Heat the oil for deep frying over medium heat to 180°C. Fry the onion bits in batches until golden and crisp – about 1-2 minutes and then drain on kitchen towel.

**To Serve**

Cook the Traditional Burgers on the braai over medium heat coals until heated all the way through.

Cut each bun in half and spread some of the coconut sauce onto each bun. Add lettuce leaves and top it off with the Burger patty and salsa. Scatter crispy onion bits on top and serve with lime wedges on the side.

*TIP: For extra crispness, toast the cut-sides of each bun over the warm coals until lightly charred.*



**SERVES: 4**

Page No:



**Fry's Fry Table**  
HEAT FREE  
**8 BRAAI-STYLE SAUSAGES**  
MADE WITH A BLEND OF PASTURE-RAISED CHICKEN AND COUNTRY CURED PORK. SEASONED WITH HERBS AND SPICES FOR AUTHENTIC BRAAI-INSPIRED FLAVORS.  
380g (NET WT)  
KEEP FROZEN  
COOK IN 8 MINS  
COOK IN A SKILLET, GRIDDLE OR PAN. SEE US AT FRY'S FOR MORE IDEAS AND RECIPE CARDS.

B R A A I S K E W E R S W I T H  
**COUS COUS SALAD**



**INGREDIENTS**

1 box Fry's Braai-Style Sausages

**For the Braai Marinade:**

2 garlic cloves, finely chopped

1 tbsp paprika

¼ cup syrup

1 tbsp white wine vinegar

1 tbsp olive oil

2 tbsp barbecue sauce

**For the Cous Cous Salad:**

2/3 cup cous cous

2/3 cup boiling water

½ cucumber, diced

½ cuprosa tomatoes, sliced

½ red onion, diced

2 tbsp fresh basil

Squeeze of lemon, and orange each

Salt and pepper

Lemon wedges

**METHOD**

Prepare your braai.

**For the Braai Marinade**

Combine garlic, paprika, syrup, vinegar, olive oil and barbecue sauce. Mix together well and marinade the Sausages in the braai sauce for 30 minutes.

Cut the Sausages while you soak the skewers in water and then thread the Sausages onto the skewers.

Grill the Sausages on the braai, turning and basting continuously with the remaining marinade for 10 minutes.

Cook the cous cous as per instructions on pack.

Add the cucumber, rosa tomatoes, red onion and basil to the cous cous. Add the lemon juice, orange juice, olive oil, salt and pepper. Mix the ingredients lightly until combined.

Serve skewers with couscous salad and lemon wedges.

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**SERVES: 4**

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MEAT FREE  
8 BRAAI-STYLE  
SAUSAGES

300g & 100% WHOLE BEAN PROTEIN



COOKS IN 8 MINS!  
\*Based on Fry's Braai-Style Sausages  
& Fry's Braai-Style Sausage Sauce

# CHARGRILLED SAUSAGE PANINIS WITH KALE PESTO AND CHILLI OIL



## INGREDIENTS

### For the Kale pesto:

3 cups kale, blanched  
1/3 cup nutritional yeast  
1/3 cup roasted almonds  
1 tbsp lemon juice  
2 small garlic cloves  
3/4 cup olive oil  
Salt and pepper

.....

### For the Chilli Oil:

3 spring onions  
2 cloves of garlic  
1 tbsp nutritional yeast  
1 tbsp lemon juice  
4 Serrano chillies, deseeded  
3/4 cup olive oil  
Salt and pepper

.....

### For the Sandwiches:

8 Fry's Braai-Style Sausages  
8 ciabatta or panini rolls  
800 g (or around 8) large mushrooms, cooked  
4 tomatoes, thinly sliced  
8 vegan cheese slices

## METHOD

### For the Kale Pesto

Combine the kale, nutritional yeast, almonds, lemon juice and garlic in a food processor and process until coarsely ground. Keep the motor running while adding the oil in a thin stream. Blend until smooth and season to taste.

### For the Chilli Oil

Combine the spring onions, garlic, nutritional yeast, lemon juice and chillies in a food processor and process until coarsely ground. Keep the motor running while adding the oil in a thin stream. Blend until smooth and season to taste.

### For the Sandwiches

Lightly chargrill the Braai-Style Sausages on a braai over medium heat coals until heated all the way through. Slice each Sausage in half, lengthwise.

### To Assemble

Slice each roll open and spread the inside of each half with the kale pesto. Assemble the toppings, starting with a slice of vegan cheese. Add 2 mushrooms, 2 slices of the Braai-Style Sausages and a few slices of tomato to each sandwich. Top with the other half of the bun.

Cook the sandwiches over medium heat coals on the braai/barbeque for 10-12 minutes, turning regularly until golden, crisp and lightly charred. Serve each sandwich with chili oil for dipping or drizzling.

*TIP: The sandwiches can also be cooked in a griddle pan over medium heat for 4-5 minutes on each side until golden and crisp. Turn the sandwiches regularly to avoid over-charring. The sandwiches can also be cooked in a panini press, if preferred.*

**SERVES: 8**

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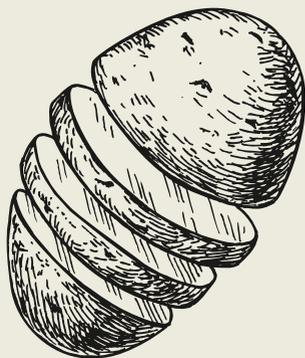


C H E E Z Y P O T A T O  
**POLONY BAKE**



**INGREDIENTS**

Fry's Slicing Sausage/ Polony, thinly sliced  
4 potatoes, thinly sliced  
1 onion, sliced  
1 garlic clove, crushed  
¼ cup olive oil  
½ cup margarine  
½ cup flour  
1 tsp salt  
1 tbsp soy sauce  
2 cups boiling water  
¼ tsp turmeric  
½ cup nutritional yeast  
½ tsp paprika



**METHOD**

Preheat the oven to 180°C.

Boil the sliced potatoes in water for 6 minutes, drain and layer half of the potatoes with half of the sliced Polony in the bottom of a casserole dish.

In a separate pot, fry the onions and garlic in 1 tsp of olive oil for 3-4 minutes. Reduce the heat and add margarine and flour. Stir continuously until thick.

Add the boiling water, salt, soy sauce and turmeric to the onions, stirring frequently until thickened. Add remaining 1/4 cup olive oil and nutritional yeast, stir until well mixed.

Pour half of the sauce mixture over the potatoes and Polony in the casserole dish, add another layer of remaining potatoes and Polony, then cover with remaining sauce.

Cover with tin foil, and bake for 10 minutes. Uncover, and bake for an additional 10-12 minutes. Remove from oven and sprinkle with paprika.

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**SERVES: 6**

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# SCHNITZEL SALAD WITH BERRY GLAZE



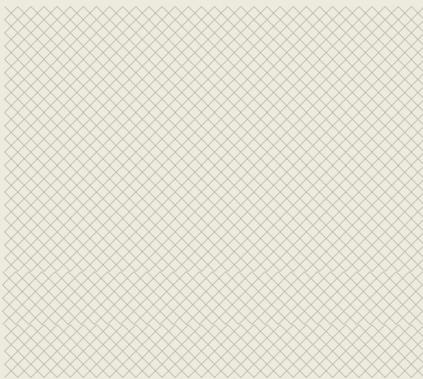
## INGREDIENTS

- 2 Fry's Golden Crumbed Schnitzels
- 1 cup strawberries, chopped
- Handful of salad leaves
- Handful of sugar snap peas, blanched (optional)

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### For the Berry Glaze:

- ½ cup pomegranate juice
- 1 tsp sugar
- 3 star anises
- 2 tbsp soy sauce
- 3 tbsp red wine vinegar

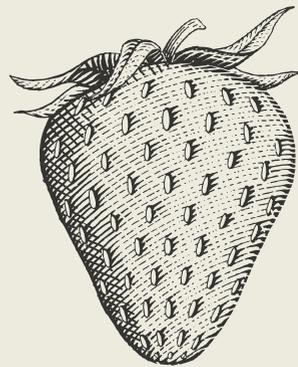


## METHOD

Combine the red pomegranate juice, sugar, star anise, red wine vinegar and soy sauce in a small saucepan; simmer for 10–15 minutes until the sauce becomes sticky.

Braai the Schnitzels until golden brown. Cut each Schnitzel into 4 pieces.

Mix the chopped strawberries with the pomegranate sauce. Mix together the salad leaves, sugar snap peas and the Schnitzel pieces. Pour the strawberry mixture over the salad and serve.



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**SERVES: 4**

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**TWO'S**  
PREPARED  
**MEAT FREE**  
**4 TRADITIONAL**  
**BURGERS**

320 g (NET WT)  
8.5 OZ (NET WT)  
KEEP FROZEN



**MEAT FREE**  
**4 TRADITIONAL**  
**BURGERS**

320 g (NET WT)  
8.5 OZ (NET WT)  
KEEP FROZEN

C H A K A - L E K K A  
**BURGER PIE**



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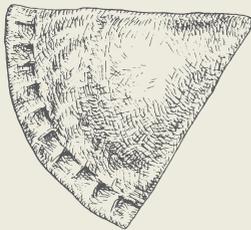
**INGREDIENTS**

**For the Pie:**

- 1 box of Fry's Traditional Burgers
  - 2 packets of puff pastry
  - Olive oil for frying
  - Salt and pepper
  - 1 cup chakalaka
  - 1 cup grated vegan cheese
  - Sesame seeds, to garnish
- .....

**To Serve:**

- Baked potato wedges
- Tomato sauce
- Simple side salad



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**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 Traditional Burger patty on top of each pastry round and wet the edges with a little water.

Top with a generous dollop of chakalaka and grated vegan cheese.

Repeat the process of cutting 2 circles from the second roll of pastry and place the circles over the top of the 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.



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**SERVES: 2**



P R A W N   S T Y L E   S K E W E R S   W I T H  
**PISTACHIO DUKKAH**



**INGREDIENTS**

1 pack of Fry's Battered Prawn-Style Pieces,  
defrosted

Olive oil, for basting

**For the Pistachio Dukkah:**

¼ cup pistachios, finely chopped

2 tbsp sesame seeds

1 tsp ground coriander

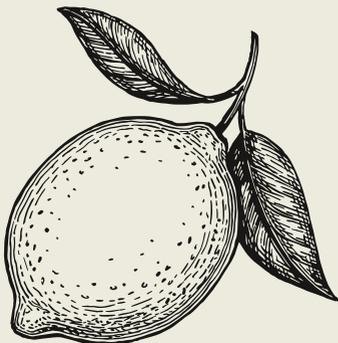
1 tsp ground cumin

½ tsp sea salt

Pinch of freshly ground black pepper

Lemon wedges, for serving

Wooden skewers, soaked in water



**METHOD**

Prepare your braai.

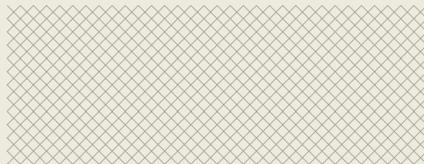
**For the Pistachio Dukkah**

Combine the chopped pistachios, sesame seeds, coriander, cumin, salt and pepper in a small bowl.

Thread the Prawns onto wooden skewers, brush the Prawns with olive oil and roll in the dukkah spice.

Cook the Prawn skewers on a warm braai for 3-4 minutes, turning twice.

Serve the skewers with lemon wedges, the remaining dukkah spice and your favourite dip such as hummus, peppadew hummus, or vegan tzatziki!



**SERVES: 4**



**FRY'S**  
FAMILY  
**MEAT FREE**  
**8 ORIGINAL**  
**HOT DOGS**

360 g

FOOD MADE GOOD

NO MSG  
NO NITRATES  
NO NITROSITES  
NO SODIUM PHOSPHATE  
NO SODIUM ACETATE  
NO SODIUM CITRATE  
NO SODIUM DIACETATE  
NO SODIUM DIHYDROGEN PHOSPHATE  
NO SODIUM GLUCONATE  
NO SODIUM LACTATE  
NO SODIUM TARTRATE  
NO SODIUM TRIPHOSPHATE  
NO SODIUM Y-CAROTENE  
NO SODIUM ZINC PHOSPHATE  
NO SODIUM ZINC SULFATE  
NO SODIUM ZINC OXIDE  
NO SODIUM ZINC POLYPHOSPHATE  
NO SODIUM ZINC SULFATE  
NO SODIUM ZINC OXIDE  
NO SODIUM ZINC POLYPHOSPHATE

# LOADED HOT DOGS WITH CRISPY ONION RINGS



## INGREDIENTS

### For the Mustard:

1/3 cup German mustard (or Dijon mustard)  
1 spring onion, chopped  
1 tsp medium heat curry spice  
1/2 cup almond milk  
Pinch sugar

### For the Onion Rings:

1 1/2 onions, diced  
3/4 cup cake flour  
1/2 cup corn flour  
1/4 cup polenta  
1/2 tsp salt  
1/2 cup almond milk  
1/2 cup coconut cream  
Sunflower oil, for deep frying

### For the Salsa:

1 cup cucumber, finely chopped  
1 cup avocado, finely chopped  
1/2 cup red onion, finely chopped  
1 tbsp lemon juice  
2 tsp olive oil  
Salt and pepper

### To Serve:

8 Fry's Original Hot Dogs  
8 hot dog rolls  
1 cup vegan cheese, grated  
Handful basil leaves (optional)

## METHOD

### For the Mustard

Combine all of the ingredients in a small saucepan over medium heat and simmer for 2 minutes. Blend with a hand blender until smooth and set aside to cool.

### For the Onion Rings

Peel and slice the onions into thin rings and separate each ring. Stir all of the dry ingredients together in a large mixing bowl.

Heat the oil for deep frying over medium heat. Combine the almond milk and coconut cream in a large mixing bowl. Toss each onion ring into the dry mixture, then dip each into the wet mixture and then back into the dry mixture.

Fry the onion rings off in batches until golden and crisp - about 1-2 minutes and then drain on kitchen paper.

### For the Salsa

Stir all of the ingredients together and season to taste.

### For the Hot Dogs

Lightly chargrill the Original Hot Dogs on a braai over medium heat coals until heated all the way through.

### To Serve

Slice the top of each bun open without cutting all the way through. Spread the roll with mustard and add some grated vegan cheese. Add the Hot Dog Sausages and top with salsa and onion rings. Garnish with basil leaves, if preferred.

**SERVES: 8**



**Fry's**  
**MEAT-FREE**  
**4 CHICKEN-STYLE**  
**BURGERS**  
MEAT-FREE & GLUTEN-FREE

**320 g (NET WT)**  
**KEEP FROZEN**

**CHICKEN & MINTS**  
GOOD FOR PROTEIN  
A NON-GM PRODUCT

STICKY AND FRUITY  
**CHICKEN-STYLE KEBABS**



**INGREDIENTS**

- 1 box Fry's Chicken-Style Burgers
  - 1 pineapple, peeled and cut into large pieces
- .....

**For the Basting Sauce:**

- 2 tbsp golden syrup
- 1 thumb-size piece of ginger, grated
- 2 tsp thick soy sauce
- Lemon or lime juice
- A pinch of salt



**METHOD**

Prepare your braai.

Combine the ingredients for the basting sauce and mix well.

Cut the Chicken-Style Burgers into large, equally sized pieces. Thread the Burger and pineapple pieces onto kebab sticks.

Cook the kebabs on the braai for about 2 minutes, then begin to baste.

Turn the kebabs, and baste continuously until they are cooked through, golden brown and sticky.



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**SERVES: 4**

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FRESH AND TANGY LETTUCE BOATS WITH  
**CREAMY SLAW**



**INGREDIENTS**

**For the Pesto:**

- 1½ cup basil leaves
  - 1½ cup coriander leaves
  - 1/3 cup shelled pistachios
  - 4 tsp nutritional yeast
  - 4 tsp lime juice
  - 1½ garlic gloves
  - 1 green chili, deseeded
  - ¾ cup olive oil
- .....

**For the Veggie Slaw:**

- ¾ cup red cabbage, shredded
  - ¾ cup cucumber, julienned
  - 2 spring onions, julienned
  - 2 tsp lemon juice
  - 2 tsp olive oil
  - Salt and pepper
- .....

**To Serve:**

- 4 Fry's Chicken-Style Burgers
- 8 romaine lettuce leaves, washed and separated

**METHOD**

**For the Pesto**

Combine the basil, coriander, pistachios, nutritional yeast, lime juice, garlic and chili in a food processor and process until coarsely ground. Keep the motor running while adding the oil in a thin stream. Blend until finely ground and season it to taste.

**For the Veggie Salsa**

Toss all of the ingredients together and season it to taste.

**To Serve**

Cook the Chicken-Style Burgers over warm coals on a braai until lightly charred, about 6-8 minutes. Slice each patty into strips.

To assemble, dollop a little pesto into each romaine leaf cup. Add some fresh veggie slaw and top it off with a few slices of the Chicken-Style Burgers.

*TIP: Assemble the lettuce cups just before serving as the lettuce will wilt and soften with the filling if left for too long.*

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**SERVES: 2**

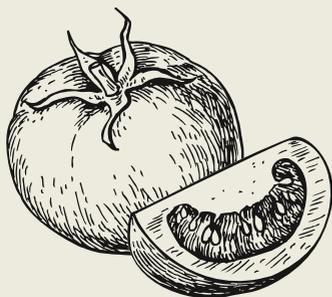


THE ULTIMATE SCHNITZEL BURGER WITH  
**SLOW ROASTED TOMATOES**



**INGREDIENTS**

2 Fry's Golden Crumbed Schnitzels  
A large handful of cherry tomatoes  
2 tsp olive oil  
1 sesame seed roll  
1 tsp coconut oil  
1 slice vegan cheese  
Red onion, finely sliced  
Gherkins, sliced  
½ avocado, sliced  
Mixed baby herb leaves  
A dollop of vegan mayo  
A dollop of your favourite BBQ sauce



**METHOD**

Fire up the braai. Cook the Golden Crumbed Schnitzels over a medium-high heat on the grill until golden brown.

Drizzle the cherry tomatoes with olive oil and season with salt and pepper. Roast in the oven at 160°C until the tomatoes are soft and have burst a little. Allow to cool before assembling the burger.

Cut the sesame seed roll in half, brush some coconut oil on the bread. Toast the rolls until charred.

To assemble the Schnitzel Burger, spread a layer of BBQ on the bottom roll, then one cooked Schnitzel, followed by a layer of vegan cheese, topping with sliced red onion and sliced gherkins.

Add the second Schnitzel, top with slow roasted tomatoes, slices of avocado and mixed baby herb leaves. Spread vegan mayo on the top roll and voilà!

Serve with skinny fries.

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**SERVES: 1**

Page No: **28**



GRILLED FRUIT SKEWERS WITH  
**CHOCOLATE DIP**



**INGREDIENTS**

**For the Chocolate Dipping Sauce:**

- 1 tbsp Fry's Cacao Kasha
- 2 tsp almond milk
- 1 tsp maple syrup
- 1/8 tsp vanilla extract
- .....

**For the Fruit Glaze:**

- A pinch of chilli flakes or cayenne pepper
- 1 tsp maple syrup
- ½ fresh lemon, juiced
- 1 apple, diced
- 1 peach, diced
- 1 pineapple, diced
- 1 pear, diced
- Coconut flakes, for serving
- Skewers



**METHOD**

Prepare your braai.

Soak the skewers in a bowl of water and set aside.

Make the chocolate sauce by adding the Cacao Kasha, almond milk, maple syrup and vanilla in a small bowl. Mix together until smooth.

Combine the lemon juice, maple syrup and chili paste in a medium bowl and mix well. Add the fruit and toss gently to coat with the glaze. Cover and refrigerate until the braai is ready for grilling.

Thread the fruit on the soaked skewers, alternating each fruit type.

Place the fruit skewers on the braai and cook over medium-high heat for 1-2 minutes on each side, or until browned and caramelized.

Serve the warm fruit skewers with the chocolate sauce and coconut flakes.

**SERVES: 4**



Crafting Food. Inspiring Change.

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**SPECIAL THANKS TO FOODIES OF SA AND CRUSH ONLINE FOR DEVELOPING A SELECTION OF THE RECIPES IN THIS COOKBOOK.**

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You can find loads more epic Fry's recipes online to inspire you in the kitchen! Don't forget to send us your photos, comments and recipe suggestions – we'd love to hear from you! Please share this cookbook with friends and family who enjoy a good braai!

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