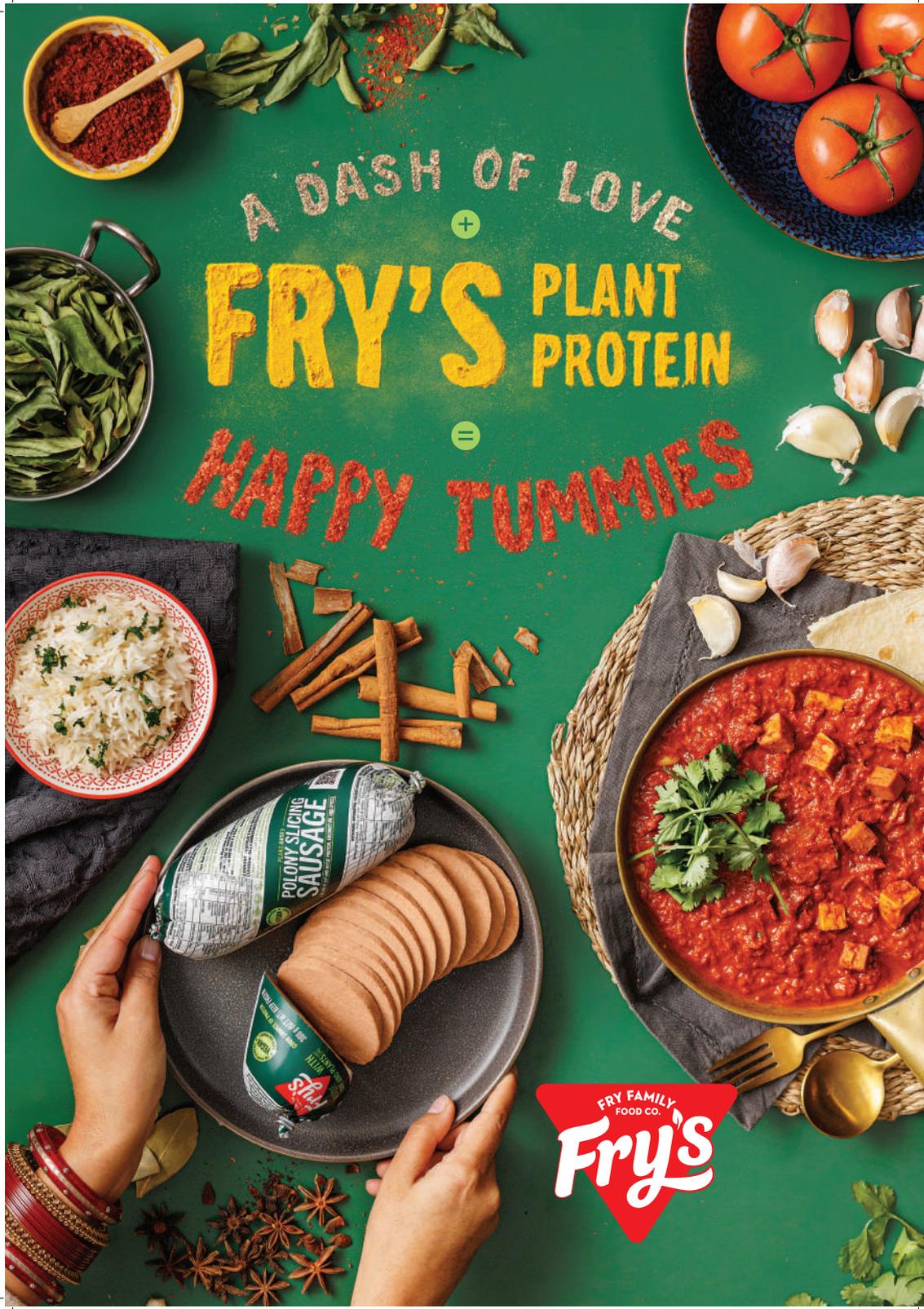


A DASH OF LOVE  
+  
**FRY'S** PLANT  
PROTEIN  
=  
HAPPY TUMMIES



FRY FAMILY  
FOOD CO.  
**Fry's**

# Why plant-based?

Get excited about feeding your body, mind and soul with these 8 deliciously easy, budget friendly recipes from Fry's. **Good for your health and the health of the planet!**

**Better for your heart!** Plant-based products like Fry's tend to have no cholesterol, a main predictor and cause of heart disease; are lower in saturated fats, which increase the risk of heart disease and stroke; and they are known to be higher in fibre (fibre has been shown to have heart-health benefits). Plant-based diets rich in varied fruits and veggies also have loads of heart protective nutrients and antioxidants

And if that's not reason enough, the American Dietetic Association states that a plant-based diet aids in the prevention and treatment of diabetes, alzheimers, high blood pressure, arthritis, obesity and gout!

## AND WAIT THERE'S MORE



Increased Energy



Happy Digestion



Better Sleep



Enhanced Mood

## Why Fry's?

- Quick and easy to prepare
- Packed with clean protein from PLANTS
- Naturally cholesterol-free
- 100% vegan
- No added MSG
- Non-GM

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# Grilled Sausage Sando

## Sandwiches:

8 Fry's Braai-Style Sausages

8 ciabatta or panini rolls

800g (or around 8) large mushrooms, cooked

4 tomatoes, thinly sliced

8 vegan cheese slices

## 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

## 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

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 with salt and pepper.

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 chilli oil for dipping or drizzling.



## Plant-based Mac'n Cheese

250g Fry's Polony

3 cups dried Macaroni



### For the Cheesy Sauce:

1 cup potatoes,  
peeled and diced

¼ cup carrots, peeled and diced

⅓ cup onion, chopped

1 cup pasta water kept  
aside from cooked pasta

½ cup raw cashews (soaked for  
a few hours before, optional)

¼ cup coconut milk

4 tbsp nutritional  
yeast flakes

1 tbsp  
lemon juice

½ tsp turmeric

¼ tsp garlic powder

1 pinch paprika

### For the Topping:

A sprinkle of  
breadcrumbs, toasted

Salt and pepper, to taste

Dice the **Fry's Polony** into small, bite-sized bits. In a pan, over a high heat, fry Fry's Polony until crispy. Set aside.

Cook pasta according to package instructions, drain and set aside.

Bring water to boil in a small pot. Place chopped potatoes, carrots, and onion in the boiling water, until the veggies are tender and soft enough to blend.

When vegetables are soft, take them out of the water, and place them in your blender.

Add 1 cup of water (you can use the same cooking water) along with the remaining ingredients. Blend until smooth. This makes your cheesy sauce!

Pour the sauce over the cooked pasta.

Sprinkle with the Fry's Polony bits and toasted bread crumbs.

Season with salt and pepper and dig in!



## Mindful Mince Samosas

- ½ box **Fry's Pea-Protein Mince** (soaked in stock for 10min)
- 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



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 an airfryer, 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.





## Loaded Naan Bread Pizza

### Fry's Polony Slicing Sausage

Handfuls of vegan cheese

1 onion, finely chopped

Baked beans, drained

1 tsp dry mixed herbs

2 Large Naan Breads

1 tsp crushed garlic

1 Jar pre-made tomato pasta sauce

Mushrooms, sliced

Peppers, sliced

1 green chilli, finely chopped

Fresh chopped herbs to finish

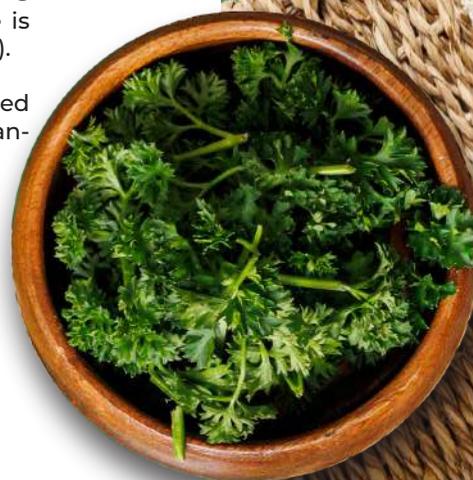
Cover two large Naan breads with your tomato based pasta sauce and some crushed garlic.

Get the whole family to lend a hand in loading up their "pizzas" with Fry's Polony, mushrooms, peppers, baked beans, slices of onion and a sprinkling of chili.

Top with handfuls of cheese.

Place in the oven at 180 C for 15min (or until cheese is melted and golden brown).

Top with fresh chopped herbs and sliced into triangular pieces and serve.





## Creamy Chicken-Style Kalia

500g **Fry's  
Chicken-Style  
Strips**

1 teaspoon  
ginger & garlic paste

1 teaspoon  
dhania powder

½ teaspoon  
turmeric powder

1 tablespoon  
mixed masala

½ teaspoon  
crushed chillies

½ teaspoon  
cinnamon powder

1 tablespoon fried onions

1 tablespoon oil

1 tablespoon  
tomato puree

¼ cup water

2 sprigs thyme

2 green chillies

Fresh coriander,  
chopped

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

Add all ingredients except water.

Allow to cook for 6-8 minutes. Add water if necessary to prevent burning/sticking to the pan. Ensure the Fry's Chicken-Style Strips are cooked and golden brown.

Add in the plant-based yoghurt or coconut cream and allow to simmer for 2-3 minutes.

Garnish with coriander.

And serve with  
Roti or Naan bread.



# Amma's Special Chutney with Fry's

250g **Fry's Polony** Cubed

1 onion

2 chillies

4 cloves garlic

1 tsp mustard seed

1 tsp jeera seed

1 thumb sized piece of cinnamon bark

4 cloves of garlic ground

1 piece of ginger ground

1 sprig of curry leaves

4 medium to large tomatoes chopped (can use tinned)

2 Tblsp vegetable oil

1 Tblsp masala

2 bay leaves

2 star anise

1 tsp sugar

1 tsp salt



In a pan on medium heat, heat up oil and temper all whole spices till you hear a crackle.

Add onion, chilli, bay leaves, curry leaves, salt and cook until onion is translucent.

Add the tablespoon of masala and crushed garlic and ginger and cook for a minute.

Add chopped tomatoes or tinned tomatoes and a tsp of sugar and cook for 15min.

In the meantime, in a separate pan, fry polony till golden and crispy, approx. 10 min.

Add cooked polony to tomato chutney and let simmer for 5 min.

Top with a handful of dhania and serve with fragrant basmati rice, fresh warm roti or naan and carrot salad and pickle.





## Tri-Flavour Factor Family Hotdog Night

1 box **Fry's Hotdogs** 8 hotdog rolls or cut  
plant-based butter, optional baguette portions

Fry the hotdogs over medium heat until nicely browned and cooked through. Split the hotdog rolls and spread both sides with plant based butter, if using.

### Bahn Mi Inspired

50g mixed salad leaves 1/4 cup sweet chilli sauce  
1 carrot, cut into matchsticks small handful of micro leaves  
1 small cucumber, sliced red chilli, sliced, to serve  
1/4 cup vegan mayo

**Assemble the roll starting with salad leaves, then the hotdog, carrot & cucumber & a mix of the mayo & sweet chilli sauce. Top with micro leaves & fresh chilli.**

### Taco-style dog



1/2 small red onion, diced 1/2 cup vegan mayo  
handful cherry tomatoes, diced 1 Tbsp sriracha  
1/2 cup corn kernels 2 pickled jalapeños, sliced  
1/2 avo, diced coriander sprigs, to serve  
lime wedges, to serve

**Share the chopped vegetables over the hotdogs, mixing the mayo & sriracha sauce before drizzling over the top. Finish with a squeeze of lime juice.**

### Slaw dog

1/2 cup finely shredded cabbage 2 Tbsp plant based yoghurt  
1/2 cup shaved fennel 1 Tbsp creamed horseradish  
2 sweet & sour pickles, sliced 1 tsp whole grain mustard

**Combine the topping ingredients & adjust seasoning. Place the hotdog in the roll and top with the slaw.**



# Vegan Poppadoms with Spicy Vegetables and Crumbed Chicken-Style Nuggets

## Poppadum & Fillings: 380g Fry's Chicken-Style Nuggets

3 tbsp olive oil

2 large aubergines,  
diced

½ red onion, diced

## For the Chutney:

2 cloves garlic, crushed

2 cups cocktail  
tomatoes, halved

½ green chilli,  
finely chopped

1 tbsp lemon juice

2 tbsp coriander,  
finely chopped

Sunflower oil,  
for shallow frying

8 poppadums

¼ cup dried  
peaches, chopped

¼ cup raw cashews

1 clove garlic, peeled

½ cup coconut cream

2 tbsp lemon juice

1 tbsp coconut sugar  
coriander leaves

¼ (1g) green chilli

¼ cup almond milk

Salt and pepper

1 tsp onion seeds

A handful coriander,  
finely chopped

4 lemon wedges

Combine the peaches, nuts and garlic in a bowl. Pour over with boiling water to cover and then cover the bowl and set aside for 1 hour.

Strain and combine the softened peaches, nuts and garlic with the coconut cream, lemon juice, sugar, coriander and chilli and purée until smooth.

Thin it out with the almond milk and season to taste. Spoon into a serving dish and scatter the onion seeds on top.



Preheat the oven to 180 °C. Arrange the Fry's **Chicken-Style Nuggets** on a lined tray and bake until golden and crisp, 10-12 minutes. Cut into bite-size chunks.

Heat the olive oil in a pot over medium heat. Add the aubergines and onions, cover with a lid and cook for 10 minutes. Stir in the garlic, tomatoes and chilli and fry for 2 minutes. Stir in the lemon juice and coriander and season to taste.

Heat the sunflower oil for shallow frying in a small pot or deep pan over medium heat. Once hot, carefully add a poppadum and fry for a few seconds until golden and crisp. Drain on kitchen paper and repeat with the rest.

To serve: Spoon some of the vegetable filling on to each poppadum, scatter some Nugget Chunks on top and drizzle with the chutney. Scatter chopped coriander on top and serve with lemon wedges on the side.





## Our Story

### IT ALL BEGAN IN OUR FAMILY KITCHEN

Back in 1991, Wally Fry wanted to craft nutritious meat alternatives for his family, all of whom were passionate about plant-based eating. The whole family got involved in the process. With one daughter weighing the raw ingredients, the other mixing the food together, and the other packing the goods!

Now, over three-decades on, with a fully-fledged second generation family business and a few grandchildren in the mix, we are even more driven to bring you great tasting protein from plants, which will leave you and the planet feeling better than ever!

We still make our food for our family,  
it's just a much bigger family now!

*From our kitchen to yours.  
With love from the Fry  
Family*



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