



**SUMMER SALADS,
PERFECT PICNICS,
FLAMING BBQ'S.**



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!





CONTENTS

SUMMER SALADS

Warm Rocket Salad with Thick Cut Chunky-Style Strips

Sweet chilli Chicken-Style salad

Citrus and avocado salad with Battered Prawn-Style Pieces

Mange tout, Basil, Bugar wheat and Chicken-Style Nugget salad

PICNIC IN THE PARK

Tuna-style spread/dip

Mango and Chili Chicken-Style wrap

Fry's Meat Free Hot Dog sandwich

Grilled Polony and hummus sandwich

Mini Hot Dog Pastry Rolls

BBQ OR GRILL....

BBQ Sausage skewers with cous cous salad

Traditional-Style Burgers with avocado and sundried
tomato hummus with polenta crusted onion rings

Sticky Chicken-Style kebabs

Golden Crumbed Schnitzel salad with berry glaze



WARM ROCKET SALAD

WITH THICK CUT CHUNKY STRIPS

INGREDIENTS

1 box Fry's Thick Cut Chunky Strips
2 pkts Rocket leaves
2 cups Flat leaf parsley, washed
1 Medium red onion, sliced into rings
100g Vegan Parmesan style cheese
(or vegan cheese of your choice)
Balsamic vinegar
Olive oil

METHOD

Fry the onion rings until softened in a little oil.
Set aside and keep warm.
Fry Strips in a little oil for 6-8 minutes, set aside and keep warm.
To assemble the dish, place the rocket and parsley in a bowl and dress with the olive oil and balsamic vinegar.
Place a handful of strips and onion rings on top.
Repeat the process to create a second layer.
Garnish with shaved cheese.

SERVES - 4
COOKING TIME - 30 MINS





SWEET CHILLI CHICKEN STYLE SALAD

INGREDIENTS

1 box Fry's Chicken-Style Strips
40ml Sweet Chilli Sauce
2 Pkt Rocket Leaves
1 Pkt Mixed Salad Leaves
1 Punnet bean sprouts or cress
1 Punnet Strawberries, halved
1 Punnet Blackberries
125g shaved/crumbled vegan blue cheese
1 Pear sliced into thin wedges
Salad dressing of your choice



METHOD

Mix the salad greens and rocket together, place on the centre of the plate.

Fry the Chicken-Style Strips for approx 10 min.

Add 2 tablespoons of sweet chilli sauce and stir through.

Fry for a further 2 min.

Pan sear the pear slices in a little olive oil and set aside.

To make up the salads, put the chicken strips, strawberries, blackberries and pear slices on top and around the leaves.

Sprinkle with sprouts and top with the blue cheese.

Dress with the salad dressing of your choice.

SERVES - 2-3

COOKING TIME - 30 MINS



CITRUS AND AVOCADO SALAD WITH BATTERED PRAWN-STYLE PIECES

INGREDIENTS

2 boxes Fry's Battered Prawn-Style Pieces

SERVES

- 4

COOKING TIME

- 20 MINS

CITRUS VINAIGRETTE

½ cup (125 ml) rapeseed oil

2 Tbsp (30 ml) Clemengold juice

2 Tbsp (30ml) citrus fruit juice such as Orange or Tangerine

1 Tbsp (15 ml) chives, finely chopped

2 tsp (10 ml) Dijon mustard

1-2 Tbsp (15-30 ml) coconut sugar or maple syrup

salt and pepper

PICKLED RED ONION

½ Cup (125 ml) apple cider vinegar

1 Cup (250 ml) water

1 ½ Tbsp (22.5 ml) sugar

2 tsp (10 ml) salt

6 whole black peppercorns

2 bay leaves

1 large red onion, thinly sliced

TO SERVE

Pea shoots and micro herb greens

2 ripe avocados, sliced

3-4 ~Tangerine or soft citrus, peeled, segmented and pith removed

Handful fresh sprouts (of your choice)

2 Tbsp pomegranate seeds

METHOD

CITRUS VINAIGRETTE

Place all of the ingredients for the citrus vinaigrette into a food processor and blitz until combined. Season to taste. Set aside until ready to use.

PICKLED RED ONION.

Heat the apple cider vinegar, water, sugar, salt, peppercorns and bay leaves in a small saucepan, stirring gently to dissolve the sugar.

When the sugar has dissolved, pour the mixture over the sliced red onion and leave to pickle for at least an hour, longer if possible.

Brush the Fry's Battered Prawn-Style Pieces with olive oil and grill over hot coals, turning frequently, until golden brown. When the prawns are ready, plate up.

TO SERVE

Create a bed of pea shoots and micro-greens on 4 plates.

Lay the sliced avo onto the bed of greens. Top with the Fry's Prawn-Style Pieces and Citrus segments. Garnish with the pickled onion, sprouts and pomegranate seeds.

Dress with the citrus viniagrette and serve immediately



MANGE TOUT, BASIL, BULGUR WHEAT & NUGGET SALAD

INGREDIENTS

1 box Fry's Chicken-Style Nuggets
200g fresh basil leaves
2 cups bulgur wheat cooked to packet instructions
6 medium carrots, grated
250g mange tout, sliced diagonally
500g butternut, cut into 2cm cubes
5ml chilli powder
70ml olive oil
5ml Dijon mustard
30ml apple cider vinegar
10ml sugar
A handful of coriander
Salt & pepper



METHOD

Preheat oven to 180°C.

Whisk together 60ml olive oil, mustard, apple cider vinegar and sugar. Season well and set aside. Cook the nuggets following the instructions on back of pack. Place the butternut in a roasting tray, drizzle over 10ml olive oil, season well with salt, pepper and chili powder and roast for 35 minutes or until golden brown. Cut each nugget in half. Toss together the bulgur wheat, mange tout, carrot, butternut, nuggets, coriander, basil leaves and dressing

SERVES - 4
COOKING TIME - 40 MINS



TUNA-STYLE MEAT FREE SPREAD / DIP

INGREDIENTS

250g Fry's Meat-Free Slicing Polony, finely grated

½ Onion, finely chopped

1 Green chilli, finely chopped

3 tbsp Vegan Mayonnaise, add more if desired

Salt to taste

METHOD

Mix all of the above mentioned ingredients together to create a smooth paste.

SERVING SUGGESTIONS:

Spread onto your favourite savoury crackers or bread ,or alternatively serve in lettuce cups.

You can also enjoy as a dip with mixed vegetable crudites.

SERVES - 1-2

COOKING TIME - 10 MINS





MANGO AND CHILLI CHICKEN-STYLE WRAP

INGREDIENTS:

A handful of Fry's Chicken-Style Strips
4 Crisp lettuce leaves
1/2 large cucumber
1 medium just-ripe mango
2 vegan wraps
2 tbsps. sweet chilli sauce



METHOD:

Prepare Fry's chicken style strips using pack instructions and set aside.

To prepare filling, break lettuce into large bite size pieces. Cut cucumber in half, then halve lengthways and cut into very thin strips. Cut flesh, close to the stone, from the mango, remove skin and cut mango into thin strips. Place these ingredients in a bowl and mix in sweet chilli sauce and strips.

Place ingredients on wraps, fold, cut and ready for lunch.

SERVES - 1-2
COOKING TIME - 10 MINS



FRY'S HOT DOG SANDWICH

INGREDIENTS

2 Fry's Original Hot Dogs
2 slices of Whole grain bread
¼ Green pepper, julienned strips
¼ Red pepper, julienned strips
1 leaf of Rocket
1 small Tomato, sliced
Sweet chilli sauce
Vegan Mayonnaise to serve

METHOD

Prepare hot dogs using on pack instructions.
Place sliced hot dogs on bread, julienned strips of green and red peppers, leaf of rocket, sliced tomatoes, sweet chili sauce and mayonnaise. Top with remaining slice of bread, cut in half and serve.

SERVES - 2
COOKING TIME - 10 MINS





GRILLED POLONY AND HUMMUS SANDWICH

INGREDIENTS:

Fry's Meat Free Polony
2 slices whole grain bread
2 tbsp. hummus
1/4 small onion, finely chopped
1/2 green chilli, finely chopped
1/2 tsp. olive oil

METHOD:

Top a slice of bread with 4 slices of Fry's Meat Free Polony , hummus, onion and green chilli. Add the second piece of bread to make a sandwich.
Brush the outside of the sandwich with olive oil and grill it until bread is toasty golden brown.
Slide the sandwich onto a board, cut in half and devour.

SERVES - 1
COOKING TIME - 30 MINS





MINI HOT DOG PASTRY ROLLS

INGREDIENTS

8 Fry's Original Hot Dogs
25ml oil
1 large onion, finely chopped
1 cup Vegan cheddar style cheese
2 green chillies, finely chopped
1 250g ready-made vegan pastry
10ml plant based milk
Handful of sesame seeds

METHOD

Cut Fry's Original Hot Dogs into quarters. Heat oil, add in hot dogs and onions. Sauté for 2 minutes. Remove and cool. Add in cheese and chilli to hot dogs and set aside. Roll out pastry to fit your hot dog. Place your hot dog in the centre together with onion, cheese and chilli. Seal the ends with water, brush with milk and sprinkle sesame seeds on top of pastry.
Bake for 15-20 minutes on 180°C degrees and ready to serve.

SERVES - 24
COOKING TIME - 30 MINS



BBQ SKEWERS WITH COUSCOUS SALAD

INGREDIENTS

- | | |
|----------------------------------|-------------------------------|
| 1 Box Fry's Braai-Style Sausages | 2/3 cup Boiling water |
| 2 Garlic cloves, finely chopped | 1/2 Cucumber, diced |
| 1 tbsp Paprika | 1/2 cup Rosa tomatoes, sliced |
| 2 tbsp Brown sugar | 1/2 Red onion, diced |
| 1/4 cup Syrup | 2 tbsp Fresh basil |
| 1 tbsp White wine vinegar | Squeeze of lemon |
| 1 tbsp Olive oil | Squeeze of orange |
| 2 tbsp Barbecue sauce | Salt and pepper |
| 2/3 cup Couscous | Lemon wedges |

METHOD

Barbecue sauce: Combine garlic, paprika, brown sugar, syrup, vinegar, olive oil and barbecue sauce. Mix together well and marinate sausages in the barbeque sauce for 30 minutes.

Grill the Fry's Braai-Style 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. Mixed the ingredients lightly until combined. Slice the sausages, place onto wooden skewers. Serve with couscous salad and lemon wedges.

SERVES - 4

COOKING TIME - 30 MINS



TRADITIONAL BURGER

WITH AVOCADO AND SUNDRIED TOMATO HUMMUS
AND POLENTA CRUSTED ONION RINGS

INGREDIENTS

HUMMUS

1 x 400 g tin chickpeas,
drained but keep the brine for the onion rings
1 (150 g) medium avocado
80 ml / 100 g sundried tomatoes in oil
3 Tbsp (45 ml) olive oil
2 Tbps (30 ml) coriander, chopped
1 Tbsp (15ml) lemon juice
1 tsp (5 ml) ground cumin
1 tsp (5 ml) paprika
1 tsp (5 ml) garlic, finely chopped
½ (2 g) chilli, chopped
salt and pepper

HUMMUS

Place everything in a food processor and blend until smooth.
Season to taste. You can leave it a bit chunky if you prefer a more coarse texture.
Store in the fridge until needed.

ONION RINGS

Whisk the reserved canned chickpea brine, soymilk, vinegar and corn flour together.
Peel the onions and slice into thin rounds. Loosen the rounds from each other and
soak it in the mixture for 15 minutes. Combine the plain flour and polenta in a
separate mixing bowl. Add a bit of salt and pepper. Dip each onion ring into flour
mixture, then into the chickpea brine-mixture and back into the flour mixture
to coat it. Heat the oil for deep-frying to 180° C. Fry the onion rings for 2-3
minutes until golden and crisp.

BURGERS

Heat oil in a pan , add the burgers and fry for 4 minutes on each side
over a medium heat until browned.

TO SERVE

To assemble, spread hummus onto the bottom half of each burger bun.
Add some gherkins, a good handful of micro herbs, the burger, a bit of Sriracha sauce
and top it off with some onion rings and the top half of the burger bun.

SERVES

- 4

PREP TIME

- 30 MINS

COOKING TIME

- 15 MINS

ONION RINGS

½ cup(125 ml) soymilk
2 tsp (10 ml) white wine vinegar
1 tsp (5 ml) corn flour
1 (200 g) large onion
(160 ml) plain flour
(160 ml / 120 g) polenta
salt and pepper
oil, for deep-frying

BURGERS

1 pack of Fry's Traditional Burgers
2 tsp (10 ml) olive oil
4 burger rolls
4 (180 g) gherkins, sliced
1 cup (320 ml / 28 g) micro herbs
Sriracha sauce, to serve



STICKY CHICKEN-STYLE KEBABS

INGREDIENTS

1 box Fry's Chicken-Style Burgers
1 pineapple - peeled and cut up in chunks

FOR THE BASTING SAUCE:

2 Tbs golden syrup
1 thumb-size piece of ginger - grated
2 tsp thick soy sauce
A little lemon or lime juice
A pinch of salt

METHOD

Mix together all the ingredients for the basting sauce.

Cut the chicken burgers in big chunks.

The make the kebabs, simply alternate pieces of chicken burger and pineapple onto kebab sticks and you are ready.

Place on medium coals. Allow to cook for about 2 minutes, before you start basting.

Turn the kebabs, keep on basting until they are cooked, golden brown and sticky.

SERVES - 4

COOKING TIME - 30 MINS





SCHNITZEL SALAD WITH BERRY GLAZE

INGREDIENTS:

1 Fry's Golden Crumbed Schnitzel
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:

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.

SERVES - 4
COOKING TIME - 20 MINS



WHY CHOOSE A PLANT BASED DIET?

The reasons individuals choose to follow a plant based diet are many and varied, but eating less meat and dairy – or even cutting it out altogether – will have a positive effect on your health, on animal welfare and on the environment.

HEALTH AND WELLBEING

Numerous studies have shown that those following a plant based diet are less likely to suffer from some of the main causes of death across the world, namely; heart disease, cancer, high blood pressure and diabetes.

The British Dietetic Association (2014) concluded that:

“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”

What's more a large scale use of antibiotics used to treat animals within the animal agriculture industry is directly contributing to the development of antibiotic resistant bacteria affecting not only animals, but humans too. Following a plant based diet also ensures you are not consuming antibiotics or hormones unnecessarily in your diet.

ANIMAL WELFARE

More than 60 billion land animals are currently bred and slaughtered for human consumption each year. Rearing livestock on such an industrial scale inevitably leads to poor conditions and poor treatment of animals. This includes confined conditions where animals are unable to turn or move around and practices such as castration and de-horning - Indeed if “domestic” animals such as cats and dogs were treated in similar ways, those responsible would be charged with animal cruelty.

Keeping animals in cramped and over-crowded conditions also allows illness and disease to thrive – in turn encouraging increased use of medicines and antibiotics.

THE ENVIRONMENT

Animal agriculture is widely cited as the leading cause of deforestation, water depletion and pollution; and is responsible for more greenhouse gas emissions than the entire transportation industry.

Increasing amounts of land are cleared to produce crops to feed the growing number of animals bred for human consumption – leading to de-forestation, species extinction and habitat loss. The cost of creating and maintaining these vast areas of land could be far more effectively used to grow food crops whilst utilizing fewer other natural resources such as water – It is estimated that 250 Litres of water is needed to produce 1 kilogram of wheat, compared to 16,000 Litres of water needed to produce 1 kilogram of meat.



The Fry Family Food Co. is committed to producing Food Made Good. Food that is plant based, free from meat, egg and dairy, free from cruelty, antibiotics and it is hassle free, too. Just one of our tasty meals a week can make a difference to your health, the planet and the animals.



The Fry Family Food Co. ranges can be found at Ocado.com, Holland and Barrett, Morrisons.com, selected Morrisons stores and good healthfood stores up and down the country

FOR A LIST OF STORES OR WHERE TO BUY, PLEASE GO TO OUR WEBSITE!

WWW.FRYFAMILYFOOD.COM