



Urban  
Foodservice



# The vegan cookbook

BY URBAN FOODSERVICE

# Introduction

At Urban Foodservice we are serious about food! Over three years ago we started a quest where we began to think differently about the way we approach innovation within our business. We wanted to provide the right quality and choice for our customers' menus by understanding the key trends in the market, creating comprehensive ranges plus recipes solutions which meet your desired menu and price point requirements.

First let's look at what inspired us to look into our vegan range. The rise in vegan food and drink offerings began in city centres with the likes of London, Manchester and Edinburgh leading the way. As the lifestyle choice of becoming vegan gains popularity, customers demand vegan options wherever they choose to dine.

The street food trend has also influenced vegan dining in that it has helped to expand the opportunity and choice of vegan food. Many vegan street food vendors are offering innovative options with one example focusing on Mexican-inspired food with fun vegan variations of popular Mexican dishes including vegan tacos and nachos. Many other street food vendors and restaurants are creating delicious vegan variants of foods such as fried chicken and vegan burgers to satisfy the 'mock' style dining experience. Street food will continue as a hot trend as consumers love the new taste for flavours, textures and infusion that street food provides.

Vegan has been one of the biggest trends to explode in 2018 and to ensure we make it easy for you to serve we have over 1000 vegan-friendly products and ingredients within our product range. To complement our broad product range we decided, with the help of our innovative and creative chef development team, to create over 30 vegan recipes across a range of meal options for you to get inspired by. We've put them into this vegan cookbook so that you can use them on your menus or take them as inspiration for developing your own recipe and menu creations suitable for your customers following a vegan diet.

Within the recipes you'll find the Urban Foodservice codes in brackets after the ingredients listing. You'll also find approximate serving amounts, prep time and cook time, however these may change when you adapt the recipe to suit you.

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# Vegan essentials

## Jackfruit

This exotic fruit is one of the most talked about plant-based ingredients in vegan cooking to hit the market in recent months. It's a great meat substitute and perfect as an alternative to soy-based ingredients as people following a vegan diet are often looking to reduce their soy intake. Jackfruit takes on the flavours of the sauces and marinades you cook it in, making it an extremely versatile ingredient in vegan cooking.

## Nuts and seeds

Nuts and seeds are a great way to top up that all important protein intake for people following a vegan diet and also offer your vegan recipes a bit of texture and crunch when used to top certain dishes and bakes. They are also perfect used in vegan granola. Don't forget peanut butter is a really on trend ingredient at the moment and makes for the perfect protein top up.

## Vegan milk alternatives

Going vegan or dairy free is made so much easier with the availability of nut, soya and oat plant-based drinks these days. All are ideal for baking – we've used some of the drinks in our banana loaf and chocolate peanut butter cookies as well as creating sauces and batters. You can also use them to pané tofu and vegetables.

## Vegan cheese

Plant-based alternatives to cheese are some of the fantastic new innovations food manufacturers have created over recent years that really provide a great substitute for people following a plant-based or dairy free diet. You can either get coconut or rice based options from Urban Foodservice in slices, blocks or grated variations. They are perfect ingredients for making cheesy dishes such as mac & cheese, making a vegan pesto and melting onto vegan pizzas.

## Herbs and spices

Herbs and spices are key to all cooking so make sure your store cupboard is stocked with the key herbs and spices you need in your kitchen to bring the flavours out in your food. We've got a great selection in our Everyday Favourites range. Key spices we love for adding really interesting and strong flavours to your vegan dishes are chilli powder, paprika, cinnamon and sumac.

## Pulses and grains

Pulses and grains are a great way to ensure your vegan customers are leaving your establishment with a full belly. We've used some of the more unusual grains in our vegan recipes to make them a little more exciting. For example we used the three coloured quinoa in our granola and our salads are using giant couscous and pearl barley.

## Dates and dried fruits

Dates provide a great base for on-the-go options like the snacking balls that we've created. They're also a great ingredient in baking to provide sweetness. Other dried fruits are the same, they can provide sweetness and colour to sweet and savoury dishes. For example, we've used sultanas in one of our salad dressings.

## Maple syrup

Maple syrup is a staple ingredient that is an ideal alternative to honey in vegan-friendly baking. It's also great for adding a sweet element in dressings on savoury dishes creating that sweet and savoury effect that customers love. It's also an ideal pancake topping.

## Chickpeas and beans

Chickpeas are an obvious choice for vegan cooking as they provide a source of protein and work really well with on trend cuisines such as Middle Eastern and North African. Though all types of beans are great for adding in casseroles and salads.

## Stock

Did you know some beef and meat stocks are vegan-friendly? So you don't just have to be limited to vegetable stocks for all your vegan cooking.







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Vegan  
**breakfast**





## Turmeric and Cardamom Porridge

For this porridge pot we've added a modern Indian twist with the inclusion of turmeric and cardamom making this porridge particularly warming and vibrant in colour. Turmeric in particular has become more popular and has begun to be added to everything from coffees to smoothies and soups.

### Ingredients

4g Chef William Whole Green Cardamom (70377), 1ltr Alpro Coconut Original (44779), 1g Everyday Favourites Ground Turmeric (70299), 1g Everyday Favourites Ground Cinnamon (70371), 20g Tate & Lyle Caster Sugar (38824), 1 Everyday Favourites Vanilla Pod (70386), 80g Quaker Oats Gluten Free Original Porridge (74742), 25g Munchy Seeds Omega Mix (87841)

### Method

Crush the cardamom seeds and add to warm Alpro coconut original with the turmeric, cinnamon and sugar. Scrape the seeds out of the vanilla pod and add to the mixture then infuse for 15 minutes.

Pass through a fine sieve into a clean bowl. In a clean pan add the oats and slowly mix in the infused Alpro coconut.

On a low to medium heat cook out for 25-30 minutes, slowly cooking the oats until creamy. Place into your desired serving bowl or pot and top with the munchy seeds.

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
40 minutes

### The perfect serve

29955 Board food & soup container 340ml (12oz) Lid to fit this container code 98657

## Maple, Date and Cinnamon Porridge

Maple, date and cinnamon is a classic combination and perfect for adding a sweetness to your porridge pot. Pairing this with the cashew nut butter makes a fantastic alternative to using peanut butter.

**Serves** 10

**Time to prepare**  
30 minutes

**Time to cook**  
40 minutes

### Ingredients

40g KTC Coconut Oil (31845), 250g Whole Cashew Nuts (19578), 80g Quaker Oats Gluten Free Original Porridge (74742), 1g Everyday Favourites Ground Cinnamon (70371), 100g Everyday Favourites Whole Hand Pitted Dates (50750), 50g Everyday Favourites Pure Canadian Maple Syrup (04389), 1ltr Alpro Cashew Original (36846), 40g Everyday Favourites Medium Desiccated Coconut (07803)

### Method

To make the cashew butter: Make the cashew butter by first warming the coconut oil. Then add the cashew nuts and the oil to a high speed blender and pulse until smooth and creamy. Place into a container until needed.

To make the porridge: In a clean pan add the oats and mix in the cinnamon, chopped dates, maple syrup then add the Alpro cashew original.

On a low to medium heat cook out for 25-30 minutes, slowly cooking the oats until creamy. While the oats are cooking, toast the desiccated coconut.

Place into your desired serving bowl and top with toasted coconut and a spoon-full of the cashew butter.

## Fruity Quinoa Porridge

Adding quinoa in with your porridge provides another interesting addition, delivering on flavour and texture, not forgetting it provides an increased protein content. We've kept the topping classic with this porridge, pairing it with a fresh fruity compote.

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
40 minutes

### Ingredients

1kg Fruits of the Forest (59905), 40g Tate & Lyle Caster Sugar (38824), 1g Everyday Favourites Ground Cinnamon (70371), 30ml Water, 20g Everyday Favourites Cornflour (86811), 80g Quaker Oats Gluten Free Original Porridge (74742), 100g Everyday Favourites Cooked Quinoa (29313), 1ltr Alpro Oat Original (36849)

### Method

To make the fruit compote: In a clean pan add the fruits, caster sugar, cinnamon and 30ml water. Slowly bring to a simmer and cook out on a low heat until some of the liquid has evaporated.

Mix the cornflour with a little water and add to the pan, cook out for 5-6 minutes. Pour the mix into a clean tub and chill until needed.

To make the porridge: In a clean pan add the oats, then add the Alpro oat original. On a low to medium heat cook out for 25-30 minutes, slowly cooking the oats until creamy, then add the quinoa and stir through. Place into your desired serving bowl and top with the fruity compote.



# Vegan Granola with Three Colour Quinoa

Often granola has honey in it making it unsuitable for vegans. Our chefs have created this vegan granola recipe using coconut oil and maple syrup as the substitute to make this vegan-friendly. The three coloured quinoa base makes this granola an interesting recipe that will intrigue not only your vegan customers, but all of your breakfast customers.

## Ingredients

270g Quaker Oats Gluten Free Original Porridge (74742), 300g Three Colour Quinoa (33391), 150g Whole Cashew Nuts (19578), 400g Whole Blanched Almonds (19594), 90g Tate & Lyle Dark Soft Brown Sugar (96891), 4g Maldon Sea Salt (07650), 150g Coconut Oil ktc (31845), 60g Everyday Favourites Pure Canadian Maple Syrup (04389)

## Method

Preheat the oven to 170°C. Mix the oats, raw quinoa, cashew nuts, chopped almonds, sugar and salt together.

In a clean saucepan heat the coconut oil and maple syrup for two minutes until well combined and mix immediately to the oat mix and coat evenly.

Pour the mix onto a thin oven tray and bake for 15 minutes, stir and bake for a further 10-15 minutes until the granola is a deep golden colour and allow to cool. Serve as required.

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
30 minutes





# Smoothie Bowl

Velvety and smooth, this smoothie bowl is packed with fruit, avocado and peanut butter topped with a signature vegan granola that makes this a fresh, vibrant and filling breakfast offering. Perfect served in a food-to-go pot for taking away or in a sit-down environment as part of your menu.

## Ingredients

600g Fruits of the Forest (59905), 100g Baby Spinach, 300g Avocado IQF Slices (03684), 300ml Alpro Cashew Original (36846), 4 Bananas, 100g Sunpat Crunchy Peanut Butter (58931), 300g Fresh Raspberries, 50g Vegan Granola - see recipe on page 14, 10 Fresh Mint Sprigs

## Method

Place the fruits of the forest, spinach, 200g of the avocado slices, Alpro cashew, banana and peanut butter into a blender and blend until smooth and creamy.

Pour into a bowl and top with raspberries, vegan granola, mint sprigs and the rest of the avocado slices.

## The perfect serve

50750 Stonecast  
Coupe Bowl 12"

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
10 minutes





# Shakshuka with Sweet Potato and Scrambled Tofu

A combination of rich and aromatic spices brings to life this Middle Eastern breakfast dish. Shakshuka is usually served with eggs but we've used a clever technique of scrambling tofu with a touch of seasoning and turmeric instead. Finished with wedges of toasted harissa tortillas makes this a well rounded dish for breakfast or brunch.

## Ingredients

### Sweet potato

50ml Extra Virgin Olive Oil Tin (13683), 1.5g Everyday Favourites Ground Cinnamon (70371), 6g Maldon Sea Salt (07650), 10g Everyday Favourites Paprika (70375), 1kg Sweet potato - peeled and diced into rough cut 2cm chunks

### Scrambled tofu

800g Blue Dragon Tofu Box (06529), 1g Everyday Favourites Ground Turmeric (70299), 6g Maldon Sea Salt (07650) 40ml Extra Virgin Olive Oil Tin (13683)

### Finished shakshuka

250g Base Mix, 100g Roasted Sweet Potato, 100g Scrambled Tofu, 30ml Lion Middle Eastern Hot Sauce (94437), 1 Mission Foods Harissa Tortilla Wrap 30cm (12") (75767), 0.5g Sumac (94452)

Serves 1

Time to prepare  
40 minutes

Time to cook  
20 minutes

## Chef tip

The sweet potato, base mix and scrambled tofu ingredients yield 10 portions to allow you to prepare more than one serving at one time.

### Base mix

100ml Extra Virgin Olive Oil Tin (13683), 200g Red Onions - cut into wedges, 30g Rickmers Chopped Garlic in Oil (15438), 10g Everyday Favourites Paprika (70375), 8g Everyday Favourites Cayenne Pepper (70380), 8g Everyday Favourites Ground Cumin (70379), 40g Tomato Purée (05636), 800g Everyday Favourites Chopped Tomatoes (05636), 400g Chickpeas in Water (98544), 30g Crespo Pitted Green Olives (70659), 8g Maldon Sea Salt (07650), 200g Red Pepper Wedges - cut into 8ths and roasted

## Method

Firstly, to make the sweet potato preheat the oven 180°C. Tumble all the sweet potato ingredients in a bowl and place onto an oven tray. Roast for 20-30 minutes until soft and cooked.

Then begin to make the base mix by adding the olive oil to a pan and heat, add the onion wedges and cook until soft. Once soft add the garlic and cook for a further 3-4 minutes.

Next add all the spices and cook out. Add the tomato purée and reduce the heat to cook for 10 minutes then add the chopped tomatoes and cook for a further 10 minutes.

Add the drained chickpeas and olives then season with salt and continue to cook for another 10 minutes. Stir through the red pepper wedges and keep warm until ready to serve.

Next make the scrambled tofu by draining the tofu and whisking to scramble it in a bowl adding the turmeric and salt then mix. Heat a little oil in a pan and on a low heat add the tofu mix and cook gently. Once done set aside ready to assemble the final shakshuka dish.

Now you are ready to assemble the final dish. Begin by placing the base mix into your desired dish, plate or bowl. Top with the roasted sweet potato mix. Add the scrambled tofu. Next drizzle with Middle Eastern sauce. Finally serve with wedges of toasted harissa wrap and sprinkle sumac on top to finish.





**Shakshuka with  
sweet potato and  
scrambled tofu**  
see recipe on page 18



**Huevos rancheros**  
see recipe on page 22





# Huevos Rancheros

This Mexican breakfast dish is served on corn tortillas and is a great street food dish. We've added a twist on the classic by using scrambled tofu instead of eggs, topped with seared corn salsa and drizzled with a Mexican adobo sauce. This dish originated from Mexican Ranchers and Southern American cowboys as their mid-morning snack.

## Chef tip

The corn salsa, huevos rancheros base and scrambled tofu ingredients yield 10 portions to allow you to prepare for multiple servings.

## Ingredients

### Seared corn salsa

500g Everyday Favourites Sweetcorn (98441), 200g Tomato - skinned, deseeded and diced, 150g Red Onion - diced 3mm, 4g Maldon Sea Salt (07650), 6g Chopped Garlic in Oil (37540), 40ml Extra Virgin Olive Oil Tin (13683), 2 limes Lime Juice, 20g Fresh Coriander - chopped

### Huevos rancheros base

40ml Extra Virgin Olive Oil Tin (13683), 200g White Onions - diced 12mm, 200g Red Pepper - diced 12mm, 100g Courgette - diced 12mm, 15g Chopped Garlic in Oil (37540), 5g Everyday Favourites Cayenne Pepper (70380), 8g Everyday Favourites Ground Cumin (70379), 3g Everyday Favourites Chilli Powder (70372), 8g Red Chilli - diced 3mm, 500g Cirio Passata (42360), 200g Black Eyed Beans (56620), 1.5g Everyday Favourites Cracked Black Peppercorn (50396), 1.5g Maldon Sea Salt (07650)

### Scrambled tofu

800g Blue Dragon Tofu Box (06529), 1 Everyday Favourites Ground Turmeric (70299), 6g Maldon Sea Salt (07650), 40ml Extra Virgin Olive Oil Tin (13683)

### Finished huevos rancheros

200g Base for Huevos Rancheros, 2 The Foodfellas 6" Corn Tortillas (11752) - warmed, 100g Scrambled Tofu, 80g Corn Salsa, 30g Avocado IQF Slices (03684), 1 Lime Wedge, 30ml Lion Mexican Adobo Sauce (94439), 2 sprigs Fresh Coriander

## Method

First make the seared corn salsa by heating a frying pan until smoking then add the corn in small batches until blackened and seared.

Once all the corn is blackened add the tomato, onion, salt, garlic, olive oil and fresh lime juice then stir through the chopped coriander and place into the fridge until required.

Next create the base for the Huevos Rancheros. To do this, begin by heating a large based frying pan and add the olive oil. Then sauté the onion, red pepper and courgette until slightly softened then add the garlic and continue to cook for 5 minutes.

Add the spices and diced chilli and cook out. Add the cooked black eye beans and passata cook for a further 10-15 minutes on a low heat. Season with salt and pepper and keep warm until you are ready to assemble the final dish.

Next make the scrambled tofu by draining the tofu and whisking to scramble it in a bowl adding the turmeric and salt then mix. Heat a little oil in a pan and on a low heat add the tofu mix and cook gently. Once done set aside ready to assemble the final Huevos Rancheros dish.

To finish the Huevos Rancheros place the base mix on top of two warmed corn tortillas.

Top with scrambled tofu, corn salsa, avocado slices, lime wedge and a drizzle of Mexican adobo sauce. Finish with the coriander sprigs.

Serves 1

Time to prepare  
20 minutes

Time to cook  
75 minutes



# Avo Smash

One of the most popular breakfast options to hit the market in recent years is an easy vegan breakfast win. What better way to start the day than serving smashed avo, a touch of lime, crunchy corn tortillas for texture and a drizzle of fiery Mexican adobo sauce.

## Ingredients

250g Avocado IQF Slices (03684), 10 The Foodfellas 6" Corn Tortillas (11752), 30ml Extra Virgin Olive Oil Tin (13683), 3g Maldon Sea Salt (07650), 0.5g Everyday Favourites Cracked Black Peppercorn (50396), 100ml Lion Mexican Adobo Hot Sauce (94439), 1 Lime

## Method

Make sure the avocado is defrosted. Cut the corn tortillas into six triangles and toast under the grill or fry.

Smash the avocado with the olive oil and season with the salt and pepper. Place the smashed avocado on top of the toasted corn tortilla chips and drizzle with adobo sauce and a squeeze of lime juice.

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
5 minutes

## Chef tip

If you prefer you can use brown toast or a wholemeal bagel instead of corn tortilla.

## The perfect serve

50497 Rustico Ironstone Coupe Bowl 10 ¼"







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## Vegan street food

## MozzaRisella Bites with Louisiana Sauce

Looking into the American trend we've created a vegan version of the popular cheesy mozzarella bite. Pairing this with the regional Louisiana sauce makes this an ideal starter or street food option.

### Ingredients

500g Vegan MozzaRisella Cheese (36766), 5g Everyday Favourites Oregano (70348), 8g Everyday Favourites Crushed Chillies (70384), 1g Everyday Favourites Cracked Black Peppercorn (50396), 200ml Alpro Oat Original (36849), 40g Everyday Favourites Plain White Flour (42018), 300g Everyday Favourites Natural Breadcrumbs (06767), 200ml Lion Louisiana BBQ Sauce (95698)

### Method

Cut the MozzaRisella cheese into even chunks. Mix the oregano, chilli, black pepper and Alpro oat original together.

Set up three trays for coating the chunks. First flour, then the milk mix and then breadcrumbs. Dust the chunks in flour then milk mix and breadcrumbs then double coat with milk and breadcrumbs.

Fry at 180°C until golden brown. Serve with the Louisiana BBQ sauce.

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
10 minutes

## Hoisin Duck Roll

A twist on a classic hoisin duck roll using the Linda McCartney hoisin shredded duck as the vegan switch. These can be ideal for buffets or as a Chinese-style starter option on a menu.

### Ingredients

10 Chinese Pancakes (91604), 300g Linda McCartney Vegetarian Shredded Hoisin Duck (38135), 200ml Everyday Favourites Hoisin Sauce (05557), 100g Spring Onion - sliced, 100g Cucumber - julienned

### Method

Warm the pancakes and keep warm. Heat the hoisin duck and mix the hoisin sauce through. Top the pancakes with the duck mix, spring onion and cucumber and roll. Serve with a pot of extra hoisin sauce for dipping.

### The perfect serve

56008 Bamboo Steamer with Lid

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
5 minutes







## Tofu Taco With Pico De Gallo

A crispy fried tofu served with a refreshing Mexican pico de gallo made from fresh tomato, onion and coriander with a pickled cabbage and onion slaw, all drizzled with Sriracha chilli sauce that provides a cross fusion of ingredients and flavours.

**Serves** 10

**Time to prepare**  
40 minutes plus 2  
hours marinating

**Time to cook**  
30 minutes

### Ingredients

#### Tofu batter

250g Everyday Favourites Plain Flour (34079), 10g Everyday Favourites Ground Cumin (70379), 1.5g Everyday Favourites Ground Turmeric (70299), 500ml Springbourne Natural Mineral Water Sparkling (03799), 10g Dr Oetker Baking Powder (25611), 5g Maldon Sea Salt (07650), 20g Blue Dragon Sriracha (71879)

#### Pico de gallo

250g Tomato - diced 12mm, 70g Red Onion - diced 6mm, 20ml Lime Juice - fresh, 15g Coriander - chopped, 10g Parsley - chopped, 3g Maldon Sea Salt (07650), 40ml Pure Olive Oil Glass (13685)

#### Tacos

250g Red Cabbage - sliced 3mm, 250g Red Onions - sliced 3mm, 20ml Lime Juice, 20ml Orange Juice, 3g Maldon Sea Salt (07650), 15g Coriander - chopped, 300g Blue Dragon Tofu Box (06529), 150g Avocado IQF Slices (03684), 100ml Blue Dragon Sriracha (71879), 20 The Foodfellas 6" Corn Tortillas (11752)

### Method

First prepare the batter by mixing all the batter ingredients together and leaving to rest for 20 minutes.

Secondly prepare the pico de gallo by mixing all the pico de gallo ingredients together. Mix the red cabbage, red onion, lime juice, orange juice, salt and coriander together and leave to marinate for two hours.

Cut the tofu into 15g chunks and deep fry in the batter and keep warm. Warm and shape the corn tortillas and then place the cabbage mix on top. Place the tofu on top of this.

Finish with the pico de gallo and sliced avocado. Lastly drizzle a healthy amount of sriracha sauce on top for a fiery taco.



# Bondas Scented with Coconut, Spring Onion and Chilli

**Serves** 10

**Time to prepare**  
30 minutes

**Time to cook**  
20 minutes

Bondas are a snack that is perfect if you're looking to provide street food-style menu options as they are originally found in the street markets of Southern India. This recipe has an aromatic flavour and the bonda balls are made from potato and an array of spices then lightly fried in a gram flour batter.

## Ingredients

### Batter

3g Everyday Favourites Turmeric (70299), 10g Dr Oetker Baking Powder (28278), 4g Everyday Favourites Chilli Powder (70372), 15g Everyday Favourites Sesame Seeds (70304), 200g Gram Flour (80760), 600ml Water

### Bondas

300g Potatoes, 15ml Everyday Favourites Extended Life, Vegetable Oil - Polybottle (03435), 100g Spring Onions - sliced fine, 20g Fresh Ginger - chopped, 20g Chopped Garlic in Oil (37540), 8g Everyday Favourites Garam Masala (70369), 8g Everyday Favourites Ground Cumin (70379), 1.5g Maldon Sea Salt (07650), 10g Everyday Favourites Sesame Seeds (70304), 20g Coriander - chopped, 50g Everyday Favourites Medium Desiccated Coconut (07803)

## Method

### To make the batter

Mix all the batter ingredients together and leave to rest for 20 minutes.

### To make the bondas

Boil and mash the potato and set to one side. Heat a small frying pan and add the oil.

Sauté the spring onions, ginger and garlic for two minutes then add the spices and seasoning and cook out for 5 minutes. Add this to the mash along with the sesame seeds and chopped coriander.

Soak the coconut for five minutes in warm water and then squeeze out all the moisture and add to the mix.

Check the seasoning and then chill. Once chilled, make into 30g balls ready for frying. Coat in the batter and deep fry for 4-5 minutes until crispy on the outside.

## Chef tip

Bondas are delicious served in a flatbread as a wrap.





# Cheela Pancake

Cheela pancakes are traditionally served as an Indian-style breakfast item but this is also perfect for a lunch time dish. It's very easy and quick to make fresh and is crispy on the outside and packed full of vegetables. Traditionally made from gram flour, spices and served with a coriander chutney or vegetable curry.

**Serves** 10

**Time to prepare**  
40 minutes

**Time to cook**  
25 minutes

## Ingredients

350g Gram Flour (80760), 5g Dr Oetker Baking Powder (28278), 5g Everyday Favourites Ground Cumin (70379), 5g Everyday Favourites Ground Coriander (70378), 2g Maldon Sea Salt (07650), 1g Everyday Favourites Cracked Black Peppercorn (50396), 600ml Water, 20g Coriander - chopped, 40ml Everyday Favourites Extended Life Vegetable Oil - Tin (03444), 200g Leeks - sliced 3mm, 200g Everyday Favourites Fancy Peas (04523)

## Method

Sift the gram flour and baking powder into a mixing bowl then add the spices, salt and pepper and 600ml water. Whisk and set to one side for 30 minutes. Next add the chopped coriander and leave to rest again.

Heat a large frying pan and add a little of the oil, sauté the leeks and peas and place into a bowl.

Heat a frying pan with a little oil and add some of the leek and pea mix then some of the batter mix. Repeat until all of the batter and leek mix is used up.

Serve with sprigs of coriander and a drizzle of olive oil.







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Vegan  
**main course**



# Giant Couscous with Pesto and Chargrilled Broccoli Salad

Serves 10

Time to prepare  
20 minutes

Time to cook  
30 minutes

Salads needn't be boring. Try this giant couscous salad with a vegan parmesan pesto for a great addition to a salad bar or food-to-go-pots.

## Ingredients

### Pesto dressing

200g Everyday Favourites Chinese Pine Kernels (49448), 10g Chopped Garlic in Oil (37540), 3g Maldon Sea Salt (07650), 100ml Extra Virgin Olive Oil Tin (13683), 40g Fresh Basil, 60g Vegan Grated Parmesan (38140)

### Salad

500g Giant Couscous (33212), 150g Pesto Dressing, 200g Chargrilled Broccoli, 200g Fine Green Beans - blanched, 100g Baby Spinach - sliced fine, 150g Everyday Favourites Fancy Peas (04523), 250g Avocado IQF Slices (03684), 150g Saponi D'Italia Sicilian Semi-Dried Tomatoes (36006)

## Chef tip

Your left over pesto dressing can be used in the Primavera Pesto Risotto recipe on page 46.

## Method

### To make the pesto dressing

First make the pesto by toasting the pine kernels in a hot pan.

Place the pine kernels into a food blender and add the garlic, salt and half the fresh basil. Blend until smooth then add the remainder of the basil and olive oil.

Continue to blend until smooth and mixed then fold in the parmesan. Place into a bowl until required.

### To make the salad

Cook the giant couscous as per the instructions on the pack.

Tumble all the other salad ingredients including 150g of the pesto dressing through the cooked couscous and top with avocado slices and chopped sun-dried tomatoes.



Giant Cous Cous with Pesto and Chargrilled Broccoli Salad



Superfood Grain Salad



# Superfood Grain Salad

We've mixed our three coloured quinoa with basmati wild rice to create an innovative grain salad enhancing it with a sweet savoury pickled sultana and maple syrup dressing. We've then added texture with crunchy polenta croutons. It's not the most simple of salad recipes and there are several elements to this but it's well worth investing the time and effort for the flavour and added margin opportunity.

## The perfect serve

51394 Raku Coupe Bowl  
9¾ Topaz Blue, 51380  
Raku Oblong Plate No.5  
(15.4x12.6cm) Quartz Black

## Ingredients

### Dressing

200ml Everyday Favourites Red Wine Vinegar (04668), 200g Everyday Favourites Sultanas (19897), 70ml Everyday Favourites Pure Canadian Maple Syrup (04389), 10g Chopped Garlic in Oil (37540), 180ml Extra Virgin Olive Oil Tin (13683), 4g Maldon Sea Salt (07650), 30g Fresh Parsley - chopped

### Salad

200g Three Colour Quinoa (33391), 200g Pearl Barley (32710), 500g Tilda Easy Cook Basmati & Wild Rice (32163), 400ml Alpro Oat Original (36849), 200g Chef William Polenta (60219), 5g Maldon Sea Salt (07650), 0.5g Everyday Favourites Ground White Pepper (70407), 200g Whole Cashew Nuts (19578), 40g Mixed Salad with Cress, Peashoots and Baby Leaf

## Method

### To make the dressing

Heat the vinegar - do not boil. Add the sultanas and remove from the heat to go cold. Gently stir in the remainder of the ingredients ready to add to your grains.

### To make the salad

Cook the quinoa, pearl barley and rice. Chill and mix together.

Bring the Alpro oat to a simmer and add the polenta, stir the sea salt and white pepper in and cook out - pour into an oiled tray to set. Add the dressing you made earlier to the grain mix and set to one side.

Remove the polenta from the tray and cut into crouton size chunks - shallow fry until crispy and place onto paper to drain. Toast the cashew nuts and crush slightly .

To assemble the salad tumble some mixed leaf through the grain mix, top with cashew nuts and polenta croutons and finish with fresh herbs and an extra drizzle of dressing. Serve with toasted flatbread if required.

Serves 10

Time to prepare  
40 minutes

Time to cook  
40 minutes





# Flatbread Salad

Taking inspiration from the Middle Eastern cuisine trend, this falafel salad bowl is a fantastic balanced main course option for customers following a vegan diet. It could also be a perfect sharer option as a different take to the traditional mezze board.

## Ingredients

10 Hollyland 12" Khobez Flat Bread (38570), 50 Everyday Favourites Sweet Potato Falafel Bites (18745), 200g Tahini paste (63011), 200g Your Own Slaw Mix, 200ml Lion Middle Eastern Hot Sauce (94437), 500g Kitchen Red Pepper Houmous (44786), 10 Lemon Wedges, 100g Mixed Seeds, 50g Fresh Mint and Parsley

## Method

Warm the flatbreads. Fry or oven bake the falafel and keep warm. Spread the tahini over the flatbread.

Pile the slaw mix on top then the warmed falafel. Drizzle with the hot sauce. Add the houmous, lemon wedge and seeds. Finish with the herbs.

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
25 minutes





# Primavera

## Pesto Risotto

This vegan risotto is made using all the normal ingredients you'd usually use in a risotto apart from butter. Instead, we've created a pesto using the vegan parmesan to enrich the risotto at the end. It also adds an extra flavour element to this green spring dish. Perfect used as a main course dished up, in a food-to-go setting or as a starter with a smaller portion.

### Ingredients

#### Pesto dressing

200g Everyday Favourites Chinese Pine Kernels (49448), 10g Chopped Garlic in Oil (37540), 3g Maldon Sea Salt (07650), 100ml Extra Virgin Olive Oil Tin (13683), 40g Fresh Basil, 60g Vegan Gated Pamesan (38140)

#### Risotto

20g Major Light Vegetable Stock Base (16124), 30ml Extra Virgin Olive Oil Tin (13683), 120g Shallots - diced 3mm, 10g Chopped Garlic in Oil (37540), 300g Everyday Favourites Italian Risotto Rice (30342), 100g Vegan Grated Parmesan (38140), 4g Maldon Sea Salt (07650), 100g Fresh Green Beans, 100g Everyday Favourites Fancy Peas (04523), 40g Fresh Baby Spinach, 25g Fresh Rocket

### Method

#### To make the pesto

First make the pesto by toasting the pine kernels in a hot pan. Place the pine kernels into a food blender and add the garlic, salt and half the fresh basil. Blend until smooth then add the basil and olive oil.

Continue to blend until smooth and mixed then fold in the parmesan. Place into a bowl until required.

#### To make the risotto

Mix the vegetable stock base with 580ml warm water and bring to the boil - keep warm.

In a deep pan add the oil and heat. Sauté the shallots until soft and translucent then add the garlic and cook for another 3-4 minutes. Tumble in the rice and coat with the shallot mix.

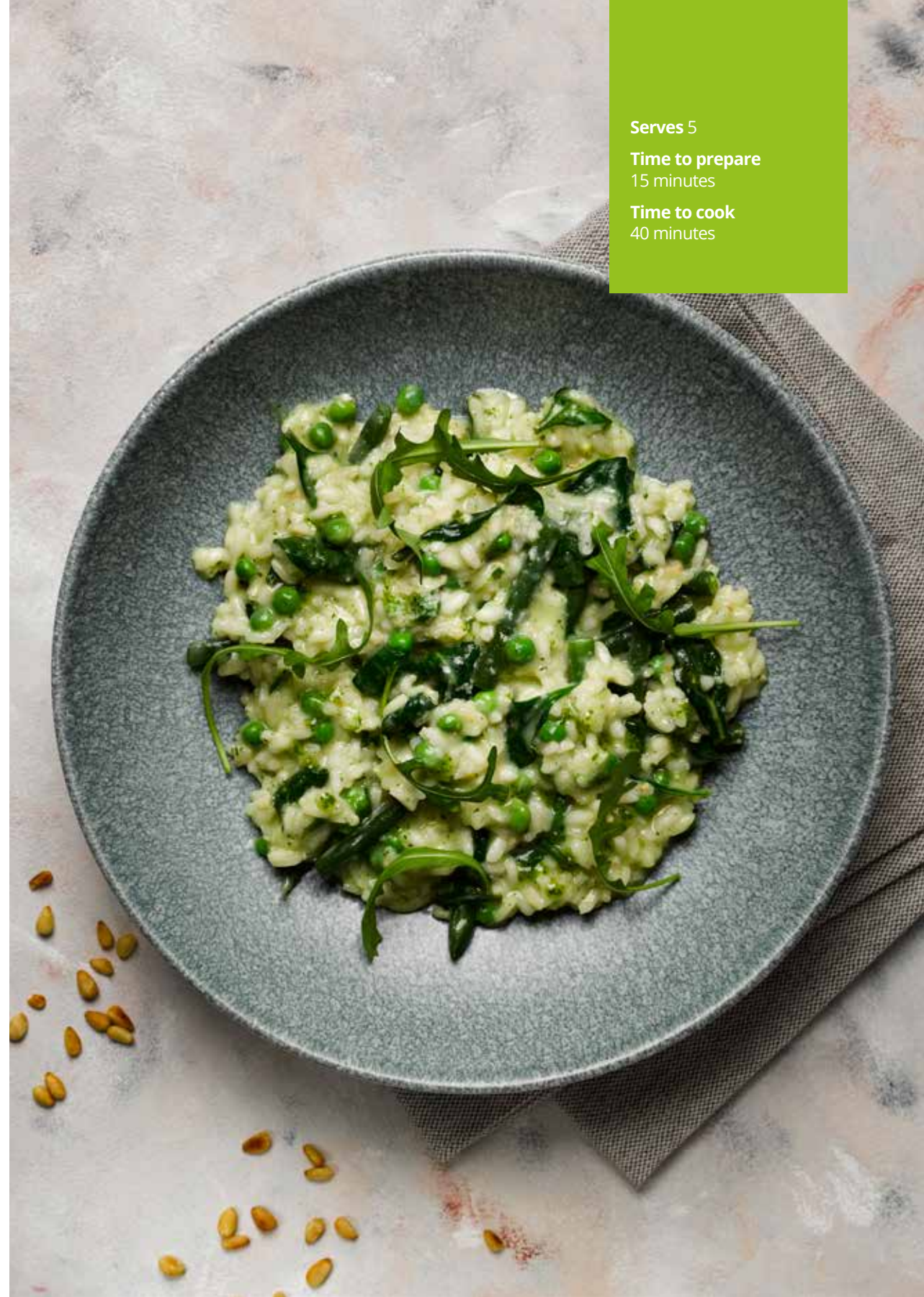
Slowly add ladles of stock until all is absorbed then add the vegan parmesan and stir through adding the seasoning - keep warm. Add a little more stock if the risotto starts to dry out.

Blanch the green beans and cut into thirds and add to the mix then add the peas and stir. Fold through the baby spinach and some pesto dressing and serve with a fresh rocket topping.

Serves 5

Time to prepare  
15 minutes

Time to cook  
40 minutes





## Mexican Orange, Sweet Potato and Lentil Stew

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
40 minutes

Sweet, spicy and aromatic, this stew is enhanced by adding layers of texture and flavour with chargrilled cauliflower, roasted sweet potato, jackfruit and fresh coriander. This will definitely tickle your customers taste buds.

### Ingredients

40ml Extra Virgin Olive Oil Tin (13683), 150g White Onions - sliced 6mm, 200g Mexican Chilli Oil Paste (75773), 160g Red Lentils (34126), 40g Tomato Purée (05636), 500g Chef's Choice Green Jackfruit In Brine (37010), 500ml Major Light Vegetable Stock Base (16124), 400g Everyday Favourites Chopped Tomatoes (48576), 150g Cauliflower Florets - chargrilled, 500g Sweet Potato - cut into 2" chunks roasted, 20g Fresh Coriander - chopped

### Method

Heat a large saucepan and add the oil. Sauté the onions until soft then add the chilli oil paste and cook for five minutes. Add the red lentils and cook for a further 5 minutes.

Stir in the tomato purée and cook on a low heat for 10 minutes making sure you stir so it doesn't catch on the bottom. Then add the jackfruit.

Add the stock and tomatoes and cook until the lentils are soft then add the cauliflower and sweet potato. Cook for a couple of minutes to warm through.

Finish with the chopped coriander and keep warm until serving.



# Malaysian Jackfruit Curry With Coconut Milk and Chickpeas

A simple four step recipe created for maximum flavour and inspired by traditional Malaysian cuisine. Using a Street Food Company paste this jackfruit curry with coconut milk and chickpeas is an ideal centre dish; chunky, rich and modern.

## Ingredients

50ml Extra Virgin Olive Oil Tin (13683), 160g White Onion - sliced 6mm, 160g Red Pepper - cut into chunks, 200g Street Food Malay Curry Paste (26061), 500g Chef's Choice Green Jackfruit in Brine (37010), 1 Everyday Favourites Cinnamon Stick (70368), 160g Chickpeas in Water (98544) 400ml Thai Coconut Milk (29825) 20g Fresh Coriander - chopped

## Method

Heat a large pan and add the oil. Sauté the onions and pepper chunks then add the Malay curry paste and cook for 10 minutes on a low heat.

Add the jackfruit chunks, cinnamon stick, chickpeas and coconut milk and simmer until the vegetables are tender. You can add some vegetable stock if it's too dry. Once ready simply spoon into bowls and serve.

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
40 minutes

## The perfect serve

51394 Raku Coupe  
Bowl 9¾"

## Take it away

94196 Compostable Green  
Tree Food Container 16oz  
09696 Lid to fit





## 'To-Fish' and Chips

We saw to-fish and chips on a vegan food exploration tour we went on and thought it was a fantastic innovative idea for vegan cooking, so we decided to create our own recipe for you. The batter is a gluten free batter making this a gluten free recipe as well as vegan. The tofu is wrapped in seaweed sheets to give you that taste of the sea and flavoured with a little white wine vinegar.

### Ingredients

40ml Extra Virgin Olive Oil Tin (13683), 40g Shallots - diced 3mm, 1kg Everyday Favourites Fancy Peas (04523), 20g Fresh Mint - chopped, 3g Maldon Sea Salt (07650), 1g Everyday Favourites Cracked Black Peppercorn (50396), 20g Fresh Lemon Juice, 400g Middletons Gluten Free Batter Mix (71757), 300 Blue Dragon Tofu Box (06529), 10ml Everyday Favourites White Wine Vinegar (046W69), 16g Seaweed Sheets (80973), 20g Rice Flour (32121), 300g Everyday Favourites Sweet Potato Fries (60716), 1 Lemon

### Method

Remove the tofu from the packaging and press overnight to remove moisture

#### To make the crushed peas and mint

Heat a saucepan and add the oil. Sweat the shallots until soft then add the peas and cook down for 10 minutes. Lightly crush the peas and add the mint. Finish with salt, pepper and fresh lemon juice.

#### To make the 'to-fish' and chips

Make the batter as per the instructions on the packet.

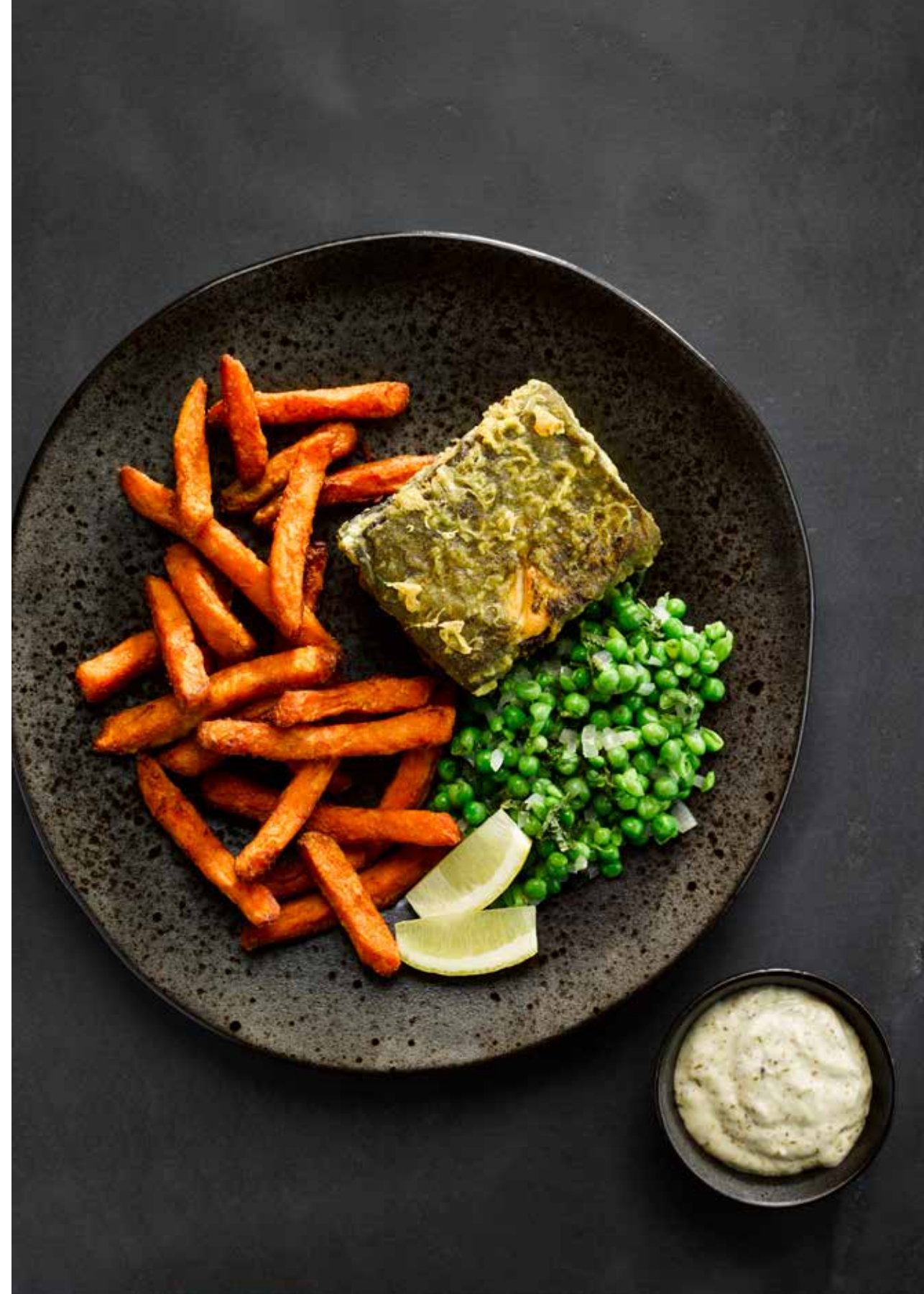
Cut the tofu into fish fillet shapes (150g) and drizzle each one with 5ml of white wine vinegar. Wrap the tofu in 8g of seaweed sheets. Dust in rice flour and then batter and fry at 180°C.

Serve with sweet potato fries, a lemon wedge and the minted crushed peas.

**Serves 2**

**Time to prepare**  
Overnight prep plus  
1 hour

**Time to cook**  
20 minutes





# Rustica Pizza

Perfect for your customers following a vegan diet or just wanting to reduce their meat intake, this pizza is made with a combination of traditional Italian vegetables. We've topped ours with a vegan mozzarisella to add that creamy mouth feel you get from a traditional cheese topped pizza.

## Ingredients

1 Pan Artisan Sourdough Pizza Dough Ball (56003), 10ml Pure Olive Oil Glass (13685), 100g Maggi Rich & Rustic Tomato Sauce (49604), 60g Vegan Mozzarisella Cheese (36766), 80g Il Pesatore Grilled Artichokes (95259), 40g Saponi D'Italia Sicilian Semi-Dried Tomatoes (36006), 1g Everyday Favourites Oregano (70348), 15g Vegan Grated Parmesan-Style Cheese (38140)

## Method

Defrost the dough ball as per the instructions on the case. Pin the dough ball out to the required thickness and rub with the olive oil.

Top with the tomato sauce. Top with the vegan mozzarisella. Finish with the artichokes and semi-dried tomatoes.

Sprinkle with oregano and parmesan and bake for 10-12 minutes in a hot oven at 220°C.

**Serves 1**

**Time to prepare**  
20 minutes

**Time to cook**  
12 minutes

## Take it away

37231 Brown Kraft Pizza Box 9", 36791 Compostable Kraft Pizza Box 12"





# Louisiana Rice Burrito With BBQ Pulled Jackfruit

Serves 2

Time to prepare  
10 minutes

Time to cook  
1 hour

Jackfruit is easy to prepare and a great alternative to pulled meats, making it ideal for bringing the taste of America to your menu through this burrito recipe. It delivers familiar flavours but is totally vegan and perfect for food-to-go and light bite menus.

## Ingredients

### Pulled BBQ jackfruit

1kg Chef's Choice Green Jackfruit in Brine (37010), 40ml Extra Virgin Olive Oil Tin (13683), 200g White Onions - sliced fine, 600ml Lion Hickory BBQ Sauce (70416), 100ml Water

### Burrito

2 Everyday Favourites Bar Marked Plain Flour Tortillas 30cm (18466), 350g Louisiana Burrito Filling (60943), 100g BBQ Pulled Jackfruit, 40g Vegan Grated Mozzarella (38141)

## Chef tip

The BBQ jackfruit can be used for more than just burritos. It's ideal as a burger topper, in wraps, with salads and as a topper for jacket potatoes.

## Method

### To make the BBQ pulled jackfruit

Drain the jackfruit, cut off the cores and shred the remaining jackfruit chunks. Set aside until needed. Preheat the oven to 160°C. Heat the oil and sauté the onions until golden brown. Add the prepared jackfruit. Cook for a further 10 minutes and then mix in a third of the sauce.

Place into a oven tray and pour over the remainder of the sauce. Cover and place in the preheated oven for 40 minutes. Remove from the oven and stir at regular intervals adding water to the sauce if required.

### To build the burrito

Collate all the burrito ingredients, build and roll.





# Chorizo and Red Pepper Sausage Cassoulet

Serves 10

Time to prepare  
10 minutes

Time to cook  
50 minutes

Originating from Toulouse in France, this vegan version of a cassoulet is packed full of vegetables, beans and fresh herbs. It's topped with the Linda McCartney chorizo and red pepper vegan sausages and then crunchy rosemary infused breadcrumbs to add a little more texture to this dish. Perfect served with a simple side of crush new potatoes for a hearty vegan main dish.

## Ingredients

### Cassoulet Sauce

100ml Extra Virgin Olive Oil Tin (13683), 200g Onions - diced 15mm, 30g Chopped Garlic in Oil (37540), 200g Carrots - diced 15mm, 200g Celery - diced 15mm, 100g Chestnut Mushrooms - sliced 15mm, 40g Tomato Purée (05636), 10g Everyday Favourites Paprika (70375), 8g Everyday Favourites Cayenne Pepper (70380), 800g Everyday Favourites Chopped Tomatoes, 200g Cannellini Beans in Water (36696), 8g Maldon Sea Salt (07650)

### Cassoulet

20 Linda McCartney Chorizo & Red Pepper Sausages (38136), 300g Cassoulet Sauce, 10g Parsley - chopped, 40g Sage - chopped, 80g Fresh Breadcrumbs

## Method

### To make the cassoulet sauce

In a clean pan add the olive oil and heat. Add the onions, garlic, carrots, celery and mushrooms and cook until coloured. Add the tomato purée and cook out over a low heat, then add the paprika and cayenne pepper. Add the chopped tomato and cook for a further 15 minutes on a low heat.

Drain the cannellini beans and add to the sauce. Allow to simmer for another 10 minutes. Season to taste.

### To make the cassoulet

While the sauce is simmering away, place the sausages into a shallow pan and seal.

Cover with the cassoulet sauce and then top with the herbs mixed with breadcrumbs. Bake in the oven 200°C for 10-15 minutes and serve.







## BBQ Pulled Pork-Style Burger Stack

Need a burger offering that excites the taste buds? Our BBQ pulled pork-style burger is stacked high with a vegan burger, onion rings, vegan mozzarella-style cheese and mushrooms then mopped with a sweet maple and bourbon sauce. Perfect for any food-to-go offering and in a sit down environment as a vegan main course offering.

### Ingredients

113g Pulled Pork-Style Burger (38133), 2 slices Vegan Sliced Mozzarella (38143), 1 Pretzel Burger Bun (73412), 1 or 2 slices Beef Tomato, 1 Grilled Flat Mushroom, 40g Everyday Favourites Battered Onion Rings (04625), 30ml Lion Maple & Bourbon BBQ Sauce (95690),

### Method

Grill the burger and top with the mozzarella and allow to melt a little.

To assemble toast the bun and layer with tomato, grilled mushroom, burger, onion rings, a drizzle of maple & bourbon BBQ sauce and top with the burger bun lid. Skewer and serve.

**Serves 1**

**Time to prepare**  
10 minutes

**Time to cook**  
12 minutes

### The perfect serve

37428 Linpack HP6 Large  
Burger Box Black

### Chef tip

Perfect served with sweet  
potato fries (60716)





## Miso Soup

Miso is a traditional Japanese soup which has become very popular in the last few years within the UK foodservice market. We've served this with our udon noodles, chargrilled broccoli for that smoky note and seared tofu that brings a delicate balance to this wonderful soup.

### Ingredients

100g Blue Dragon Tofu Box (06529), 200g Udon Noodles (81127), 200ml Water or Stock, 30g Miso Soup Base (94443), 40ml Everyday Favourites Extended Life Vegetable Oil - Tin (03444), 30g Tenderstem Broccoli, 20g Spring Onions - sliced, 30g Pak Choi, 8g Red Chilli - sliced

### Method

Remove the tofu from the packaging and press overnight to remove moisture.

Cook the noodles as per the manufacturers instructions and keep warm. Make the broth by adding the stock or water to the miso paste in a pan. Boil and keep hot.

Pan-fry the tofu in a small amount of oil. Chargrill the broccoli and other vegetables.

To assemble place the hot noodles in your bowl of choice then top with the vegetables, fried tofu and miso broth. Finish with a sprinkling of red chilli.

**Serves 1**

**Time to prepare**  
Overnight prep plus  
10 minutes

**Time to cook**  
20 minutes

**A** Miso soup

**B** Laksa soup, see  
recipe on page 60

**C** Hoisin soup, see  
recipe on page 61



## Laksa Soup

Light and velvety laksa is usually found in Malaysia, Indonesia and southern Thailand. The ready-made paste we've used in this recipe is easy to use and allows you to add your own style to create a wonderful broth.

### Ingredients

200g Wing Yip Rice Noodles (12868), 100g Laksa Paste (94445), 200ml Rich & Creamy Coconut Milk (18853), 100g Spiralized Vegetables, 20g Tenderstem Broccoli, 10g Baby Spinach, 15g Spring Onion - sliced, 5g Red Chilli - sliced, 3g Coriander Sprigs, 3g Mint Sprigs, 1 Lime Wedge

### Method

Cook the noodles to the manufacturers instructions and keep warm.

Make the broth by mixing the paste with the coconut milk in a pan and bring to the boil. Lower the temperature and keep warm.

Stir-fry the vegetables and spinach in a hot frying pan and keep warm.

To assemble place the hot noodles into your chosen bowl and top with the vegetables, broth and finish with spring onions and sliced red chilli. Scatter with sprigs of coriander and mint and finish with lime.

**Serves 1**

**Time to prepare**  
10 minutes

**Time to cook**  
12 minutes

## Hoisin Soup

We've taken a classic Chinese dish of hoisin duck and turned it into a rich broth with noodles and spring onions. The dish is topped with seared mock duck as the meat replacement for this fragrant noodle soup.

### Ingredients

200g Mei Yang Glass Noodles (35916), 100g Everyday Favourites Hoisin Sauce (05557), 200ml Water or Vegetable Stock, 20g Tenderstem Broccoli, 20g Pak Choi - sliced, 100g Vegetarian Mock Duck (37008), 20g Spring Onions - sliced 6g Red Chilli - sliced

### Method

Cook the noodles as per the manufacturers instructions and keep warm.

Make the broth by adding the hoisin sauce and water or stock together and bring to the boil. Keep warm until required.

Stir-fry the broccoli and wilt the pak choi. Pan fry the mock duck in a very hot pan until it has caramelised on the outside.

To assemble place the hot noodles into your chosen bowl and top with the vegetables, broth and mock duck, finish with spring onions and sliced red chilli to serve.

**Serves 1**

**Time to prepare**  
10 minutes

**Time to cook**  
20 minutes





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Vegan  
**bakery**



# Banana and Oat Cake

This wonderfully cinnamon scented, moist loaf cake is made with fresh bananas, maple syrup and olive oil. It's great spread with your favourite nut butter for breakfast. We've created a cashew nut butter within our maple and date porridge recipe on page 12 that would work perfectly. Or simply serve sliced as part of your bakery offering with a hot drink.

## Ingredients

340g Banana - ripe and mashed, 80ml Pure Olive Oil Glass (13685), 60g Tate & Lyle Light Soft Brown Sugar (66032), 30g Everyday Favourites Pure Canadian Maple Syrup (04389), 30ml Alpro Oat Original (36849), 210g Everyday Favourites Plain Flour (34079), 6g Dr Oetker Baking Powder (25611), 6g Everyday Favourites Ground Cinnamon (70371), 1g Maldon Sea Salt (07650), 30g Quaker Oats Gluten Free Original Porridge (74742)

## Method

Preheat the oven to 170°C.

Mash the banana with the oil, sugar, maple syrup and oat milk. Stir all the other ingredients together apart from the oats in a large bowl and then add the wet mix.

Spray a loaf tin with oil or line with parchment paper then spoon the mixture in and sprinkle with the oats.

Bake for 40 minutes uncovered - check with a skewer to see if it's cooked - it should have a light bounce to the touch. Once cooked turn out onto a cooling wire.

**Serves** 10

**Time to prepare**  
30 minutes

**Time to cook**  
40-50 minutes





## Coconut and Date Balls

**Serves** 10

**Time to prepare**  
10 minutes

**Time to cook**  
0 minutes

These date balls are another one of the inspirations that came out of the food exploration tour we went on. Deliciously sweet and slightly nutty, these balls are ideal for your customers that want to snack on-the-go. Plus they are quick and easy to prepare.

### Ingredients

65g Sunflower Seeds (94992), 65g Pumpkin Seeds (11983), 110g Everyday Favourites Medium Desiccated Coconut (07803), 450g Everyday Favourites Whole Hand Pitted Dates (50750), 30g Everyday Favourites Pure Canadian Maple Syrup (04389), 100g Quaker Oats Gluten Free Original Porridge (74742)

### Method

In a food processor add the seeds and half the coconut and pulse until they are lightly crushed down then place into a bowl.

In the blender, add the dates, maple syrup and oats and blend until mixed then add back the seed mix and combine until evenly mixed.

Make into small golf ball size pieces and roll in the remainder of the coconut.





## Raw Granola Balls

Dates provide an ideal base for these raw granola balls. They're simple to make with only three steps to the method and are a cost effective scratch-cook snacking option for your deli counter or food-to-go menu. These granola balls can be stored in an air tight container overnight and can be frozen, so make a large batch to take out when needed.

### Ingredients

150g Everyday Favourites Whole Hand Pitted Dates (50750), 40ml Water, 150g Everyday Favourites Flaked Almonds (03520), 80g Sunflower Seeds (94992), 90 Everyday Favourites Raisins (19895), 20g Everyday Favourites Sesame Seeds (70304), 45g Everyday Favourites Pure Canadian Maple Syrup (04389), 4g Everyday Favourites Ground Cinnamon (70371), 40g Everyday Favourites Medium Desiccated Coconut (07803), 1 pod Everyday Favourites Vanilla Pods (70386) 100g Quaker Gluten Free Porridge (74742) 40g Tahini (63011)

### Method

In a food processor blend the dates and the water, then add the almonds, sunflower seeds and raisins until broken down but not completely smooth.

Place all the other ingredients into a large mixing bowl then add the date and almond mix. Thoroughly mix and then make into small golf ball sized balls.

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
0 minutes





# Chickpea Meringue Kisses

**Serves** 10

**Time to prepare**  
50 minutes

**Time to cook**  
90 minutes plus  
overnight

Using the liquid from drained chickpeas (aquafaba) is an innovative way to make vegan meringues.

This aquafaba can be used in the same way as you would use egg whites in traditional meringue. Make sure the liquid is fully chilled before whisking (this could potentially take longer than 30 minutes depending on your chiller) otherwise the meringues may not hold once piped. We have enhanced ours with beetroot for a savoury and sweet note.

## Ingredients

240ml Chickpeas in Water (04016), 5ml Everyday Favourites White Wine Vinegar (04669), 250g Tate & Lyle Caster Sugar Drum (80262), 60ml Beetroot Juice

## Method

Drain the chickpeas and keep the liquid. You will only be using the liquid for this recipe.

Mix the liquid and vinegar together and place into the fridge to chill for 20-30 minutes then whisk in a mixer until you've achieved a medium to firm peak. Slowly add the sugar whilst still mixing.

Make beetroot juice from fresh beetroot and reduce to a syrup - then chill to room temperature.

Heat the oven to 110°C (no fan). Take a flat oven tray and cover with greaseproof paper. Take a disposable piping bag and drizzle the beetroot syrup down the inside of the bag then spoon in the mix.

Pipe the mix onto the greaseproof paper and then place into the oven and cook for 70-90 minutes. Turn the oven off and leave overnight in the oven to cool.





# Peanut and Chocolate Cookies

Using moist and delicious crunchy peanut butter as the base is a great way to add texture and flavour to a vegan cookie dough. We've also used maple syrup and dark chocolate instead of honey and milk chocolate. Decadent and delicious.

## Ingredients

130g Sunpat Crunchy Peanut Butter (36068),  
55g Everyday Favourites Pure Canadian  
Maple Syrup (04389), 1g Maldon Sea Salt  
(07650), 115ml Alpro Almond (36848), 30g  
Tate & Lyle Dark Soft Brown Sugar (96891),  
130g Everyday Favourites Plain Flour (34079),  
180g Callebaut Dark Chocolate Callet (55096)

## Method

Mix all the ingredients together, apart from the chocolate. Once combined add the chocolate and mix through. Form into a cylinder shape and wrap in cling film. Place mixture into freezer for 30 minutes.

Cut even sized discs from the mix and place onto a lined oven tray. Bake for 15-18 minutes or until cooked.

**Serves** 10

**Time to prepare**  
45 minutes

**Time to cook**  
18 minutes

## Chef tip

For an added chocolately note, melt more dark chocolate and pipe over the cookies.





## Sweet Potato Chocolate Brownie

Decadent and sweet we've combined baked sweet potato, dark chocolate and a touch of maple syrup to create a wonderfully moreish brownie.

### Ingredients

500g Sweet Potato - baked and flesh scooped out, 200g Everyday Favourites Whole Hand Pitted Dates (50750), 80g Everyday Favourites Pure Canadian Maple Syrup (04389), 100g Everyday Favourites Ground Almonds (03522), 2g Maldon Sea Salt (07650), 120g Dr Oetker Reduced Fat Cocoa Powder (03954), 6g Dr Oetker Baking Powder (25611), 50ml KTC Coconut Oil (31845), 100g Doves Farm Gluten Free Plain White Flour (93127), 100ml Alpro Rice Original (36844), 100g Callebaut Dark Chocolate Callet (55096)

### Method

Preheat the oven at 180°C. Place the sweet potato flesh in a food processor bowl and blend with the dates. Add the remainder of ingredients except the chocolate callet.

Gently melt the chocolate callet over a pan of hot water. Once the chocolate has slightly cooled fold it into the mixture.

Oil and line a baking tin and then pour the mix in. Bake in a preheated oven for about 40-45 minutes. Remove and cool on wire rack before eating.

**Serves** 10

**Time to prepare**  
50 minutes

**Time to cook**  
45 minutes

### Chef tip

To serve as a dessert top with vegan dairy free vanilla ice cream (76237)

## Cinnamon Rolls

Sticky and sweet, this classic cinnamon roll recipe uses our dairy free baking block instead of butter but the rest of the recipe is the same as the original. Perfect as a breakfast offering within a bakery, on a deli counter with a hot drink.

### Ingredients

140g Tate & Lyle Fairtrade Icing Sugar (31514), 260ml Alpro Almond Milk (72753), 112g Kerrymaid Premium Baking Block (71815), 7g BFP Fermipan Yeast (96360), 70g Tate & Lyle Caster Sugar Drum (80262), 12g Everyday Favourites Ground Cinnamon (70371), 3g Maldon Sea Salt (07650), 410g Everyday Favourites Plain Flour (34079), 200g Everyday Favourites Sultanas (19897)

### Method

Preheat the oven to 180°C. Make the icing by mixing the icing sugar and 20ml of the almond milk together and set to one side.

Heat the rest of the almond milk and 60g vegan butter in a saucepan. Heat gently until the butter is melted and allow to cool to 35°C then add the instant yeast and leave to activate for 10 minutes.

Add a third of the sugar, cinnamon and all the salt to the butter mix and then stir in the flour and mix, turn out and knead on a floured surface to bring to a sticky dough. Put into a lightly greased bowl, cover with film and prove in a warm place for 1 hour.

Turn out onto a floured surface once again and roll out into a rectangle, melt the remaining butter and brush half onto the dough. Then sprinkle over the rest of the sugar and cinnamon and the sultanas then roll up like a swiss roll.

Cut into 1.5" slices which should produce about 10 individual cinnamon rolls. Place onto a tray or skillet so they are touching each other and brush with the remaining butter, cover with film and allow to rise.

Place into the oven for 25-30 minutes until cooked. Once cool to touch drizzle with the icing and serve.

**Serves** 10

**Time to prepare**  
20 minutes

**Time to cook**  
30 minutes





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