



Herbivore
Happy Holidays

Hearty and wholesome plant-based recipes



From the Fry's Family kitchen to yours

From small innovative beginnings in the Fry's family kitchen, to an international success story, the Fry Family Food Co. 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!



We've worked with a few of our friends to develop a range of hearty and wholesome winter recipes that are all 100% plant based, packed with flavour and sure to fill you up on cold winter days.

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SAUSAGE & APPLE BAKE

Prep time: 5 minutes,
Cook time: 30 minutes
Serves 4 (if you use the whole pack of sausages)

1 pack Fry's Braai-Style Sausages
2 apples, cut into eighths
1 red onion, cut into eighths
1Tbsp whole grain mustard
2Tbsp maple syrup
1Tbsp Apple juice
Salt & Pepper to taste

- 1 Preheat the oven to 180 degrees
- 2 Spread the sausages, apple & onion evenly in a baking tray and set aside.
- 3 In a small bowl mix together the mustard, maple syrup, apple juice and season well
- 4 Pour over the sausage mixture and bake for 25-30mins, turning halfway through cooking time
- 5 Serve with mashed potato or your usual roast dinner.





GINGER, COCONUT AND

LEMONGRASS SOUP

with Crispy Prawn-Style Pieces

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Prep time: 15 minutes,

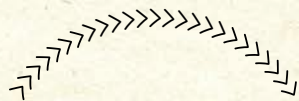
Cook time: 25 minutes

Serves 2-4

1 pack Fry's Crispy Prawn-Style Pieces
1 tsp coconut oil
1 can coconut milk, full fat
3 cups water
2 tbsp vegetable stock
1 onion, diced
1/2 bunch spring onions
4 cloves garlic, minced
1 large thumb of ginger, peeled and finely diced
1/4 cup tamari
2 carrots, peeled and chopped into coins
10 mushrooms, sliced
2 red bell peppers, sliced
1 stalk lemongrass, leave whole but use the back of your knife to crush several times helping to release the flavour
1 Handful of diced coriander
1 lime

- 1 Heat coconut oil in a pot over a medium heat.
- 2 Dice the onion, garlic and spring onion then add to pot.
- 3 Add the lemongrass stalk, diced ginger and chopped carrots and cook until soft.
- 4 Once fragrant add the water, coconut milk, tamari, vegetable stock, red peppers and mushrooms then bring to a boil.
- 5 Once boiling reduce to simmer for 15-20 minutes.
- 6 Cook Fry's Crispy Prawn-Style Pieces according to the pack instructions and either add to the soup when serving or serve on the side for dipping.
- 7 Remember to remove your lemongrass stalk before serving.
- 8 Add more Tamari or salt as desired and serve with a wedge of lime, diced spring onion, diced coriander and shredded carrot.





CRANBERRY AND SOY SAUSAGES

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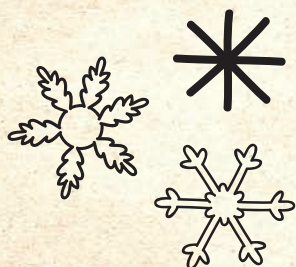
Prep time: 5 minutes,

Cook time: 30 minutes

Serves 4 (if you use the whole pack of sausages)

1 pack of Fry's Traditional Sausages
120ml of Thai Sweet Chilli Sauce
60ml of cranberry sauce
60ml of soy sauce
2 tbsp coconut or brown sugar
Juice of 1 small orange
Juice of 1 small lime
1 medium red onion

- 1 First par cook the Fry's sausages by placing them under the grill for 8-10 minutes, turning once
- 2 Pre-heat the oven to 180 degrees
- 3 Mix the sweet chilli sauce, cranberry sauce, soy sauce, sugar, orange and lime juices together to form a thick glaze style sauce for the sausages
- 4 Chop your red onion into large chunks
- 5 Place the sausages on an oven proof tray along with the chunks of onion
- 6 Pour the sauce generously over the sausages and onion and place in the oven for 10-15 minutes until the sausages have soaked up some sauce
- 7 Plate and pour the excess sauce over the sausages and serve with your favourite Christmas potatoes

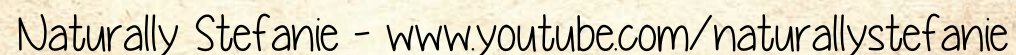




ROASTED VEGETABLES AND "CHICKEN"

Prep time: 5 minutes,
Cook time: 30 minutes
Serves 4

- 1 Start by peeling and chopping your potatoes, carrots, parsnips and onion
- 2 Par cook the root vegetables by steaming or boiling them for 10 minutes
- 3 Pre heat the oven to 180 degrees
- 4 Mix together the butter, oil and maple syrup and heat until melted and combined
- 5 Strip some rosemary from the stem and add to the mix
- 6 Lay the par cooked vegetables on an oven proof tray and coat in the mixture
- 7 Place in the oven for 15 minutes
- 8 Whilst cooking, add the Fry's strips to a pre heated pan and cook for 8-10 minutes until cooked
- 9 Remove the vegetables from the tray, add the onion, black pepper, the Fry's strips and a few sprigs of rosemary and return to the oven for a further 10 minutes or until everything is cooked and crisp.
- 10 Serve with a wedge of lemon and extra rosemary for decor.



SOY AND QUINOA

COUNTRY ROAST WITH CRANBERRY COMPOTE AND CRUSHED PISTACHIO CRUST

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- 1 Fry's Soy and Quinoa Country Roast (fully defrosted)

Cook time: 1 Hour
Serves 4 - 6

For the cranberry compote

200g cranberries (if frozen, simply defrost over night by leaving in the fridge)
100ml orange juice
30g caster sugar

- 1 With a sewing needle or sharp, small knife, prick each cranberry so they don't pop whilst cooking
- 2 Simmer the cranberries, orange juice and caster sugar in a small pan until the sugar dissolves. Add a little water- around 100ml- and continue to heat until the cranberries soften and begin to break down into a compote.
- 3 When you have a sticky, thick consistency, take the cranberries off the heat and set aside.

For the pistachio crust

50g breadcrumbs
100g shelled pistachios, chopped down into crumb-size
1 tbsp fennel seeds
1 tbsp herbs de Provence
Salt and pepper

- 1 In a mixing bowl, combine the ingredients to form a crumbly mixture and set aside.

Assembling the roast

- 1 Preheat the oven to 180 degrees and grease and line a baking tray.
- 2 Place the country roast in the middle of a baking tray and slowly pour the cranberry compote over the roast so it covers all three exposed sides (as well as tasting great, this will provide a glue for the pistachio crust to stick to).
- 3 Now gently pat the pistachio crust mixture onto the country roast, making sure it sticks to the sides as well as the top. You can really compress it to get as much of the crust on as possible.
- 4 With any extra crust, pat it onto the base of the roast so any juices from the cranberries will bake into the crust and make even more good stuff to share.
- 5 Roast for thirty minutes and then check on the roast- the nuts will burn quite easily so you'll need to keep an eye on it after this time. If it's getting too dark, just cover in foil, then roast for a further 15-20 minutes until it's really crisp (but not burnt!)



VEGAN CHRISTMAS MINCE PIES

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Cooking time: 1 hour, 30 Mins
Makes 12

Filling:

½ cup apple sauce
1 tbsp vegetable oil
2 tbsp rice malt syrup
¾ cup mix of dried fruit (choose the dried fruit you like best, but you do need raisins!)
50ml orange juice
1 tsp vanilla essence
¼ tsp cloves
½ tsp cinnamon
¼ tsp nutmeg
¼ tsp ground ginger
Pinch salt

Pie Crust:

¾ cup flour
¾ cup vegetable oil
1 tbsp rice malt syrup
pinch salt
2 tbsp ice water

- 1 Set oven to 200 degrees and grease a muffin pan
- 2 The filling: Place all filling ingredients into a saucepan and bring to a simmer for a few minutes (approx. 5).
- 3 Stir occasionally and set aside to cool
- 4 "Place flour, rice malt syrup, and salt into a food processor and process until the mixture resembles coarse crumbs"
- 5 Add the ice water and pulse a few times to combine. Remove the dough and prepare a rolling surface. (TIP: Sometimes rolling between 2 sheets of baking paper helps!)
- 6 Then roll out dough to a 5mm-8mm thickness
- 7 Make use of all the dough whilst using a cookie cutter to cut out the rounds to form the base of the pies
- 8 You should be able to cut 12 with some left over. Place the bases in the prepared muffin pan. They should form small "cups".
- 9 Use a fork to lightly press or decorate the overhanging sides. Use the remainder of the dough to cut out the pie lids using a smaller cookie cutter. Again, you will need 12.

- 10 Roll the dough very thin to cut out stars or any other pattern you like. These will be used to decorate the top of the pies. If the dough becomes soft and difficult to work with, place it in the fridge or freezer for a few minutes. (My Christmas climate is warm so this is often a problem!)
 - 11 Scoop about 1 tsp filling into each cup. Place the cut-out lids on top and then the star shape on top of that.
- Place in the oven for 15 – 20 min and remove from oven to serve hot or cold

Serving suggestion: lightly dust with icing sugar.



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GET INVOLVED

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BENEFITS OF A PLANT-BASED DIET



DIABETES

HEART DISEASE

ARTHRITIS

STROKE

ALZHEIMER'S

CANCER

Well planned vegetarian 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



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



www.fryfamilyfood.com