



HEART-HEALTHY
plant-based
AIRFRYER RECIPES

from our kitchen to yours

We started out small. Back in 1991, Wally and Debbie Fry began experimenting and inventing meat alternatives in their home kitchen to share with family and a few friends. With no cookbook to go by, trial and error was the recipe of the day. People thought they were crazy. "Plants that look and taste like meat... made in your home kitchen?!" We were passionate, driven and determined to make a simple idea come to life: To craft tasty plant-based foods that left our family and friends feeling good, and inspired a move to a healthier, more compassionate and sustainable lifestyle.

Of course we still make food for our family; it is just a lot bigger now. Today, The Fry Family Food Co. is an international success, with the whole family involved in the running of the business – even Wally and Debbie's grandchildren play a part as our unofficial taste testers!

Thank you for joining us on our journey to craft food that inspires change. We hope you enjoy our heart-healthy, plant-based recipes!

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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choose heart smart

THE HEALTH BENEFITS OF A PLANT-BASED DIET

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 80% of these premature deaths can be prevented by eating better, moving more and avoiding smoking.

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:

- ♥ Heart disease
- ♥ Stroke
- ♥ High blood pressure
- ♥ Diabetes
- ♥ Cancer
- ♥ Alzheimer's
- ♥ Arthritis
- ♥ Obesity

www.heartfoundation.co.za

WHAT IS AN AIRFRYER?

Using Rapid Air Technology, the Philips Airfryer fries, bakes and roasts food with up to 80% - 100% less oil, in half the time, without compromising on taste and texture! By circulating hot air around the food by the means of a high speed mechanical fan, little to no oil is required while the food remains perfectly crispy!

Combined with a diverse plant-based diet, this healthier cooking alternative can help with weight loss and maintenance, as well as keep your heart strong and healthy!

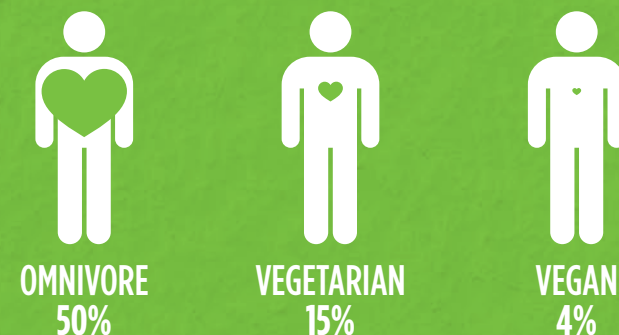


Don't have an Airfryer? All of the recipes in this book can be easily prepared in the oven or in the pan.

10 AMAZING BENEFITS OF GOING PLANT-BASED



THE AVERAGE US MALE'S RISK OF DEATH FROM HEART DISEASE IF HE IS...



www.whatthehealthfilm.com

the environment

GOING PLANT-BASED FOR THE 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, and ocean dead zones.



IN JUST 1 YEAR, FOLLOWING A PLANT-BASED DIET SAVES:



1.5 MILLION
litres of water



1 022m²
of forest



6 607kg
of grain



3 322kg
of CO₂

Cowspiracy.com • fao.org • worldwatch.org • Meat atlas, 2014 • fishcount.org.uk

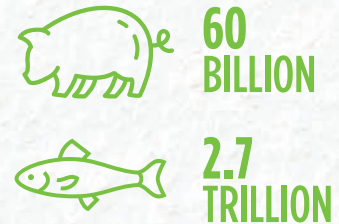
the ethics

EAT WITH YOUR HEART

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.



Humans kill over 60 billion land animals and 2.7 trillion fish every year for food. Not only is this completely unnecessary, but it invariably includes cruel practices like dehorning or castration without anesthetic.



Biologists have confirmed what pet lovers have always known: animals are sentient, they want to live, and they feel pain in a very similar way to humans.



By eating a plant-based diet, or reducing your meat consumption, you are not only eating a diet that is good for your heart, but it also means you are making a powerful ethical statement. By removing animal products from your diet, you withdraw support from industries that harm animals. Choosing to back the production of cruelty-free foods means you are not only cooking for your heart, but also with your heart.

Cowspiracy.com • fao.org • worldwatch.org • Meat atlas, 2014 • fishcount.org.uk



SERVES
4-6 people



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes

Raw Broccoli

SUPERFOOD SALAD

Ingredients

1 box Fry's Chicken-Style Nuggets (or Fry's Rice Protein & Chia Chicken-Style Nuggets)

1 head broccoli

4 tbsp mixed seeds, lightly toasted

½ cup goji berries, cranberries and raisin mix

1 punnet mini plum tomatoes, washed and halved

1 apple, cored and finely chopped

½ cup cooked chickpeas

For the Vegan Mayonnaise Dressing

1-2 tbsp cooked chickpeas

2 ½ tsp white balsamic vinegar

Juice of 1 lemon

1 heaped tsp mustard

1 tsp xylitol

Salt and pepper, to taste

½ cup oil mix (grapeseed oil, avocado oil and olive oil)

Add half an avocado if serving all the mayonnaise within an hour or two.

Method

Place the Nuggets in the Airfryer for 8 minutes at 185°C.* Shake the Airfryer basket and increase the temperature to 200°C and cook for another 2 minutes. The Nuggets should be golden and crispy. Slice the Nuggets in half.

Remove the tough stalk at the end of the broccoli and wash broccoli head thoroughly. Cut into tiny bite-size pieces.

Place in a large bowl. Add the remaining ingredients, including the Nuggets, and mix together.

To make homemade vegan mayonnaise, add the chickpeas, vinegar, lemon juice, mustard, xylitol and seasoning into the jug of a hand held blender. Add the avocado, if using. Blitz until thick and creamy.

With the head of the blender still in the jug, start pouring the oil in while lifting it up and down until the oil emulsifies with the rest of the ingredients. Taste and adjust seasoning.

Add the mayonnaise to the salad bowl and mix through.

**Reduce cooking time if the Nuggets have defrosted.*





SERVES
4 people



PREPARATION TIME
5 minutes



COOKING TIME
10 minutes

Chicken Style Skewers

WITH PEANUT SATAY

INGREDIENTS

1 box Fry's Chicken-Style Strips

For the Peanut Satay

4 tbsp peanut butter

½ tsp cumin powder

4 tbsp soy sauce

2 tsp lemon juice

1 tsp garlic powder

½ tsp ginger powder

1 tsp turmeric

½ - 1 tbsp of sugar

Plant-based milk or water, as needed

Scallions (or green onions), sliced, for garnish

Crushed peanuts, for garnish

Fresh coriander, for garnish

Skewers, for serving

METHOD

For the peanut satay, combine the peanut butter, cumin powder, soy sauce, lemon juice, garlic powder, ginger powder, turmeric and sugar in a bowl. Stir all ingredients together. Add a little bit of plant-based milk or water to thin out the mixture as needed.

In the Airfryer, air fry the Chicken-Style Strips for 6 minutes at 185°C.*

Combine Chicken-Style Strips and sauce in a dish, ensuring the strips are covered with the sauce. For best results, marinate for an hour (or overnight) in the refrigerator.

Thread the Chicken-Style Strips onto skewers. Add the Chicken-Style Strips to the Airfryer and air fry for 2-3 minutes to reheat.

Sprinkle the skewers with sliced scallions, crushed peanuts and coriander, and serve with the remaining sauce on the side.

**Reduce cooking time if the Chicken-Style Strips have defrosted.*





SERVES
4 people



PREPARATION TIME
15 minutes



COOKING TIME
8 minutes

Veggie Platter

WITH PRAWN-STYLE PIECES & TZATZIKI

INGREDIENTS

1 box Fry's Battered Prawn-Style Pieces

Selection of your favourite raw veggies, sliced (e.g. baby corn, radishes, turnips, asparagus, carrots, sweet peas etc.)

For the Tzatziki

1 cup silken tofu, cubed

$\frac{1}{2}$ cup cucumber, seeded and diced

$\frac{1}{4}$ tsp fresh dill

1 tbsp fresh lemon juice

$\frac{1}{2}$ tsp fresh lemon zest

1 clove garlic, finely minced

Salt and pepper, to taste

A sprinkle of za'atar spice, for garnish

METHOD

To make the tzatziki, remove the cucumber seeds with a spoon and dice the cucumber into cubes.

Blend the tofu, lemon juice, lemon zest, garlic and salt and pepper in a food processor or blender until smooth.

In a small bowl, combine the cucumber and dill with the blended ingredients. Refrigerate for a few hours, ideally overnight.

Put the Battered Prawn-Style Pieces in the Airfryer basket. Cook for about 8 minutes at 185°C, shaking halfway to ensure even cooking, until golden brown.*

Sprinkle the tzatziki with za'atar spice and serve with Prawn-Style Pieces and raw veggies.

**Reduce cooking time if the Battered Prawn-Style Pieces have defrosted.*





SERVES
5 people



PREPARATION TIME
20 minutes



COOKING TIME
30 minutes

Curry-Style Samosas

AND YOUR FAVOURITE DIP

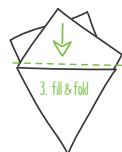
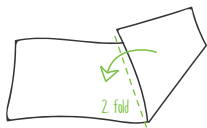
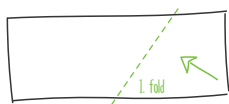
INGREDIENTS

½ box Fry's Korma Curry Pieces (defrosted)
1 medium potato, boiled and then mashed
1 large onion, finely chopped
2 green chillies, finely chopped
½ tsp mustard seeds
4 curry leaves
½ tsp ginger, minced
½ tsp garlic, minced
½ tsp turmeric powder
½ - ¾ tsp chilli powder
1 tsp coriander powder
½ tsp cumin powder
½ tsp garam masala
2 tbsp fresh coriander, chopped
Oil, for brushing
Salt, as needed
Samosa pastry

METHOD

Heat oil in a pan (or use a non-stick pan and enough water to avoid burning, if not using oil). Add mustard seeds and curry leaves and let it splutter.
Add the minced ginger, garlic and chopped onions, and sauté until translucent.
Add the green chillies, Korma Curry Pieces and the rest of spices. Mix well together and fry for 10-15 minutes on low heat. Add water as needed.
Add the mashed potatoes to the pan and mix so that the flavours incorporate well. Fry for another few minutes.
Add the 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 a tiny bit of oil.
Arrange the samosas in the Airfryer, side by side, and cook for 15 minutes, at 185°C, or until golden brown in colour.
Serve hot with your favourite dip!

HOW TO FOLD A SAMOSA:





SERVES
2 people



PREPARATION TIME
8 minutes



COOKING TIME
8 minutes

Mini Mushroom Pizzas

WITH POLONY & SALAD

INGREDIENTS

4 slices Fry's Polony/Slicing Sausage, thawed, sliced 1cm thick, and diced into cubes

4 large portabella mushrooms, cleaned and scooped

½ green bell pepper, diced

1 tbsp olive oil (optional)

3-4 tbsp vegan cheese, shredded (or use vegan mayonnaise)

4 tbsp tomato puree

Salt and pepper, to taste

1 pinch dried Italian seasoning

METHOD

Brush the olive oil on both sides of the mushrooms (optional), then season the inside of the mushrooms with salt, pepper and the Italian seasoning.

Spread the tomato sauce evenly over the mushrooms and top with vegan cheese (if using) and diced bell pepper.

Place the mushrooms into the cooking basket and slide into the Airfryer and cook at 185°C.

After 2-3 minutes, remove the cooking basket from the Airfryer and place the Slicing Sausage/Polony on top of the portabella mushroom pizzas.

Cook for an additional 5 minutes at the same temperature.

Top with vegan cheese or vegan mayonnaise.

Serve with a crisp salad and lots of fresh veggies!





SERVES
3 people



PREPARATION TIME
15 minutes



COOKING TIME
12 minutes

Homemade Nachos

WITH GOLDEN CRUMBED SCHNITZELS

INGREDIENTS

2 Fry's Golden Crumbed Schnitzels
3 soft flour tortillas/wraps
1 tsp smoked paprika
1 tsp ground coriander
½ tsp ground cumin
2 tsp salt
1 can black beans, drained and rinsed
1 green bell pepper
2 avocados, mashed
½ red onion, diced
2 garlic cloves, minced
Handful of fresh coriander, roughly chopped
Juice of 1 lime
Salt, to taste
Salsa
Black olives
Lime wedges
Sriracha, or hot sauce of choice

METHOD

Cut the tortillas into eighths (into little triangles).

Sprinkle the tortilla chips with smoked paprika, coriander, cumin and salt. Brush the chips with some olive oil.

Place the chips in the Airfryer for 2-3 minutes at 185°C, shaking halfway.

Place the Schnitzels side by side in the Airfryer. Air fry the Schnitzels for 8 minutes at 185°C, until golden.* Once cooked, slice them into strips, about 1cm thick.

To make the guacamole, combine the mashed avocado, onion, garlic, lime juice and coriander in a bowl. Season with salt.

Slice the green pepper.

Halve the olives and depit them if required.

Place the tortilla chips in a bowl and top them with the Schnitzel strips, guacamole, black beans, green pepper, salsa, black olives, lime wedges and hot sauce.

**Reduce cooking time if the Golden Crumbed Schnitzels have defrosted.*





SERVES
2-3 people



PREPARATION TIME
15 minutes



COOKING TIME
45 minutes

Country Roast

WITH BUTTERNUT & CARROT SAGE MASH

INGREDIENTS

Fry's Soy and Quinoa Country Roast, sliced 2cm thick

1 small butternut, peeled and diced

300g carrots, peeled and cut into small pieces (or use baby carrots)

Olive oil (optional)

2 cloves garlic, crushed

6 fresh sage leaves

Zest from 1 lemon

Salt and pepper, to taste

METHOD

Defrost the Country Roast fully before cooking and remove it from cardboard sleeve and plastic.

Slice the Country Roast into 2cm slices. Brush a little oil on each side of the slices (optional) and arrange carefully in the basket of the Airfryer, side by side, with a small gap in between each slice. Do not overcrowd the Airfryer so rather do fewer pieces at a time to ensure even cooking.

Air fry for about 10 minutes at 190°C until the slices have browned and crisped.

To prepare the mash, fill a pot with boiling water and either steam or boil the carrots and butternut until very tender, for about 15 minutes.

Meanwhile, add the olive oil to a small skillet over medium heat. Add garlic and sauté until golden brown. Add the sage leaves. Fry the sage until just crisp, about 30 seconds. Remove the sage and place on paper towels to absorb excess oil.

Transfer the butternut and carrots into a food processor. Purée together until smooth.

Add 2 tbsp of the sage oil, and pulse a few times to combine. Add the lemon zest, salt and pepper to taste and stir until combined.

Crumble sage leaves and sprinkle on top of mash and serve with the Country Roast slices.





SERVES
2 people



PREPARATION TIME
15 minutes



COOKING TIME
45 minutes

Buddha Bowl

WITH CHICKEN-STYLE BURGERS & HUMMUS

INGREDIENTS

2 Fry's Chicken-Style Burgers

2 large sweet potatoes, washed and cut into wedges

1 tsp olive oil

1½ tsp paprika

½ tsp black pepper

½ tsp salt

½ cup brown rice

1 cup water

For the Hummus

1 can of chickpeas (keep the water/brine from the can)

2 cloves garlic, crushed

2 tbsp almond milk

Juice of half a lemon

2 tbsp tahini

3-4 tsp chilli powder

1 tsp cumin

Salt and pepper, to taste

A handful of fresh coriander, for serving

1 cucumber, sliced, for serving

A handful of cherry tomatoes, halved, for serving

40g fresh rocket, for serving

1 avocado, sliced, for serving

METHOD

Place the rice in a saucepan with 1 cup water. Prepare the rice according to the package instructions.

Toss the sweet potatoes with a bit of oil, paprika and salt and pepper.

Add the sweet potatoes wedges to the Airfryer basket. Be careful not to overcrowd. Cook for 15 minutes at 200°C, or until golden brown, tossing halfway.

While the sweet potatoes are cooking, get started on the hummus. Add the chickpeas, garlic, almond milk, lemon, tahini, chilli powder, cumin and salt and pepper in a food processor. Add extra chickpea water to the mixture if required. Blend until smooth and creamy.

Cook the Chicken-Style Burgers for 8 minutes at 185°C.*

Serve the Chicken-Style Burger, rice and hummus with chopped cucumber, tomatoes, rocket, avocado and fresh coriander.

**Reduce cooking time if the Chicken-Style Burgers have defrosted.*





SERVES
2 people




PREPARATION TIME
20 minutes



COOKING TIME
45 minutes

NoMeat Balls

WITH HASSELBACK POTATOES



INGREDIENTS

1 box Fry's Asian Spiced Burgers, thawed and grated

1 onion, finely chopped

3 sprigs fresh rosemary, stems removed and finely chopped

2 heaped tsp Dijon mustard

1-2 tsp dried oregano

2 green chillies, finely chopped

2 tbsp chickpea flour (or use all-purpose flour)

2 - 3 tbsp water

1 can of tinned diced tomatoes, or your favourite pasta sauce

½ cup tomato sauce

2 potatoes

Olive oil (optional)

Italian herbs, as needed

Salt, to taste

Fresh rosemary, for garnish

METHOD

Defrost the Asian Spiced Burgers and grate into a medium sized bowl.

Add onions, rosemary, mustard, oregano, green chillies, chickpea flour (or all-purpose flour) and water to grated burgers. Mix well to create a batter that can be rolled into balls.

Using your hands, roll the batter into small balls and set aside for 5 minutes in the fridge.

Place the meatballs in the Airfryer and cook for 8 minutes at 200°C.

Transfer the meatballs to a small ovenproof dish, add the tinned tomatoes (or pasta sauce) and tomato sauce, and place the dish into the basket of the Airfryer. Alternatively, create a "dish" out of tin foil and place the meatballs and tinned tomatoes in that.

Slide the dish into the Airfryer. Set the temperature to 170°C and the timer for 5 minutes to warm everything through.

Prepare your potatoes. If you have large potatoes, slice them in half. Cut slits down into the potatoes about 0.5-1cm apart and 1cm from the base.

Brush the potatoes lightly with olive oil (optional) then cook them in the Airfryer for 15 minutes at 200°C.

Open Airfryer and brush again with the oil (if required), sprinkle with the herbs and salt, and continue to cook for another 15 minutes or until the potatoes are cooked through.

Serve the meatballs with the potatoes and garnish with fresh rosemary and a green salad.





SERVES
2 people



PREPARATION TIME
5 minutes



COOKING TIME
25 minutes



INGREDIENTS

½ box Fry's Meat Free Mince
4 medium bell peppers
½ cup rice, cooked
½ medium onion, chopped
2 clove garlic, minced
1 tsp olive oil
1½ cups tinned diced tomatoes
1 tsp Worcestershire sauce
1 tsp Italian herbs
Salt and pepper, as needed
A handful of vegan cheese, shredded
(optional, or use vegan mayonnaise)

METHOD

Wash the bell peppers, cut the tops off and scoop out the insides carefully, removing the stems and seeds. Cook them in boiling water for 3 minutes. Remove peppers from water and drain well.

Sauté the onion and garlic in olive oil (or water) in a pan until golden.

Add the Meat Free Mince, 1½ cups tinned tomatoes, Worcestershire sauce, herbs, and salt and pepper to the onion and garlic. Fry for a few minutes until the Meat-Free Mince is cooked through.*

Add the mince mixture to the cooked rice and half of the shredded vegan cheese. Stir to combine.

Stuff the peppers with the mixture. Top with remaining tinned tomatoes and vegan cheese.

Arrange the stuffed peppers upright in the Airfryer basket. You may need to thinly slice the bottom part of the peppers if uneven so as to make them stand on the plate without it tilting. Air fry for about 10 minutes at 200°C. If you want the peppers to be softer, cook for longer.

If not using vegan cheese, top with vegan mayonnaise once cooked.

**Reduce cooking time if the Meat Free Mince has defrosted.*





SERVES
4 people



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes

Grilled Fruit Skewers

WITH CHOCOLATE DIP

INGREDIENTS

1 tbsp Fry's Cacao Kasha
2 tsp almond milk
1 tsp maple syrup
A pinch of vanilla powder or
 $\frac{1}{8}$ tsp vanilla extract
1 apple, washed and diced
1 peach, washed and diced
1 pineapple, diced
1 pear, diced
A pinch of chilli flakes or cayenne pepper
1 tsp maple syrup
 $\frac{1}{2}$ fresh lemon, juiced
Coconut flakes, for serving
Skewers, for serving

METHOD

In a bowl add the lemon juice, maple syrup and chilli flakes. Mix to form a paste.
Coat the paste over the diced fruit pieces. Arrange the fruit pieces on the skewers.
Place the skewers next to each other in the Airfryer for 10 minutes, at 185°C, until grilled.
While they are cooking, make the chocolate sauce by adding the Cacao Kasha, almond milk, maple syrup and vanilla in a small bowl. Mix together until smooth.
Serve the fruit skewers with the chocolate sauce, pomegranate seeds and coconut flakes.





SERVES
1 person



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes

Deconstructed Vanilla Coconut

FRUIT PIE WITH CASHEW CREAM

INGREDIENTS

3 tbsp Fry's Vanilla and Chia Kasha

1 cup apples, diced

1 cup frozen blueberries

2 tbsp desiccated coconut

2 tbsp coconut flakes

1 tsp coconut oil

2 tsp maple syrup

Pinch of vanilla

Pinch of cinnamon

For the Cashew Cream

1 cup raw unsalted cashews, soaked in water for 2 hours

½ cup water

2 tbsp maple syrup

1 tsp vanilla extract

Pinch of salt

Fresh mint, for garnish

METHOD

To prepare the cashew cream, drain the water from the soaked cashews.

In a blender, add the soaked cashews, water, maple syrup, vanilla and salt. Blend on high until smooth and creamy. Adjust to suit your taste buds and desired consistency.

Transfer to a sealed container in the fridge, and chill for a few hours to thicken.

Move onto the Kasha mixture. Mix the Kasha, maple syrup, desiccated coconut, coconut flakes, coconut oil, vanilla and cinnamon in a bowl. The texture should be fine and slightly crumbly.

In a small ramekin, place the diced apple and frozen blueberries in the Airfryer. Pour the Kasha mixture over the fruit.

Bake at 185°C for 10 minutes.

Serve the Deconstructed Apple and Blueberry Pie with fresh mint and cashew cream.





Crafting Food. Inspiring Change.

You can find loads more great recipes online and don't forget to send us your photos, comments and recipe suggestions – we'd love to hear from you! #FrysFamily

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