



QUICK AND TASTY PLANT BASED  
**BBQ RECIPES**

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## FROM THE FRY'S FAMILY KITCHEN TO YOURS

From small innovative beginnings in the Frys family kitchen, to an international success story, Fry's Family Foods produce 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
- No added MSG
- No 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

## STYLE 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
- ROCKET

### METHOD

FRYS PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

TRADITIONAL BURGER  
BARBECUE  
NO  
4

**RELISH:** PLACE TOMATO AND ONION MIX IN SMALL BARBECUE CAST IRON POT, ADD CHUTNEY AND GARLIC. PLACE POT ON BARBECUE 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 BARBECUE 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 BARBECUE.

**ASSEMBLE THE BURGER:** LAYER WITH RELISH, SLICED TOMATO AND WATER-CRESS. ADD THE BURGERS, GHERKINS, RED ONION AND MORE RELISH.

STICKY

# BARBEQUE 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

FRYS PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

BRAAI-STYLE SAUSAGES  
BARBECUE  
NO  
4

**BARBECUE SAUCE:** COMBINE GARLIC, PAPRIKA, BROWN SUGAR, SYRUP, VINEGAR, OLIVE OIL AND BARBECUE SAUCE. MIX TOGETHER WELL AND MARINADE SAUSAGES IN THE BARBECUE SAUCE FOR 30 MINUTES.

**SLICE THE SAUSAGES WHILE YOU SOAK THE SKEWERS IN WATER AND THEN THREAD THE SAUSAGES ONTO THE SKEWERS. GRILL THE SAUSAGES ON THE BARBECUE, 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 WITH COUSCOUS SALAD AND LEMON WEDGES.**











GRAB A PIZZA  
THE ACTION!

## GRILLED VEGETABLE PIZZA



### INGREDIENTS

- 1 BOX FRY'S CHICKEN-STYLE STRIPS
- 1 AND 1/2 CUP CHERRY TOMATOES
- 100 ML BALSAMIC VINEGAR
- OLIVE OIL
- 2 LARGE RED PEPPERS, SLICED
- 1 LARGE AUBERGINE, SLICED
- 2 COURGETTES, 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  
BARBECUE, STOVE  
NO  
4

**PREPARE YOUR BARBECUE. A KETTLE BARBECUE WITH A LID 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 BARBECUE WITH LID ON FOR 5 MINUTES OR UNTIL THE TOMATOES BECOME SOFT.**

**PREHEAT GRIDDLE PAN ON STOVE, BRUSH RED PEPPER, AUBERGINE AND COURGETTES 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.**

**BARBECUE 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  
BARBECUE  
NO  
4

PREPARE THE BARBECUE.

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 BARBECUE FOR 3-4 MINUTES, TURNING TWICE.

SERVE THE SKEWERS WITH THE PEPPADEW™ PESTO, LEMON WEDGES AND REMAINING DUKKAH SPICE.



DELISH

# FALAFEL BURGER

ON A MUSHROOM BASE WITH  
RED CABBAGE SLAW AND TAHINI SAUCE

## INGREDIENTS

- 1 BOX FRY'S QUINOA & FRESH CILANTRO FALAFEL BURGERS
- 1 SMALL RED CABBAGE
- 1/2 RED ONION
- 1/2 TBSP SYRUP
- 1 TBSP VINEGAR
- 1 TBSP OLIVE OIL
- 1/4 TSP CAYENNE PEPPER
- 4 TBSP TAHINI PASTE
- 3 TBSP WATER
- SALT AND PEPPER
- SQUEEZE OF FRESH LEMON JUICE
- 1 CLOVE OF GARLIC, CREAMED
- 4 LARGE PORTOBELLO MUSHROOMS
- OLIVE OIL
- 40 GR MARGARINE
- 8 PEPPADEWS™
- ROCKET
- MIXED SEEDS AND CRANBERRIES, LIGHTLY TOASTED

## METHOD

FRY'S PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

QUINOA & FRESH CILANTRO  
FALAFEL BURGERS  
BARBECUE, HOB  
NO  
4

**CABBAGE SLAW:** THINLY SLICE CABBAGE AND RED ONION. LIGHTLY WHISK TOGETHER THE SYRUP, VINEGAR, OLIVE OIL, CAYENNE PEPPER AND A PINCH OF SALT. COMBINE WITH THE CABBAGE AND ONION.

**TAHINI SAUCE:** WHISK TAHINI, LEMON JUICE, CREAMED GARLIC, SALT AND PEPPER, SLOWLY ADDING WATER UNTIL CREAMY.

**MUSHROOMS:** PLACE MUSHROOMS IN TINFOIL, DRIZZLE OLIVE OIL, SALT, PEPPER AND MARGARINE. CLOSE THE TINFOIL TO CREATE A BAG AND PLACE ON THE BARBECUE FOR APPROXIMATELY 10 MINUTES.

**FRY THE FALAFEL BURGERS** AS PER INSTRUCTIONS ON PACK, OR IF YOU PREFER TO COOK ON THE BARBECUE, BRUSH WITH OIL AND PLACE ON TOP OF TIN FOIL OR A FOIL TRAY ON THE GRIDDLE.

**BUILD THE BURGER:** SPOON TAHINI SAUCE ONTO THE MUSHROOMS, AND LAYER ON PEPPADEWS™. PLACE A FALAFEL BURGER ON EACH MUSHROOM, TOP WITH RED CABBAGE SLAW AND DRIZZLE WITH TAHINI SAUCE.

**GARNISH** WITH FRESH ROCKET AND TOASTED MIXED SEEDS AND CRANBERRIES.









CHARGRILLED



# SCHNITZEL

SALAD WITH BERRY GLAZE

## INGREDIENTS

- 1 FRY'S 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

FRYS PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

GOLDEN CRUMBED SCHNITZELS  
BARBECUE, GRIDDLE PAN  
NO  
4

COMBINE THE POMEGRANATE JUICE, SUGAR, STAR ANISE AND SOY SAUCE IN A SMALL SAUCEPAN; SIMMER FOR 10-15 MINUTES UNTIL THE SAUCE BECOMES STICKY.

BARBECUE 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

FRY'S PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

CHICKEN-STYLE BURGERS  
BARBECUE  
NO  
4

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 BARBECUE FOR ABOUT 2 MINUTES, THEN BEGIN TO BASTE.

TURN THE KEBABS, BASTE CONTINUOUSLY UNTIL THEY ARE COOKED THROUGH, GOLDEN BROWN AND STICKY.











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

## METHOD

FRY'S PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

CHUNKY STRIPS  
OVEN & BARBECUE  
YES  
4

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 THE HERBS.

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 BARBECUE FOR 5 MIN OR UNTIL COOKED THROUGH.

COMBINE DRESSING INGREDIENTS; TOSS THROUGH SALAD AND SERVE.

NUTTY



## BARBEQUE HOT DOGS

WITH SWEET POTATO FRIES

### INGREDIENTS

- 6 FRY'S ORIGINAL HOT DOGS, DEFROSTED
- 6 LONG HOTDOG ROLLS
- 3 MEDIUM SIZED SWEET POTATOES, CUT INTO THIN FRIES
- 2 TSP PAPRIKA
- SALT
- PEPPER
- OLIVE OIL

#### FOR THE PEANUT SAUCE:

- 1/2 TIN COCONUT MILK
- 100G SMOOTH PEANUT BUTTER
- 1 SPRING ONION, CHOPPED
- 2 TBSP RED WINE VINEGAR
- 1/2 TSP DRIED CHILLI FLAKES
- 1 CLOVE GARLIC, FINELY CHOPPED

### METHOD

FRY'S PRODUCT  
COOKING METHOD  
PREHEAT OVEN  
SERVES

ORIGINAL HOT DOG  
OVEN & BARBEQUE  
YES  
6

PLACE THE SWEET POTATO FRIES ON A BAKING TRAY WITH OLIVE OIL, SALT, PEPPER AND PAPRIKA AND BAKE IN OVEN ON 180°C FOR 10-15 MINUTES.

SCORE THE HOT DOGS DIAGONALLY ALONG THE TOP. BARBECUE LIGHTLY 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 THE BARBECUE, REMOVE WHEN ROLL BECOMES GOLDEN BROWN.

FOR THE PEANUT SAUCE: COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR AND BLEND UNTIL SMOOTH. ADD A LITTLE WATER TO THIN IT OUT TO THE DESIRED CONSISTENCY.

DRIZZLE SOME PEANUT SAUCE ON EACH ROLL, THEN ADD THE HOT DOGS WITH THE SCORING FACING UPWARDS. DRIZZLE SAUCE DIAGONALLY OVER HOTDOGS FOR PRESENTATION.





# GET INVOLVED

**You'll find loads more great recipes online at**

**[frysfamilyfoods.co.uk](http://frysfamilyfoods.co.uk)**

**Why not host your own “plants on fire” barbecue and invite your friends and family around to try a plant based BBQ**

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



**Visit our website - [frysfamilyfoods.co.uk](http://frysfamilyfoods.co.uk) to**

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**Available at Ocado, Holland and Barrett, Morrisons Online and selected Morrisons stores.**





## OF A PLANT-BASED DIET

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**HEALTH**



**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)]

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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**



[FRYSFAMILYFOODS.CO.UK](http://FRYSFAMILYFOODS.CO.UK)