



Asian

FUSION

• **COOKBOOK** •



From small innovative beginnings in the Fry's Family kitchen in Durban, Fry's has become an international success. Fry's produces the tastiest, highest quality, non-GM products that make reducing meat consumption healthy and convenient.

All Products:

Made with nature's plant proteins

Vegan

Non-GM

No added MSG

No harmful chemicals

High in protein and fibre

Naturally cholesterol free

Shelf Life of 18 months when kept frozen

Quick and easy to prepare

RECIPE LINGO

T = tbsp.

t = tsp.

A tin of coconut milk / cream = 400ml

A tin of beans = 400g

FOR MORE RECIPE IDEAS, VISIT

WWW.FRYSFAMILY.COM

Benefits OF A PLANT-BASED DIET



DIABETES

HEART DISEASE

ARTHRITIS

STROKE

ALZHEIMER'S

CANCER

According to the American Dietetic Association, an appropriately planned, plant-based diet may aid in the prevention and treatment of these diseases.



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.

Cowspiracy.com
fao.org
worldwatch.org



ETHICS



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.

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

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



Chicken-Style BURGER

served with a Sesame Green Bean Side Salad



SERVES 4
TIME: 10 MINUTES

Ingredients

For the Sesame Green Bean Salad:

- 500g Green beans, blanched and refreshed, top and tailed.
- 2 T Soy sauce
- 2 T Rice wine vinegar
- 3 T Mirin
- 1 T Sesame oil
- 3 Garlic cloves peeled and chopped
- 1 T Ginger peeled and chopped
- 1 T Sesame seeds toasted
- 4 FRY'S MEAT FREE CHICKEN-STYLE BURGERS
- 4 pumpkin seed rolls (or whichever roll you prefer)
- 1 mixed pack of exotic mushroom
- 2 red onions, sliced
- 2 garlic cloves, sliced
- 4 T cashew nut butter
- 2 - 3 T coconut milk/cream
- 3 t ginger juices
- 1 pack of micro greens
- Toasted pumpkin seeds (for garnish)
- Oil for frying

Method

Fry the burgers in a hot pan with a little bit of oil. Drain on kitchen towel when golden brown and crispy. Fry the exotic mushrooms, sliced onions and garlic in a medium-hot pan with a dash of oil until brown and soft. Season to taste. Mix the store-bought cashew nut butter with the ginger juice and coconut milk/cream.

To make the side salad, bring the soy sauce, rice wine vinegar, mirin and sesame oil to the boil in a small pot. Once it's reached boiling point, take off the heat and add the garlic and ginger. Toss the green beans in the sauce and then add the sesame seeds when plating.

Cut the bread rolls in half and place on a hot griddle pan to make the roll a golden, toasty colour. To serve, spread cashew nut butter on the bottom half of the roll, place burger patty, and then mushrooms and onion and micro greens on top. Add another element to the dish by plating some cashew nut butter mixture next to the roll and beans, top with onion and mushrooms, and a sprinkle of micro greens. Sprinkle toasted pumpkin seeds over dish. Leave top of roll off for presentation.

- 1 Box FRY'S MEAT FREE THICK CUT CHUNKY STRIPS
- 1 Cup rice Asian black wild rice (or whichever rice you prefer)
- 2 Cobs of sweet corn
- Some coarse salt
- 1 Red bell pepper, sliced in half, deseeded

For the spicy beans:

- 2 T Refined coconut oil or extra virgin olive oil
- 3 Small red onions
- 4 Medium garlic cloves, minced
- Some sea salt
- 1 Can chopped tomatoes
- 1 t Dried oregano
- 1 t Smoked chilli powder (regular, unsmoked chilli powder works as well)
- 2 ½ T Tomato paste
- 1 Can borlotti beans, drained (or beans of your choice)
- 1 T Paprika

Method

Cook the rice by following the instructions on the packet for best results. Remove when ready and place in a bowl until ready to dish. To make the marinade, mix the coffee powder, fresh chilli and chilli flakes and Canola oil together. Add a bit of boiled water and mix until coffee is dissolved. Marinate the strips in the mixture for about 10 minutes. On a griddle pan, cook the strips according to the instructions on the package. In a large pan prepare the spicy beans by adding the oil, chopped onion and garlic, along with a pinch of salt. Sauté for about 5-6 minutes until softened and fragrant. Add the can of tomatoes, dried oregano, chilli powder, and 1/2 teaspoon of salt (plus a pinch of sugar, optional).

Continue sautéing for another 3-5 minutes on a medium heat. Now stir in the tomato paste and drained beans. Cook for a few more minutes until heated through. You can leave the mixture over low heat until ready to serve or simply turn off the heat and reheat before serving. To char the sweetcorn, brush with canola oil, sprinkle with coarse salt, and cook in a pan on a high heat. When the outside gets slightly charred (blackened), remove from the heat and cut corn off the cob. On the same pan, add the halved red pepper with some oil on the outside skin and cook until slightly charred on both sides. Slice into strips.

For the Avocado-Lime Sauce: Mince the garlic clove in a mini food processor. Add the avocado, lime juice, water, coriander and salt. Process until smooth. Taste and adjust seasoning as you like. If you do not own a food processor, mix together all ingredients and mash with a fork until smooth. To serve, place rice, then black bean mixture, corn, strips and red peppers. Sprinkle some corn on top for colour.

Ingredients

For the avocado-lime sauce
(makes 2/3 cup):

- ½ Garlic clove (finely chopped if you do not own a food processor)
- 1 Large avocado, pitted
- 2 T Fresh lime juice
- 2 T Water
- ½ Cup coriander
- ¼ t Fine sea salt, or to taste

Coffee and chilli marinade for Chunky Strips:

- 1 t Chilli flakes (smoked chilli flakes if you have)
- 2 T Instant coffee powder
- 1 Red chilli, deseeded and chopped
- 2 T Canola oil

SERVES 4
PREP TIME: 25 MINUTES
COOK TIME: 20 MINUTES



Burrito
BOWL





Braai-Style SAUSAGES

on Polenta with Glazed Roast Butternut and
Tomato Chakalaka

SERVES 4
TIME: 40 MINUTES



- 8 FRY'S MEAT FREE BRAAI STYLE SAUSAGES
- 1 Cup polenta
- A little virgin olive oil
- ¼ Cup chopped parsley for garnish (optional)

For the glazed butternut:

- 1 Whole butternut, deseeded and sliced lengthways, into wedges
- 4 T Maple syrup
- 2 T Soy sauce
- 2 t Smoked paprika
- 1 t Smoked chilli flakes
- 1 t Cayenne pepper/chilli powder
- Salt
- Freshly ground black pepper
- 2 T Canola oil
- 1 t Cinnamon

Ingredients

For the tomato chakalaka:

- 2 Onions, chopped
- 2 Large garlic cloves, chopped finely
- 1 Punnet cocktail tomatoes, whole
- 1 Can of diced tomatoes
- 1 Cup of white wine vinegar
- ¾ Cup soft brown sugar
- 3-4 t Chilli flakes or 1 fresh deseeded chopped red chilli
- Pinch of salt (to taste)
- 1 T Mustard seeds
- 6 Curry leaves
- 2 t Oil for frying

Method

Cook sausages on a griddle pan until griddle lines appear and sausages are heated through. Cook the polenta as per packet instructions, drizzle with a little extra virgin olive oil to prevent it becoming too dry. To prepare the glazed butternut, place butternut on a baking tray and drizzle with all the rest of the ingredients. Toss to coat the butternut. Place in a pre-heated oven at 200°C for ½ hour or until cooked through and caramelized.

To prepare the chakalaka, fry the onion, garlic and mustard seeds on a medium heat for 3-4 minutes until fragrant. Add the cocktail tomatoes, tinned tomatoes, sugar, vinegar, chilli and curry leaves. Allow to simmer for 10 minutes on a medium-low heat. Season with salt to taste. Place in a small bowl for serving. Plate all elements together for a delicious South African vegetarian dish.



Mince DUMPLINGS

with Vietnamese Dipping Sauce
and Cucumber & Red Onion Pickle



MAKES ABOUT 30
PREP: 35 MINUTES
COOKING: 12 MINUTES

Ingredients

- 1 Box of FRY'S MEAT FREE VEGGIE MINCE
- 2 Cups of roughly chopped spinach
- 2 Sticks celery
- ½ Cup roughly chopped flat leaf parsley
- 6 Spring onion
- 140g Canned water chestnuts, drained
- 15g Cornflour
- 2 T Soy sauce
- 2 t Sesame oil
- 1 t Sugar
- 2 Pinches of white pepper
- 1 Packet dumpling skins
(buy from Asian supermarket)
- Vegetable oil for frying

For the Cucumber &
Red Onion Pickle:

- 1/2 cucumber, cut
into matchsticks
- 1/2 thinly sliced red onion
- 200ml rice wine vinegar
- 150g white sugar
- 1 red chilli, whole
- 1 t salt
- 6 peppercorns

For the Vietnamese
dipping sauce:

- 2 cloves of garlic, crushed
- 2 finely sliced bird's eye
chillies
- 2 t caster sugar
- 2 t lime juice
- 3 T soy sauce
- 3 T rice vinegar

Method

Chop the mince (uncooked). Chop the celery, parsley and spring onion. Halve this. Blend one half of the greens with the mince, chestnuts, spinach, corn flour, soy sauce, sesame oil, sugar, white pepper. Blend until fairly smooth. Mix in the remaining half of the celery, parsley and spring onion. This will be your dumpling filling. To begin making your dumplings, place a dumpling skin on a flat surface with lots of flour - to prevent sticking. Put a bit of water around the edges of the dumpling skin with your fingers. Spoon a teaspoon of filling into the middle of the dumpling and then fold in half to create a half moon shape. 'Crimp'/pinch the edges to close the dumpling. Continue until all the mixture or the skins are finished. Leave on wax paper until ready to cook.

To make the pickle, bring the vinegar, salt, peppercorns and sugar to the boil in a small pot until the sugar dissolves. Allow to cool. Mix in the chilli, onions, and cucumber and leave to rest for at least 15 minutes before serving. To make the dipping sauce, mix all ingredients together in a small saucepan and heat until the sugar dissolves. Allow to cool, then serve with the dumplings.

To cook the dumplings, either:

- Heat a pan, drizzle with olive oil and fry dumplings until golden brown on both sides.
- Steam the batch of dumplings in a bamboo steamer or if you do not have a bamboo steamer, you could use a colander over a pot of boiling water (quarter filled) with a lid on top of the colander/dumplings. Steam for about 6-8 minutes.

Golden

CRUMBED SCHNITZEL

on a bed of Gingery Sweet Potato Mash
and Balsamic Glazed Beetroot & Red Onion

SERVES 4

TIME: 40 MINUTES



Ingredients

For the balsamic beetroot salad:

- 4 FRY'S SCHNITZELS
- 4 cups of peeled and cubed sweet potato
- 6-8 baby beetroot, quartered
- 1 thumb of ginger, peeled, grated and then juiced
- 2 red onion, cut into eights
- Olive oil
- Salt
- Pepper
- 1/3 cup balsamic glaze (or balsamic vinegar)
- 1 cup of fresh mint leaves
- 1/4 can of coconut cream

Method

Preheat the oven to 180°C. Boil the sweet potato until soft and then drain. Place the beetroot and onion on a baking tray, drizzle with olive oil, salt, pepper and balsamic glaze. Toss to coat.

Roast in oven for 30 minutes or until beetroot is soft and cooked through. Mash the sweet potato with the ginger juice and coconut cream until smooth. Season to taste. Cook the schnitzels according to instructions. Serve the schnitzels on a bed of sweet potato mash.

Add torn mint to glazed beetroot and onion and serve. Sprinkle pomegranate seeds over schnitzel and side.



Ingredients

For the fiery coleslaw side:

- 2 Baby cabbage, finely shredded (can use a mix of red and white)
- 2 Carrots, peeled and grated
- 6 Spring onions finely chopped (save a few for the top as decor)
- ½ Cup vegan mayonnaise
- 2 T White sugar (optional)
- 2 T Lemon juice
- 2 T Distilled white vinegar
- ½ t Salt
- 1/8 t Ground black pepper
- ½ Cup toasted sesame seeds (keep some for garnish)

For the peanut sauce:

- ½ Tin coconut milk
- 100g Smooth peanut butter
- 1 Spring onion, chopped
- 2 T Red wine vinegar
- ½ t Dried chilli flakes
- 1 Clove garlic, finely chopped

For the hot dogs:

- 6 FRY'S MEAT FREE ORIGINAL HOT DOGS, defrosted
- 6 Long hotdog rolls
- 3 Medium sized sweet potatoes, cut into thin fries
- 2 t Paprika
- Salt
- Pepper
- Olive oil

Method

Place the sweet potato fries on a baking tray with olive oil, salt, pepper and paprika and bake in a preheated oven on 180°C for 10-15 minutes. Remove when cooked through. Score the hot dogs in a criss-cross formation lengthways in one row. Fry on a medium pan until golden brown. Cut the hotdog rolls lengthways, along the top being careful not to cut all the way through. Toast the top of the hotdog rolls on a medium-hot pan, remove when roll becomes golden brown.

In the meanwhile, mix the cabbage, carrots, and spring onion in a large salad bowl. Whisk vegan mayonnaise, sugar, lemon juice, vinegar, salt, and black pepper in a separate bowl until smooth and the sugar has dissolved. Pour the dressing over the cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw for at least 10 minutes (if you can do this earlier, the longer the better). Mix again before serving and top with the toasted sesame seeds and spring onions. For the peanut sauce, place all ingredients in a food processor and season to taste. Add a little water to thin it out. To serve the hot dogs, drizzle some peanut sauce along the bottom of the roll then place the hot dogs with the scoring facing upwards. Drizzle sauce diagonally over hotdogs for presentation.

SERVES 6
TIME: 25 MINUTES



Original
HOT DOGS

WITH SWEET POTATO SKINNY
FRIES AND A FIERY COLESLAW



Korma CURRY



with Baby Butternut, Aubergine
and a Coconut Pineapple Relish



Ingredients

- 1 Box FRY'S MEAT FREE KORMA CURRY PIECES
- 50g Korma paste
(already made works perfectly fine)
- 6 - 8 Baby aubergine, quartered
- 6 - 8 Baby butternut, halved
- Coconut oil for frying
- Thumb of Ginger, grated
- 2 Cloves of garlic, grated
- 1 White onion, chopped
- 1 Tin of chickpeas, drained
- 1 Tin of coconut cream
- 2 T Tomato paste
- Curry leaves
- 1 Red chilli, deseeded
- 2 t Sugar (optional)
- Pinch of salt

For the Pineapple Relish:

- 1/2 Cup desiccated coconut
- 1 Pineapple, grated
- ¼ Tin of coconut cream
- 2 Spring onion, chopped
- 2 T Coriander, chopped
(in season)
- 1 Green chilli, thinly sliced

Method

Lightly fry the baby aubergine and butternut for about 5 minutes in a little coconut oil, until a bit softer. Fry the onion, ginger and garlic. Add the korma paste, curry leaves and fry for a few minutes until fragrant. Add the korma curry pieces.

Mix until all coated through. Add the coconut cream and mix through. Add the tomato paste and mix through. Add the chilli and allow to simmer for about 5 minutes. Season with salt and sugar (optional, it brings out the flavor a bit more). Add the tin of chickpeas. Allow to simmer on a very low heat until ready to serve. Mix all the pineapple relish ingredients together and serve on the side. Serve on a bed of basmati rice, if you wish. Cook rice to packet instructions for best results.

SERVES 4-6
TIME: 25 MINUTES



SERVES 3
PREP TIME: 30 MINS
COOK TIME: 20 MINS



Crispy Prawn STYLE SUSHI



Ingredients

For the sushi:

- 1 Box FRY'S MEAT FREE BATTERED PRAWN-STYLE PIECES, cooked according to packet instructions
- 4 Sheets nori (dried seaweed)
- 1½ Avo, peeled and cubed (dice-sized)
- ½ Cucumber, cut into matchstick-sized pieces
- 2 Sliced spring onions
- Pickled ginger, sliced
- Black and white sesame seeds
- Seaweed art caviar
- ½ Cup Sriracha sauce
- ¼ Cup vegan mayonnaise
- Soy sauce, pickled ginger and wasabi for serving

For the rice:

- 1 Cup sushi rice
- 2 Cups water

For the vinegar mixture:

- 3 T Rice wine vinegar
- 2 T Sugar
- ½ t Salt



Method

Rinse rice in a fine mesh strainer until your water runs clear. Then add to a medium saucepan with water and bring to a boil. Once it boils reduce heat to low, cover and cook until water is completely absorbed (about 15 minutes). In the meantime, add vinegar, sugar and salt to a small saucepan and heat over medium heat stirring occasionally until sugar and salt are dissolved. Place in a jar or dish and cool in the fridge until rice is ready. Once the rice is done, stop the heat and add the cooled vinegar mixture and stir with a rubber spatula or fork (be careful not to over mix). It will appear wet but will dry up as you lightly stir to release heat. It should be sticky and completely dry once ready.

In the meantime, prep the cucumber. Ensure you cut the matchsticks thin enough; if they're too bulky it won't allow the sushi to roll well. To roll the sushi, place cling film on top of your sushi mat and then pat the rice on the cling wrap to cover the whole surface of the mat evenly (take care not to make rice layer too thick). Place the nori (seaweed) on top of the rice. Place sliced ginger, cucumber and spring onion on top of the nori. Start to roll the mat from one side, using it to mold into a tight roll. Ensure when rolling that it is evenly sized throughout. Remove the cling film and mat. Sprinkle black and white sesame seeds and pat down.

Slice in to 2.5cm pieces with a sharp knife and set aside. To make the sauce, mix the sriracha and vegan mayonnaise together. To assemble the sushi, place the sushi pieces flat down, then top with a halved, cooked prawn, cube of avo, drizzle of sauce and dollop of caviar. Drizzle plain sriracha sauce roughly over all the sushi pieces, for presentation and a small bite. For less spicy alternative add vegan mayo and a dash of water to thin. Serve with pickled ginger, soy sauce and wasabi.

Ingredients

Vietnamese Dipping Sauce (On the side)

- 10 ml Sesame Oil
- 15g Shallots finely chopped
- 15 g Pickled Ginger chopped
- 10 g Fresh ginger chopped
- 1/2 small chilli with seeds removed, chopped
- 35ml Rice Wine Vinegar
- 40 ml Sugar Syrup (100g castor sugar/100 ml water.... boil till reduced to a syrup)
- 2-3 T Soy sauce
- 15ml Pickled ginger juice
- 2 Limes, Juiced

For the dressing:

- ½ t freshly ground pepper
- Pinch of Sugar
- 3 T soy sauce
- 2 Small red chillies, deseeded and finely sliced
- 3 T Fresh lime juice
- 4 Shallots, finely sliced

Rice Paper

ROLLS

with a Crunchy Asian Salad Mix served
with a Vietnamese Dipping Sauce

- 1 Box FRY'S MEAT FREE CHICKEN-STYLE STRIPS
- 1 Baby red cabbage, finely shredded
- 1 Baby green cabbage, finely shredded
- ½ Red onion, finely sliced
- 1 Cup of edamame beans
- 3 Radishes, grated
- ½ Cup sugar snap peas, thinly sliced lengthways
- 1 Cup mint, chopped
- ½ Cup Thai basil (regular basil works too)
- 1 Cup coriander
- ½ Cup crushed peanuts
- 18 Rice paper sheets

Method

Fry the strips according to the instructions, until golden. Chop into thirds. Wait to add to salad mixture. To make the Asian crunchy salad, prepare all the ingredients as described. Mix together the cabbage, onions, edamame beans, radish, sugar snap peas and herbs. Stir together all the dressing ingredients and add to the cabbage mixture. Add the strips to this mixture.

To begin making the rice paper rolls, fill a deep bowl with 2 parts boiling water and 1 part cold water. Dip rice paper sheet in water and remove as soon as fingers touch the water. Drain excess water. Lay softened rice paper sheet on a plate, place the mix in the middle, sprinkle peanuts over mixture and fold. Place in a tray and cover with damp kitchen towel to keep moist. The rice paper rolls can be made 2 hours in advance if you wish. Prepare the dipping sauce to serve on the side. Heat the sesame oil in a heavy pan and sweat the shallots, gingers and chilli without colouring. Add the rice wine vinegar and reduce by 1/3. Add sugar syrup and soy sauce bring to the boil. Reduce the heat and simmer for 15 minutes. Remove from the heat and add pickled ginger juice and lime juice. Taste and adjust. Cool before using.



**MAKES ABOUT 18
TIME: 20 MINUTES**

Ingredients

SERVES 6 - 8
PREP TIME: 1 HOUR
COOKING TIME: 15 MINUTES

1 Box FRY'S MEAT FREE SPICY SAUSAGES

Part 1

- 1kg Roma, vine and cocktail tomatoes halved
- 2 -3 Red onions, quartered
- 1kg Sweet potato, roughly chopped
- 6 Garlic cloves, squashed
- 2 Inches of ginger, sliced
- 3 Red peppers, halved and deseeded
- 4 - 6 Chillies depending on preference
- 1/4 Cup of brown sugar (or palm sugar) sprinkled over, plus black pepper and Maldon salt
- Olive oil

Part 2

- 2 Cups of vegetable stock (homemade or store-bought)
- 1-2 Tins coconut milk, depending how creamy you want it
- 2-3 t ginger, freshly grated (use the squeezed juice from this, throw away pulp)
- 6 Large slices of Ginger (remove just before serving)
- 1 Lemongrass piece, roughly sliced (remove just before serving)
- 1 Chilli, finely sliced
- Juice of 2 limes (& zest)
- Handful of torn fresh coriander and basil (for garnish)

Method

Combine all the ingredients under part 1 on a baking tray, add a generous glug of olive oil and roast on a medium heat (170°C) for about 1 hour. When done, remove skins from tomatoes, potatoes and red peppers. Put roasted ingredients from Part 1 into a large pot and blend with a hand held blender. Keep on a low heat. Then add the ingredients under part 2.

Keep pot on a low heat and simmer for 15 minutes to allow the flavours to infuse. Just before serving don't forget to remove the ginger and lemongrass pieces, and add the lime zest. To serve, top with the sliced spicy sausages cooked (according to instructions) and add freshly cubed avo and coriander.

Can be served hot or cold.



