



RECIPE BOOKLET

GREEN IT UP!

**VEGAN
VEGGIE**

**PLANT
BASED**

**FULL ENJOYMENT &
UNRESTRAINED FLEXIBILITY**



DRIZZLED CAULI WINGS

200	g	Cauli Wings
20	ml	Lime Mayo
3	pcs.	Lime Wedges
2	g	Coriander/Parsley
25	ml	Spicy Peach-Chutney

SPICY PEACH-CHUTNEY

- Peaches, finely diced
- Redpeppajam
- Soy Sauce
- Honey
- Chili, finely diced
- Mint or Parsley, finely diced



SNACKING & SHARING

GLAZED CAULI WINGS

200 g	Cauli Wings
50 ml	Glaze (next page)
5 g	Spring Onions
2 g	Chives
2 g	Sesame white/black
45 ml	Chervil-Dill-Dip



CHERVIL-DILL-DIP

- Cream Cheese
- Yogurt
- Mayonnaise
- Chervil
- Dill
- Lemon Juice
- Salt/Pepper

SNACKING & SHARING

QUICK & EASY GLAZE

200 g Redpeppajam
150 ml Teriyaki Sauce



INDIVIDUAL GLAZE

200 g Ketchup
30 ml Soy Sauce
15 ml Srichacha Sauce
40 ml Rice Vinegar
100 g BBQ-Sauce, classic
20 g Agave Syrup/Honey
20 g Sesame
1 pc. Garlic clove, pressed
15 g Ginger, grated
1 g Orange Zst or Jam



FEELING FUNKY

6	pcs.	Funky Falafel Edamame & Herbs
100	g	Turmeric-Ginger-Hummus
40	g	Edamame
10	g	Candy Cane Beet, sliced
30	g	Figs
10	g	Chickpeas, roasted
10	g	Red onions, pickled
1	g	Pea Sprouts
3	pcs.	Lime Wedges
1	pc.	Chili, cut into rings

SNACKING & TOPPING



FUNKY BOWL

6	pcs.	Funky Falafel Ginger & Beetroot
120	g	Rice-Wild-Rice mixture, cooked
¼	pc.	Avocado, sliced
35	g	Buna shimeji/Mushrooms of Choice
25	g	Red Cabbage Salad
45	g	Pak Choi, roasted
2	pcs.	Baby Zucchini, roasted
20	g	Red Onions, pickled
40	ml	Teriyaki Sauce
10	g	Garlic, sautéed
2	g	Sesame white/black

TOPPING

FUNK UP YOUR SOUP

- 3 pcs. Funky Falafel Harissa & Grilled Pepper
- 160 ml Pea Mint soup
- 20 g Peas, glazed
- 5 g Red-Veined Dock
- 2 g Pea Sprouts
- 2 pcs. White Bread, toasted
- 20 g Butter

Pea Mint soup

- Peas, fresh/frozen
- Mint
- Sorrel
- Vegetable Broth
- Shallots
- Garlic
- Nutmeg

ADD-ON

CHILI UP YOUR FLEXI LIFE

- 12 pcs. Green Heroes Plant Chili Nuggets
- 4 pcs. Padrón Peppers
- 40 ml Ranch-Dip

RANCH-DIP

- Sour Cream
- Mayonnaise
- Parsley & Chives
- Mixed Peppers, finely diced
- Garlic
- Red Onions, finely diced
- Vinegar
- Mustard, Salt, Pepper

SNACKING & SHARING

PLANT CHIK'N NUGGETS DOUBLE DIP

12	pcs.	Green Heroes Plant Chik'n Nuggets
25	ml	Redpeppajam
25	ml	Green Tomato Relish
1	pc.	Lemon slice



Green Tomato Relish

- Green Tomatoes
- Shallots, finely diced
- Chili, finely diced
- Garlic, pressed
- Ginger
- Salt, Pepper, Sugar, Cayenne



SNACKING & SHARING



**PICKLES & CHEESE?
YES, PLEASE!**

10	pcs.	Pickle & Cheese Bites
1	pc.	Green Oat Burger
1	pc.	Brioche Burger Bun
40	g	Feta Cheese with lemon juice
30	ml	Chunky Salsa
20	g	Cucumber
15	g	Red Onion
3	g	Dill

BETTER SIDE-DISH



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