

PLANTS
ON **FIRE** *in*

QUICK AND TASTY PLANT-BASED
BRAAI RECIPES





FROM THE FRY'S FAMILY KITCHEN TO YOURS

From small innovative beginnings in the Fry's family kitchen, to an international success story, Fry's Family Foods produces a wide range of meat-free and 100% vegan foods for your everyday meals

ALL OUR PRODUCTS ARE:

- Made with nature's plant proteins
- 100% vegan
- Non GM
- Free from Harmful chemicals
- High in protein and fibre
- Naturally cholesterol free
- Quick and easy to prepare

Reducing your meat consumption has never been easier!

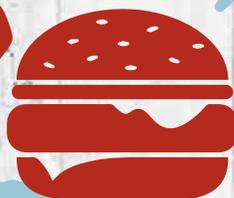


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MEAT-FREE



TRADITIONAL BURGER

WITH SWEET TOMATO RELISH

INGREDIENTS

- 1 BOX FRY'S TRADITIONAL BURGERS
- 1/2 CAN OF TOMATO AND ONION MIX
- 1 TBSP CHUTNEY
- 1/2 GARLIC CLOVE, CRUSHED
- 75 ML MUSTARD
- 200 ML BARBECUE SAUCE
- SALT AND PEPPER
- 4 SEEDED BUNS
- OLIVE OIL FOR GRILLING
- 2 MEDIUM GHERKINS, SLICED
- 1 RED ONION, THINLY SLICED
- 1 TOMATO, SLICED
- WATERCRESS

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

TRADITIONAL BURGER
BRAAI
NO
4

PREPARE YOUR BRAAI.

RELISH: PLACE TOMATO AND ONION MIX IN SMALL BRAAI CAST IRON POT, ADD CHUTNEY AND GARLIC. PLACE POT ON BRAAI AND SIMMER FOR 3 MINUTES. SEASON WITH SALT AND PEPPER.

MARINADE: COMBINE BBQ SAUCE AND MUSTARD TO CREATE BASTING FOR BURGERS.

GRILL THE TRADITIONAL BURGERS ON THE BRAAI FOR 8 MINUTES, OR UNTIL COOKED THROUGH, BASTING AND TURNING REGULARLY.

SLICE THE BUNS IN HALF, LIGHTLY BRUSH WITH OLIVE OIL, TOAST LIGHTLY ON THE BRAAI.

ASSEMBLE THE BURGER: LAYER WITH RELISH, SLICED TOMATO AND WATERCRESS. ADD THE BURGERS, GHERKINS, RED ONION AND MORE RELISH.

STICKY

BRAAI SKEWERS

WITH COUSCOUS SALAD

INGREDIENTS

- 1 BOX FRY'S BRAAI-STYLE SAUSAGES
- 2 GARLIC CLOVES, FINELY CHOPPED
- 1 TBSP PAPRIKA
- 2 TBSP BROWN SUGAR
- 1/4 CUP SYRUP
- 1 TBSP WHITE WINE VINEGAR
- 1 TBSP OLIVE OIL
- 2 TBSP BARBECUE SAUCE
- 2/3 CUP COUSCOUS
- 2/3 CUP BOILING WATER
- 1/2 CUCUMBER, DICED
- 1/2 CUP ROSA TOMATOES, SLICED
- 1/2 RED ONION, DICED
- 2 TBSP FRESH BASIL
- SQUEEZE OF LEMON
- SQUEEZE OF ORANGE
- SALT AND PEPPER
- LEMON WEDGES

METHOD

PREPARE YOUR BRAAI.

BRAAI SAUCE: COMBINE GARLIC, PAPRIKA, BROWN SUGAR, SYRUP, VINEGAR, OLIVE OIL AND BARBECUE SAUCE. MIX TOGETHER WELL AND MARINADE 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 COUSCOUS AS PER INSTRUCTIONS ON PACK.

ADD CUCUMBER, ROSA TOMATOES, RED ONION AND BASIL TO THE COUSCOUS. 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.

FRY'S PRODUCT	BRAAI-STYLE SAUSAGES
COOKING METHOD	BRAAI
PREHEAT OVEN	NO
SERVES	4







GRAB A PIZZA
THE ACTION!



GRILLED VEGETABLE PIZZA

INGREDIENTS

- 1 BOX FRY'S CHICKEN-STYLE STRIPS
- 1 AND 1/2 CUPS CHERRY TOMATOES
- 100 ML BALSAMIC VINEGAR
- OLIVE OIL
- 2 LARGE RED PEPPERS, SLICED
- 1 LARGE AUBERGINE, SLICED
- 2 ZUCCHINIS, TRIMMED AND SLICED
- 2 X PIZZA BASES
- 2/3 CUP HUMMUS
- 1 CLOVE GARLIC, CREAMED
- 2 TBSP NUTRITIONAL YEAST
- ROCKET
- BALSAMIC VINEGAR REDUCTION
- SALT AND PEPPER

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

CHICKEN-STYLE STRIPS
BRAAI, STOVE
NO
4

PREPARE YOUR BRAAI. A WEBER IS RECOMMENDED.

COOK FRY'S CHICKEN-STYLE STRIPS AS PER INSTRUCTIONS ON PACK.

VEGETABLES: PLACE CHERRY TOMATOES IN A SMALL ROASTING TRAY, DRIZZLE WITH BALSAMIC VINEGAR AND SALT AND PEPPER, AND ROAST ON THE BRAAI WITH LID ON FOR 5 MINUTES OR UNTIL THE TOMATOES BECOME SOFT.

PREHEAT GRIDDLE PAN ON STOVE, BRUSH RED PEPPER, AUBERGINE AND ZUCCHINIS WITH OLIVE OIL, AND GRIDDLE FOR 2 MINUTES.

COMBINE HUMMUS, GARLIC, NUTRITIONAL YEAST AND A TABLESPOON OF OLIVE OIL AND MIX WELL. SPREAD THE MIXTURE EVENLY OVER THE PIZZA BASES, COVER WITH THE COOKED VEGETABLES AND THE FRY'S CHICKEN-STYLE STRIPS.

BRAAI THE PIZZAS WITH THE LID ON FOR 5 TO 10 MINUTES OR UNTIL BASES ARE CRISP.

SERVE ON A WOODEN BOARD, SCATTER WITH ROCKET, DRIZZLE WITH BALSAMIC VINEGAR REDUCTION AND OLIVE OIL. SEASON WITH SALT AND PEPPER.

MMMMM

CHEEZY POTATO BAKE

INGREDIENTS

- FRY'S MEAT-FREE POLONY, THINLY SLICED
- 4 POTATOES, THINLY SLICED
- 1 ONION, SLICED
- 1 GARLIC CLOVE, CRUSHED
- 1 TBSP OLIVE OIL
- 1/4 CUP OLIVE OIL
- 1/2 CUP MARGARINE
- 1/2 CUP FLOUR
- 1 TSP SALT
- 1 TBSP SOY SAUCE
- 2 CUPS BOILING WATER
- 1/4 TSP TURMERIC
- 1/2 CUP NUTRITIONAL YEAST
- 1/2 TSP PAPRIKA

METHOD

FRY'S PRODUCT	MEAT-FREE POLONY
COOKING METHOD	OVEN
PREHEAT OVEN	YES
SERVES	6

PREHEAT OVEN TO 180°C.

BOIL 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 ONIONS AND GARLIC IN 1 TBSP OF OLIVE OIL FOR 3-4 MINUTES, REDUCE THE HEAT AND ADD MARGARINE AND FLOUR. STIR CONTINUOUSLY UNTIL THICK.

ADD 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, BAKE FOR TEN MINUTES. UNCOVER, AND BAKE FOR AN ADDITIONAL 10-12 MINUTES. REMOVE FROM OVEN AND SPRINKLE WITH PAPRIKA.







CRISPY

PRAWN-STYLE SKEWERS

WITH PISTACHIO DUKKAH

INGREDIENTS

- FRY'S BATTERED PRAWN-STYLE PIECES, DEFROSTED
- 1/4 CUP PISTACHIOS, FINELY CHOPPED
- 2 TBSP SESAME SEEDS
- 1 TSP GROUND CORIANDER
- 1 TSP GROUND CUMIN
- 1/2 TSP SEA SALT
- PINCH OF FRESHLY GROUND BLACK PEPPER
- OLIVE OIL
- 3/4 CUP PEPPADEW™ PESTO OR HARISSA SAUCE
- LEMON WEDGES
- WOODEN SKEWERS, SOAKED IN WATER FOR 30 MINUTES

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

BATTERED
PRAWN-STYLE PIECES
BRAAI
NO
4

PREPARE YOUR BRAAI.

PISTACHIO DUKKAH: COMBINE PISTACHIO, 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 THE PEPPADEW™ PESTO, LEMON WEDGES AND REMAINING DUKKAH SPICE.

DELISH

BRAAI PIE

INGREDIENTS

- ½ BOX FRY'S MEAT FREE MINCE
- 2 ROLLS PUFF PASTRY
- 1 LARGE ONION, CHOPPED AND FRIED
- 1 CUP PITTED BLACK OLIVES
- 1 PACKET SPINACH, CHOPPED
- 1 PUNNET MUSHROOMS, CHOPPED
- 1 TIN ARTICHOKEs, CHOPPED
- YOUR FAVOURITE SEASONING
- DRIED HERBS
- SOY OR ALMOND MILK

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

MEAT-FREE MINCE
BRAAI & STOVE
NO
4

PREPARE YOUR BRAAI.

THAW THE PASTRY DOUGH AND ROLL OUT.

FRY THE ONION UNTIL SOFT, ADD THE FRY'S MEAT-FREE MINCE AND COOK FOR 8-10 MINUTES. LET THE MINCE COOL SLIGHTLY.

PLACE HALF OF THE RAW SPINACH ON THE FIRST PASTRY, SPRINKLE WITH OLIVES, CHOPPED ARTICHOKEs, AND THEN THE FRIED MINCE AND ONIONS AND THE MUSHROOMS. ADD YOUR FAVOURITE SEASONINGS.

TOP OFF WITH THE OTHER HALF OF THE SPINACH.

THIS IS QUITE A HIGH PILE OF INGREDIENTS; FLATTEN IT A LITTLE BEFORE PLACING THE SECOND PASTRY LAYER ON TOP. PRESS THE EDGES OF THE TWO PASTRIES TOGETHER TIGHTLY AND FOLD TO SEAL.

LIGHTLY BRUSH THE TOP OF THE PIE WITH THE SOY OR ALMOND MILK AND SPRINKLE WITH DRIED HERBS.

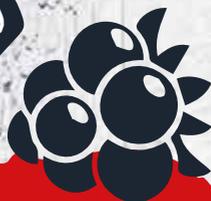
USE A FOLDING BRAAI GRID AND COOK THE PIE ON THE BRAAI CLOSE TO THE COALS. CONSTANTLY TURN OVER AND COOK FOR ABOUT 20 MINUTES UNTIL THE PASTRY IS NICELY BROWNED. CUT INTO PORTIONS AND ENJOY IT.







CHARGRILLED



SCHNITZEL

SALAD WITH BERRY GLAZE

INGREDIENTS

- 1 FRY'S GOLDEN CRUMBED SCHNITZELS
- 1/2 CUP POMEGRANATE JUICE*
- 50G SUGAR
- 3 STAR ANISES
- 2 TBSP SOY SAUCE
- 3 TBSP RED WINE VINEGAR
- 100G STRAWBERRIES, CHOPPED
- 200G BABY LEAF SALAD
- 150G SUGAR SNAP PEAS, BLANCHED

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

GOLDEN CRUMBED SCHNITZELS
BRAAI, GRIDDLE PAN
NO
4

PREPARE YOUR BRAAI.

COMBINE THE 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 BABY LEAF SALAD, SUGAR SNAP PEAS AND THE SCHNITZEL PIECES. POUR THE STRAWBERRY MIXTURE OVER THE SALAD AND SERVE.

FRUITY



STICKY 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 FRY'S 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, BASTE CONTINUOUSLY UNTIL THEY ARE COOKED THROUGH, GOLDEN BROWN AND STICKY.

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

CHICKEN-STYLE BURGERS
BRAAI
NO
4







YUMMY

AUBERGINE SALAD

INGREDIENTS

- 1 BOX FRY'S CHUNKY STRIPS
- 2 MEDIUM AUBERGINES
- 3 TBSP OLIVE OIL
- 400G CHERRY TOMATOES
- PINCH OF GROUND CUMIN
- 1/3 CUP MINT, COARSELY CHOPPED
- 1/3 CUP FLAT-LEAF PARSLEY LEAVES, COARSELY CHOPPED

FOR THE DRESSING

- 1 TBSP OLIVE OIL
- JUICE OF HALF A LEMON
- 1 GARLIC CLOVE, CRUSHED

COFFEE AND CHILLI MARINADE FOR CHUNKY STRIPS:

- 1 TSP CHILLI FLAKES
- 2 TBSP INSTANT COFFEE POWDER
- 1 RED CHILLI, DESEEDED AND CHOPPED
- 2 TBSP COOKING OIL
- A LITTLE BOILING WATER

METHOD

PREPARE YOUR BRAAI.

PREHEAT THE OVEN TO 180°C.

CUT THE AUBERGINES INTO PIECES AND ARRANGE IN A SINGLE LAYER IN A BAKING DISH.

POUR IN WATER UNTIL IT REACHES TWO-THIRDS OF THE WAY UP THE SIDES OF THE PIECES, BAKE AT 180°C FOR 45 MINUTES.

REMOVE FROM OVEN AND SAUTÉ THE AUBERGINE IN OLIVE OIL IN A NON-STICK FRYING PAN UNTIL GOLDEN BROWN.

REMOVE THE AUBERGINE FROM THE PAN, ADD THE TOMATOES TO THE PAN WITH A LITTLE OLIVE OIL AND THE CUMIN. SAUTÉ THE TOMATOES UNTIL JUST SOFT AND THE SKIN BEGINS TO BLISTER.

MIX THE TOMATOES WITH THE AUBERGINES AND ADD MINT AND PARSLEY LEAVES.

TO MARINADE THE STRIPS, MIX THE COFFEE POWDER, FRESH CHILLI, CHILLI FLAKES AND COOKING OIL TOGETHER. ADD A LITTLE BOILING WATER AND MIX UNTIL COFFEE IS DISSOLVED.

MARINADE THE FRY'S STRIPS IN THE MIXTURE FOR 10 MINUTES. THREAD THE STRIPS ONTO WOODEN SKEWERS AND BRAAI FOR 5 MIN OR UNTIL COOKED THROUGH.

COMBINE DRESSING INGREDIENTS; TOSS THROUGH SALAD AND SERVE.

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

CHUNKY STRIPS
OVEN & BRAAI
YES
4

SPICY

VEGETABLE CURRY POTJIE

INGREDIENTS

- 1 BOX FRY'S SPICY CURRY PIECES
- 3 POTATOES, PEELED AND CUBED
- 1 AND 1/2 CUPS BUTTERNUT, PEELED AND CUBED
- 2 TBSP OIL
- 1 ONION, DICED
- 3 GARLIC CLOVES, CRUSHED
- 2 TSP GROUND CUMIN
- 1 AND 1/2 TSP CAYENNE PEPPER
- 4 TSP CURRY POWDER
- 4 TSP GARAM MASALA
- 2 CM FRESH GINGER, PEELED AND CHOPPED
- 2 TSP SALT
- 1 CAN CHOPPED TOMATOES
- 1 CAN COCONUT MILK
- 1 CUP GREEN BEANS, SLICED
- 1 CAN CHICKPEAS
- 6 ROTIS
- CORIANDER
- COOKED BASMATI RICE

METHOD

FRY'S PRODUCT
COOKING METHOD
PREHEAT OVEN
SERVES

SPICY CURRY PIECES
BRAAI, STOVE
NO
6

PREPARE YOUR BRAAI.

IN A POTJIE POT ON THE BRAAI, HEAT OIL AND STIR IN THE ONION AND GARLIC. COOK FOR 3 MINUTES UNTIL THE ONION HAS SOFTENED. ADD CUMIN, CAYENNE PEPPER, CURRY POWDER, SALT, MASALA AND FRESH GINGER. COOK FOR 1 MINUTE.

ADD THE TOMATOES, POTATOES AND FRY'S CURRY PIECES. POUR IN COCONUT MILK, SIMMER FOR 20 MINUTES. ADD WATER IF NECESSARY.

ADD THE BUTTERNUT, SIMMER FOR A FURTHER 15 MINUTES.

GENTLY STIR IN THE GREEN BEANS AND CHICKPEAS, SIMMER FOR 2 MINUTES.

GARNISH WITH FRESH CORIANDER AND SERVE WITH BASMATI RICE AND ROTIS.



GET INVOLVED

You'll find loads more great recipes online at:

frysfamily.com

Why not host your own "Plants On Fire" braai and invite your friends and family around to try it.

Don't forget to send us your photos, comments and recipe suggestions - we'd love to hear from you - #plantsonfire



Visit our website - frysfamily.com to:

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- Sign up for our email newsletter so you won't miss out on our news, information, special offers and promotions.
- Find our green boxes in the freezers of leading retailers across the country.

BENEFITS

OF A PLANT-BASED DIET



HEALTH



DIABETES

HEART DISEASE

ARTHRITIS

STROKE

ALZHEIMER'S

CANCER

Well planned plant-based diets can be nutritious and healthy. They are associated with lower risks of heart disease, high blood pressure, type 2 diabetes, obesity, certain cancers; and lower cholesterol levels.

[British Dietetic Association (2014)]



Many athletes choose plant-based diets to optimise performance, and vegan athletes have set world records in speed, endurance and strength events.



ENVIRONMENT



ANIMAL AGRICULTURE IS THE LEADING CAUSE OF DEFORESTATION, WATER DEPLETION AND POLLUTION, AND IS RESPONSIBLE FOR MORE GREENHOUSE GASES THAN THE ENTIRE TRANSPORTATION INDUSTRY.

IT IS A PRIMARY DRIVER OF RAINFOREST DESTRUCTION, SPECIES EXTINCTION, HABITAT LOSS, TOPSOIL EROSION, OCEAN DEAD ZONES, AND VIRTUALLY EVERY OTHER ENVIRONMENTAL ILL.



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ETHICS

**BIOLOGISTS
HAVE CONFIRMED WHAT
PET LOVERS HAVE ALWAYS
KNOWN: THAT ANIMALS ARE
SENTIENT, THEY WANT TO
LIVE AND THEY FEEL PAIN
IN A VERY SIMILAR WAY
TO HUMANS.**

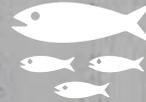


FOLEY ET AL., NATURE, 2011



60 BILLION LAND ANIMALS

2740 BILLION FISH



**HUMANS KILL OVER 60
BILLION LAND ANIMALS
AND 2740 BILLION FISH
EVERY YEAR FOR FOOD.
NOT ONLY IS THIS
COMPLETELY
UNNECESSARY, BUT IT
INVARIABLY INCLUDES
CRUEL PRACTICES LIKE
DEHORNING OR
CASTRATION WITHOUT
ANAESTHETIC.**

**THE VAST MAJORITY OF THE WORLD'S
GRAIN AND LEGUME CROPS ARE FED
TO LIVESTOCK ANIMALS. IF WE USED
THIS LAND TO GROW FOOD FOR
DIRECT HUMAN CONSUMPTION, WE
COULD FEED 10 BILLION PEOPLE.**

**MEAT ATLAS, 2014
FISHCOUNT.ORG.UK**



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