



indian cuisine cook book

VOLUME ONE

PROCEEDS TO BE USED TOWARDS EDUCATING ASPIRING YOUNG CHEFS WITHIN THE COMMUNITY

acknowledgments

The idea of this cook book was met with so much eagerness and passion, that we at Fry's Family Foods had little option but to produce it! A special thanks to all those individuals who took their time to submit their wonderful recipes. Without you, this cook book simply would not exist.

We would also like to express our gratitude to South Africa's first MasterChef Deena Naidoo for lending his unparalleled knowledge of Indian cuisine, time and energy. Your professional advice and constructive criticism

have been inspirational.

A sincere thanks to Nigel Deary for his creative input and artistic design.

We are also grateful to Abhi Indrarajan for the lovely photographs of the 12 semi-finalists in the Fry's Curry Cook-off found in this cook book.

Finally, huge thanks to all those other individuals who worked on this cook book.

foreward

Fry's Family Foods has asked you for inspiration on authentic South African Indian dishes and you have responded. The flavours that come from our country are what make our food unique. They find their way into Bunny Chows, chutneys and rotis on dinner tables across the land and it is our pleasure to share these creations with the world. We received thousands of recipes from our customers all over the country and were blown away by the culinary expertise of everyday South Africans. The passion for creating meat free family meals is mirrored by the Fry's family and was what lead Wally Fry to start the company back in 1991. He wanted to create a high protein replacement for meat for his family but he did not want to compromise on taste. By using the finest ingredients, Wally has been able to create food his children and now grandchildren can enjoy. To help the family choose from the

thousands of recipes, Fry's enlisted the help of South Africa's first MasterChef winner, Deena Naidoo. All recipes in this recipe book were handpicked by Deena as they went beyond the mainstream to incorporate the retro-modern flavours that typify traditional Indian food in Durban. Deena, will continue working with Fry's to help create products suited for the unique South African Indian palate. This recipe book is homage to Indian families and their cuisine, and is brimming with meat free inspiration using Fry's products. This book is the definitive South African Indian vegetarian recipe book and will provide you and your family with simple and authentic recipes from biryanis to curries and chutneys to snacks. All proceeds from this cook book are to be used towards educating aspiring young chefs within the community.

āp kā khānā acchā ho

Our recipe contributors use these Fry's products in their recipes



INDIAN CUISINE COOK BOOK

VOLUME ONE

In this first volume of Fry's Masterchef recipes we have focused on variety and taste. Our recipe contributors use Fry's meat free products regularly in their kitchens and we are lucky to be able to share these quality recipes with you. Each recipe has been tried and tested in the Fry's test kitchen, so that you can make these great meals for your family with confidence.

The Fry's products used in this recipe book are pictured above and right, but you can replace these with any of the wide range of Fry's products available at retailers nationwide, for a different take on the recipe. Visit our website for the full product catalogue or for more tasty recipes.

www.frysfamily.co.za

Enjoy! - The Fry's team



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Hot dogs

Mini Cheddar Hot Dog Pastry Rolls 1

- 8 Frys Original Hot Dogs, or any Frys Sausage
25ml Oil
1 Large onion, finely chopped
1 cup Cheddar cheese, grated
2 Green chillies, finely chopped
250g Ready made puff pastry
10ml Milk
50ml Sesame seeds

MEAT
FREE

Method:

1. Cut hot dogs into quarters. Heat oil, add in hot dogs and onions. Sauté for 2 minutes. Remove and cool.
2. Add cheese and chilli to hot dogs and set aside.
3. Roll out pastry to fit your hot dog.
4. Place your hot dog in centre together with onion, cheese and chilli. Seal the ends with water, brush with milk and sprinkle sesame seeds on top of pastry.
5. Bake in an oven at 180 °C for 15-20 minutes and you are ready to serve.



Sharon Sarjoo

"Cooking can be a pure mix of fun and love with Fry's!"



For a Vegan recipe remove Cheddar cheese and replace milk with Soya milk



Sweet potato

Butternut and Sweet Potato Salad 2

- 1 box Fry's Thick Cut Chunky Strips
- 1 Large butternut, peeled and thinly sliced
- 4 Sweet potatoes, thinly sliced
- 40ml Olive oil
- 1 tbsp Jeera (cumin) seeds
- 1 tbsp Dhania (coriander) seeds, crushed
- 1 tbsp Brown sugar
- 1 tbsp Rosemary
- 4 twigs Thyme
- 2 tbsp Balsamic vinegar
- 1/2 Green pepper, sliced
- 1/2 Red pepper, sliced
- Salt and Black pepper to taste

MEAT
FREE

Method:

1. Preheat oven to 180 °C.
2. Add oil, jeera seeds, dhania seeds, brown sugar, rosemary, thyme and vinegar to the butternut and sweet potatoes. Mix until the butternut and sweet potatoes are coated.
3. Roast for 10 minutes until partially cooked and thereafter toss in Fry's strips and peppers.
4. Roast for 12-15 minutes or until golden and caramelised. Can be served on a bread of your choice with a sweet chilli sauce.



Suitable
for
Vegans



Yavisha Ramnarain
"Healthy choices should
be tasty!"



butternut

Warm Lentil & Butternut Salad with Yoghurt Dressing 3

MEAT FREE



- 6 Frys Spicy Butternut and Almond Bites
- 1 Butternut, peeled and cubed
- 1 tbsp Coconut oil
- Pinch Cayenne pepper
- 2 Cloves of garlic, finely chopped
- 1/2 cup Lentils
- 1 tsp Sarson (mustard) seeds
- 1 tsp Jeera (cumin)
- 1/2 tsp Crushed dried chillies
- 1/2 Onion, diced
- 2 tbsp Olive oil
- 50g Unsalted cashews, chopped
- 4 Cherry tomatoes
- Mixed salad leaves
- Salt to taste

- Yoghurt Dressing
 - 1/2 cup Low fat yoghurt
 - 1 tsp Coriander, chopped
 - Salt and pepper to taste
- Method
Mix all ingredients together and drizzle on top of salad.

Method:
1. Place the butternut in an ovenproof dish and toss with coconut oil. Season with salt, cayenne pepper and chopped garlic. Roast in the oven at 180°C until tender and light brown. Remove from the oven and set aside to cool.
2. Boil lentils in salted water until cooked through. Drain and set aside to cool. Fry the sarson seeds, jeera, chillies and onion until onion is soft, pour over lentils.
3. Slightly fry cashew nuts in a pan using olive oil.
4. Place the bites in the oven according to on pack cooking instructions. Once ready, allow to cool. Then break into small bite size pieces.
5. Place salad leaves on a large serving plate or use 4 small salad plates to assemble the salad. Layer the salad with salad leaves, followed by the lentils, then the butternut and then the Frys bites. Place tomatoes on top. Sprinkle cashews over the top.



Kanchana and Deepa Moodliar

"If the pot is cooking, the friendship will stay warm."



For a Vegan option, use an egg free vegan mayonnaise as the dressing.



Snacks

Tuna-Style Snacks

250g Fry's Polony, grated
1/2 Onion, finely chopped
1 Green chilli, finely chopped
3 tbsp Egg free mayonnaise, add more if desired
Salt to taste.

MEAT
FREE

Method:

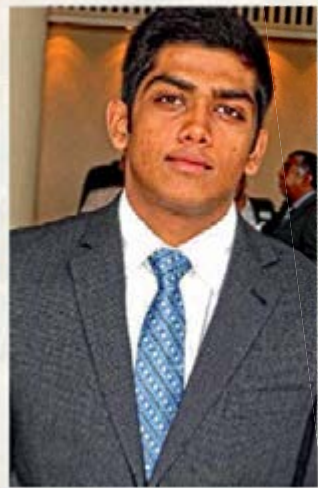
1. Mix all of the ingredients together to create a smooth paste.

Serving Suggestions

Spread on wholewheat brown bread to make a sandwich and can be served on a bed of lettuce.

Spread on any salt biscuits and have as an open snack.

Put in vol-au-vent cups or pastry and have as a finger treat.



Pravit Premlal

"With Fry's the kitchen is the heart of the home"



Suitable
for
Vegans



panini

Chicken-Style and Mayo Panini

5

- 1 box Fry's Chicken-Style Strips or Fry's Thick Cut Chunky Strips
- 40ml Olive oil
- 1 Small onion, finely chopped
- 1 bunch Shallot (spring onion), finely chopped
- 1 cup Fresh parsley, finely chopped
- Salt and black pepper to taste
- 3 tbsp Egg free mayonnaise
- Bread of your choice: Panini, Ciabatta, French loaf or Health bread
- 1 tsp Margarine

MEAT
FREE

Method:

1. Fry the strips in oil for 6-8 minutes until golden brown, set aside and allow to cool.
2. Add onion, shallot, parsley and mayonnaise in a bowl and season with salt and pepper.
3. Cube strips, add to mayonnaise mixture and stir through.
4. Slice 2 slices of your chosen bread and fill with the strips mixture, spread with margarine and toast in a sandwich toaster or grill. Serve with a simple salad or just as is.



Wally Fry
"With Fry's the kitchen
is the heart of the home"



Suitable
for
Vegans



peri peri

6

Peri-Peri Pizza

- 6 Frys Traditional Sausages
- 30ml Oil
- 1 Pizza base
- 2 Sprigs shallot (spring onion), finely chopped
- 1/2 tsp Rosemary
- 6 Button mushrooms, sliced
- Peri-peri sauce to taste
- 2 Green chillies, finely chopped
- 4 tbsp Canned baked beans
- 1/4 cup Cheddar cheese, grated
- 1/4 cup Mozzarella cheese, grated
- 1/2 Onion, sliced
- Salt and pepper to taste

Method:

1. Heat oil in a thick based frying pan and fry sausages until partially cooked. Drain, cool and cube sausages.
2. Place sausages in a small bowl and add shallot, rosemary, mushrooms, peri-peri sauce, green chillies and baked beans. Stir in the ingredients.
3. Place mixture on a pizza base, sprinkle cheese on pizza and top with onion. Sprinkle salt and pepper to taste.
4. Place pizza in oven at 180 °C and bake for 20 minutes or until pizza is cooked to your liking.

MEAT
FREE



Renitha Pillay
"Love is the food of life"



For a Vegan option remove
mozzarella and cheddar
cheese



patha

7

Puri Patha

1 box Fry's Black Bean, Quinoa and Chia Bites
2 tbsp Oil
Lemon juice, according to preference

MEAT
FREE

Method:

1. Lightly grease an oven tray with oil.
2. Place bites in the tray and drizzle with lemon juice.
3. Bake in a hot oven at 180 °C for 10 minutes or according to on pack cooking instructions.

Serving suggestions:

Serve on puris or with chilli bites and sweet chilli sauce.



Shanil Sewsunker
"The greatest wealth is health"



Suitable
for
Vegans



no fish

No Fish Curry with Butternut and Almond Bites

8

MEAT
FREE

- 1 box Fry's Black Bean, Quinoa & Chia Bites or Fry's Spicy Butternut & Almond Bites.
- 1/4 cup Oil
- 1 Small onion, finely chopped
- 2 Cloves of garlic, diced
- 1/2 tsp Ground ginger and garlic
- 2 Green chillies, sliced into julienned strips
- 1 tsp Garam masala
- 1/4 tsp Chilli powder
- 1/4 tsp Jeera (cumin) seeds
- 1/4 tsp Sarson (mustard) seeds
- 6 Small tomatoes, grated
- 20 Curry leaves
- 1/4 tsp Salt
- 8 tbsp Tamarind water, thick paste
- 1 bunch Dhania (coriander), finely chopped

Method:

1. Heat oil for 2 minutes in a frying pan and add onion, cloves of garlic, jeera seeds and sarson seeds. Fry until golden brown.
2. Add ginger and garlic, green chillies, garam masala, chilli powder, tomatoes, curry leaves and salt. Cover with a lid and allow to simmer to 8-10 minutes.
3. Add tamarind water and stir repeatedly.
4. Add bites to the mixture. Ensure the bites are cooked in an oven before placing into mixture. Lightly grease oven tray and place in bites. Bake at 180°C for 8-10 minutes until cooked.
5. Stir in bites and garnish with dhania. Serve with roti, puri, rice or bread.

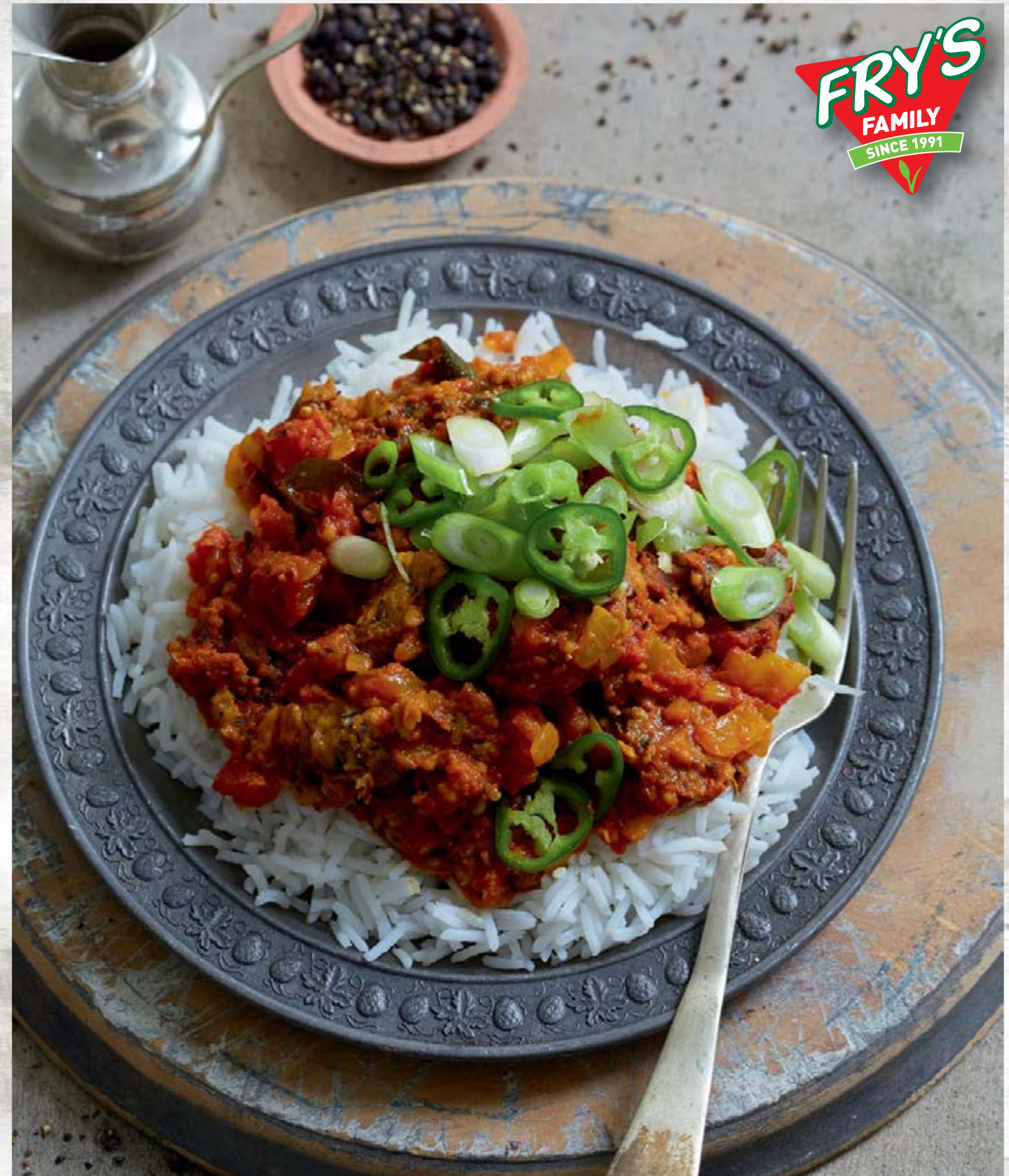


Suitable
for
Vegans



Maya Udith

"Eat well, laugh often,
love much"



zesty

9

Zesty Hotdog Rice

- 5 Frys Hot Dogs, diagonally sliced
- 60ml Oil of your choice
- 1/4 tsp Sarson (mustard) seeds
- 1/2 tsp Whole jeera (cumin) seeds
- 2 sprigs Curry leaves
- 1 Large onion, finely chopped (replace with asafoetida if desired)
- 2 Cloves
- 2 Star Anise
- 2 Cinnamon stick, 5cm long
- 1 tbsp Garlic and ginger paste
- 2 tbsp Mixed masala
- 1 tbsp Dhania (coriander) powder
- 1/2 tsp Jeera (cumin) powder
- 1/2 Large capsicum, chopped into 1.5cm squares
- 1 tin Whole plum tomatoes
- 2 Green chillies, slit in the middle. Use more if desired.
- 1 tsp Sugar
- 1 1/2 cups Basmati rice, rinsed in cold water
- 2 tsp Salt
- 3 cups Warm water
- 1/2 cup Dhania (coriander) chopped

MEAT
FREE

Method:

1. Heat oil in a medium heavy based pot. Add sarson seeds, whole jeera and curry leaves and cook until seeds splatter. Add onions, cloves, star anise and cinnamon.
2. As onions start to brown add garlic and ginger paste, turn heat down to low when onions are browned.
3. Add the masala, dhania and jeera powder. Fry for a few seconds. Mix the hot dogs, green chillies and capsicum and fry for a few seconds.
4. Add the tin of tomato and sugar and cook on high for a minute. Add the rice, stir and season with salt.
5. Add warm water and stir once. Cover the pot with an airtight lid. Bring to the boil.
6. Reduce heat to medium, add 1/2 the chopped dhania and allow to simmer until all the water has been absorbed and the rice is cooked (about 25-30 minutes).

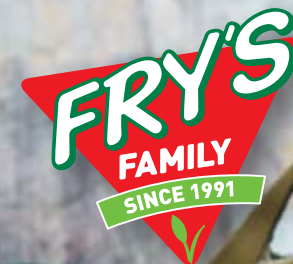


Videhi Sivurusan

"One cannot sleep well, love well, and think well if one has not dined well."



Suitable
for
Vegans



mac & cheese

Baked Macaroni and Cheese

10

MEAT
FREE

- | | |
|-----------|----------------------------|
| 8 | Fry's Traditional Sausages |
| 3 tbsp | Plain dry breadcrumbs |
| 10 ml | Olive oil for breadcrumbs |
| 25 ml | Olive oil for frying |
| 1/4 tsp | Paprika |
| 1 cup | Frozen spinach, thawed |
| 1 3/4 cup | Milk |
| 3 tbsp | Flour |
| 3 cups | Cheddar cheese, grated |
| 1 tsp | Nutmeg, ground |
| 2 twigs | Rosemary |
| | Salt and pepper to taste |
| 2 cups | Macaroni |

Method:

1. Preheat oven to 180 °C.
2. Mix breadcrumbs, oil and paprika in a small bowl and set aside.
3. Drain spinach and set aside. Ensure that excess moisture is drained out.
4. Heat 1 1/2 cups of milk in a thick based pot over medium heat and allow to steam. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth and add to the hot milk. Cook for 2-3 minutes and whisk repeatedly.
5. Remove from heat and stir in cheddar cheese until melted. Add in nutmeg, rosemary, salt and pepper.
6. Cook pasta for 5 minutes. Drain and add to cheese sauce. Mix well.
7. Fry the Fry's sausages in a frying pan using 25 ml of oil until partially cooked through and mix into pasta.
8. Grease a medium sized casserole with cooking spray.
9. Place half the pasta within a casserole, add a layer of spinach, place the remaining pasta on top. Dust bread crumbs on top. Place casserole in oven for 25-30 minutes until golden brown.



Pinky Nundulall
"Eating is a necessity
but cooking is an art."



Vegetarian

Suitable
for
Vegetarians



pasta

Chicken-Style and Veg Pasta

11

- 1 box Fry's Chicken-Style Strips
- 30ml Oil to fry strips
- 30ml Oil to fry frozen vegetables
- 2 cups Frozen vegetables (sweet corn, carrots, baby marrows and peas)
- 1 punnet Mushrooms
- 1 Large onion, sliced in julienned strips
- 1/2 tsp Rosemary
- 1/2 tsp Dry mixed herbs
- 1/2 tsp Jeera (cumin) seeds
- Salt to taste
- 1 Green pepper, sliced in julienned strips
- 1 Red pepper, sliced in julienned strips
- 50ml Sweet chilli sauce
- 4 Green chillies, finely chopped
- 4 Stems of shallot (spring onion), finely chopped
- 4 cups Cooked pasta
- Dhania (coriander) to garnish

MEAT
FREE

- Method:
1. Heat 30ml of oil in a frying pan for 2 minutes. Add in Fry's strips and cook through until golden brown. Drain and set aside.
 2. Heat 30ml oil in a thick based pot for 2 minutes. Add in frozen vegetables, mushrooms, onion, rosemary, mixed herbs, jeera seeds and salt and cook through. Ensure that the vegetables are still crunchy. Add in the green and red peppers last. Allow to simmer for 2-3 minutes.
 3. Add strips, sweet chilli sauce, spring onion, and green chillies to the mixture.
 4. Toss in the cooked pasta and stir.
 5. Garnish with dhanian and serve hot.



Natasha Premal
"A messy kitchen is a sign of happiness"



Suitable
for
Vegans



basil & tomato

Rice with Basil and Tomato

12

- 6 Frys Braai Style Sausages, sliced diagonally (frozen or thawed)
- 1 1/2 cups Basmati rice
- 3 cups Warm water
- 2 tins Whole plum tomatoes
- 1 Large onion, finely chopped (replace with asafoetida if desired)
- 2 sprigs Curry leaves
- 1 tbsp Garlic and ginger paste
- 2 Green chillies, slit in the middle (use more if desired)
- 2 tsp Salt to taste
- 1 1/2 cups Fresh basil, chopped
- 60ml Oil of your choice
- 1/3 tsp Sarson (mustard) seeds
- 1/2 tsp Whole jeera (cumin) seeds
- 1 tbsp Black peppercorns, roughly ground
- 1 tbsp Dhania (coriander) powder
- 1/2 tsp Jeera (cumin) powder
- 2 tbsp Mixed masala
- 1 tsp Sugar

MEAT
FREE

Method:

1. Heat oil in a medium sized heavy based pot. Add sarson seeds, whole jeera and curry leaves. Once the seeds have splattered, add onions and black pepper.
2. As the onions brown, add garlic and ginger paste. Fry onions until golden brown along with other dry spices. Turn heat down to medium.
3. Add mixed masala, dhania and jeera powder. Fry for a few seconds. Mix the braai sausages and fry for a few seconds.
4. Stir in the canned tomato and sugar. Turn heat up to high. Cook for a minute. Add rice that has been rinsed in cold water, and salt.
5. Add warm water and stir once. Cover the pot with an airtight lid. Reduce heat to medium once it is boiling.
6. Add 1 cup of basil and stir in well. Allow to simmer until the water is completely absorbed. Steam rice until further cooked. Add 1/2 cup of basil. Mix in lightly with a fork. Rice should steam for 25-30 minutes.



Videhi Sivurusan
"Eat, pray and love"



Suitable
for
Vegans



STREET chilli

Sweet Chilli Mince Tortilla

13

- 1 box Fry's Meat Free Mince
- 2 tbsp Olive oil
- 1/2 tsp Masala
- 1 tsp Dry mixed herbs
- 1/2 tsp Rosemary
- 1/2 tsp Jeera (cumin) seeds
- 1/2 Green pepper, sliced in julienned strips
- 50g Almonds, diced
- 1/2 Avocado, sliced in julienned strips
- 3 tbsp Egg-free mayonnaise, add more if desired
- 2 tbsp Sweet chilli sauce, add more if desired
- 2 tbsp Nando's hot sauce, add more if desired
- 2 Seeded tortilla wraps



- Method:
1. Heat oil in frying pan for 1 minute and then add jeera seeds. Allow to cook until the seeds are golden brown.
 2. Add Fry's Meat Free Mince, masala, mixed herbs and rosemary and cook for 10 minutes. Add a small amount of water if necessary to prevent burning.
 3. Add julienned peppers and stir. Allow to simmer for 4-5 minutes. Remove from heat.
 4. Add mayonnaise, sweet chilli and Nando's sauce to the mixture to taste.
 5. Add avocado to the mixture and garnish with almonds.
 6. Place in tortilla wraps and serve.



Suitable
for
Vegans



Yaneshree Udith

"You don't have to cook fancy or complicated dishes - just good food with good ingredients"



paneer

Paneer and Hot Dog Styled Chutney 14

- 1 box Fry's Original Hot Dogs
- 250g Paneer, cubed
- 30ml Oil to cook the Hot Dogs
- 100ml Oil to cook paneer and prepare chutney
- 1 Onion, chopped
- 1/2 tsp Ground ginger
- 1/2 tsp Ground garlic
- 1 tsp Masala
- 4-5 Large tomatoes, chopped
- 4-5 Curry leaves
- 4-5 Green chillies, sliced
- 2 Salt to taste
- Dhania (coriander) to taste

MEAT
FREE

- Method:
1. Heat 30ml of oil in a frying pan and fry Hot Dogs until heated though (approx 6 minutes). Set aside to cool and cut into bite size pieces.
 2. Add the remaining 100ml of oil and fry paneer in hot oil until light brown. Drain and set aside.
 3. Reuse 50ml of oil. Heat in a frying pan. Add onions and sauté until transparent.
 4. Remove the frying pan from the heat and add garlic, ginger, masala, curry leaves and salt.
 5. Return to heat and stir slowly. Add tomatoes and allow to cook through.
 6. Place hot dogs in the chutney and allow to cook for 2 minutes.
 7. Place paneer in chutney and mix until all the ingredients are mixed through. Sprinkle Dhania and serve on a bed of rice.



Roa Parathnandh
"Live life with a little
spice"



Vegetarian

Suitable
for
Vegetarians



FRY'S
FAMILY
SINCE 1991

potato

Chicken-Style Potato Curry

15

- 1 box Fry's Chicken-Style Strips
- 50ml Oil
- 1 Cinnamon stick
- 1 Onion, finely chopped
- 1 stem Curry leaves
- 1 Green chilli, thinly sliced
- 1 tin Tomato puree
- 1/2 tsp Chilli powder
- 1/2 tsp Garam masala
- 1/2 tsp Turmeric powder
- 1 Tomato, grated
- 2 Potatoes, cut into halves
- 5ml Salt
- Dhania (coriander) to garnish

MEAT
FREE

Method:

1. Heat oil in a thick based pot for one minute, add cinnamon stick. Allow the cinnamon stick to release white cinnamon oil then remove.
2. Add the onion and sauté until brown and translucent. Add curry leaves and green chilli. Mix and stir for between 2-3 minutes.
3. Remove the pot from the heat and add tomato puree, chilli powder, garam masala and turmeric powder. Return to heat and add a small amount of water if necessary to prevent burning.
4. Add strips and stir for 1 minute then add grated tomato, potatoes and dhania. Allow dhania taste to infuse the curry. Add salt.
6. Allow to simmer for 15 minutes and ensure that potatoes are cooked through. Garnish with Dhania.

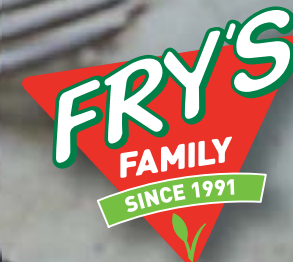


Prem Ramnarain

"There is no love more sincere than the love of food."



Suitable
for
Vegans



cumin

16

Cumin Stir Fry

- 1 box Fry's Spicy Butternut and Almond Bites
- 1 tbsp Jeera (cumin) seeds
- 1/2 Onion, finely chopped
- 1/2 Button mushrooms, sliced
- 1 tbsp Dry mixed herbs
- 2 cups Steamed mixed vegetables (carrots, sweet corn, green beans and baby marrows)
- Salt to taste
- 50g Butter
- 2 cups Cooked basmati rice

MEAT
FREE

Method:

1. Heat oil in a non-stick frying pan and add in jeera seeds. Cook until golden or splattered.
2. Add in onions, mushrooms and mixed herbs and fry until the onions are golden brown.
3. Add in the bites. Ensure that the bites are baked in an oven or fried in oil following the on pack cooking instructions. Then add to mixture.
5. Add in the steamed mixed vegetables and salt and allow to simmer for 7-8 minutes.
6. Toss in the green and red peppers and add the butter to the mixture. Allow to simmer for 2 minutes.
7. Stir in the basmati rice and garnish with dhania. Can be served with sweet chilli sauce or mango pickle.



Shanitha Ramnarain
"Healthy choices can be tasty."



Suitable
for
Vegans



buttermilk

17

Butter Chicken-Style

- 1 box Fry's Chicken-Style Strips
- 1 1/2 tsp Ginger paste
- 1 tsp Saunf (fennel) powder
- 1/2 tsp Clove powder
- 1/2 tsp Pepper powder
- 1 tsp Turmeric paste
- 100g Butter
- 1 tsp Oil
- 1 tsp Saunf (fennel) seeds
- 1 Small onion, grated
- 4 Fresh chillies
- 6 Cloves garlic, mashed
- 1 tin Tomato puree
- 1 can Evaporated milk
- 1/2 tsp Elachi (cardamom)
- 1/2 tsp Freshly ground black pepper

Method:

1. Place strips in a bowl. Add ginger paste, fennel and clove powder, turmeric paste and pepper. Rub spices lightly into strips.
2. Fry strips in 30g of butter and oil until golden brown.
3. Remove strips and add 30g butter to the pan. Stir in fennel seeds and onions until soft.
4. Add garlic and stir fry for 1 minute. Stir through tomato puree and bring to the boil.
5. Add strips and salt to taste.
6. Stir in evaporated milk and sprinkle with elachi and pepper. Heat through before serving. Serve with hot soft parathas, butter naan or basmati rice.

MEAT
FREE



Anita Roopnarain
"Meat-free... Guilt-free."



Vegetarian

For a Vegan option replace evaporated milk with vegan coconut milk.



Spicy Street

Spicy Sweet & Sour Chicken-Style Chutney 18

- 1 box Frys Chicken-Style Strips
- 50ml Oil
- 1 tbsp Ground ginger
- 1 tbsp Ground garlic
- 1/2 Onion, finely chopped
- 1 tsp Jeera (cumin) powder
- 1/2 cup Tomato puree or fresh grated tomato
- 1 tsp Dhania (coriander) powder
- 2 tsp Chilli powder
- 2 tsp Salt, to taste
- 20ml Egg-free mayonnaise
- 2 tbsp Apricot jam
- 2 tbsp Dhania (coriander), chopped

Method:

1. Heat oil in a thick based pot for 2 minutes, thereafter add the strips and fry until golden brown.
2. Remove the strips from the oil and keep aside, reuse the same oil and add ginger, garlic and onion to the oil. Cook for 3 minutes.
3. Add the cumin powder, coriander powder, chilli powder, salt, mayonnaise and apricot jam and cook until the oil rises to the surface.
4. Add in the strips and allow to simmer for 8-10 minutes on a medium to low heat.
5. Garnish with coriander and serve with chapattis or rice.

MEAT
FREE



Suitable
for
Vegans

FRY'S
FAMILY
SINCE 1991



Trisha Pillay
"Eat. Live. Consciously."

biryani

19

Chicken-Style Biryani

- 1 box Fry's Chicken-Style Strips
- 40ml Oil
- 1/2 Onion, chopped finely
- 1 tsp Jeera (cumin) seeds
- 3 Carrots, peeled and sliced
- 1 cup Frozen peas
- 1/2 cup Frozen sweet corn
- 3 Tomatoes, cubed
- 1 tin Butter beans
- 2 stems Curry leaves
- 1 stem Mint
- 2 stems Thyme
- 2 Green chillies, chopped finely
- 1 tbs Masala
- 1/4 tsp Turmeric
- 2 tsp Margarine
- 2 cups Boiled rice
- Dhania (coriander) to garnish

MEAT
FREE

Method:

1. In a thick based pot heat 40ml of oil and fry strips until golden brown. Drain, cool and set aside.
2. Reuse oil, add in onion and jeera seeds. Cook through until onions are golden brown and jeera seeds have splattered. Ensure a medium sized pot is used.
3. Add carrots, peas, sweet corn, tomatoes and beans. Allow to cook for 4-5 minutes or until carrots and beans are partially cooked.
4. Add curry leaves, mint, thyme, green chillies and masala. Stir and allow to cook through until vegetables are cooked.
5. Add turmeric and margarine to the boiled rice, mix and then add rice to the pot.
6. Add strips and allow to simmer for 2-3 minutes. Garnish with coriander and serve with a salad.



Rooks Pastor

"The eat without the guilt."



Suitable
for
Vegans



korma

20

Chicken-Style Korma

- 1 box Fry's Chicken-Style Strips, defrosted
- 3/4 cup Cashew nuts
- 1 cup Boiling water, for cashew paste
- 1/2 cup Boiling water, for onion paste
- 20ml Oil
- 1 Onion, finely chopped
- 1 Cinnamon stick
- 2 Elachi (cardamom) pods
- 1 Bay leaf
- 4 Desiccated coconut
- 1 tsp Ginger, crushed
- 1 tsp Garlic, crushed
- 1 tsp Red chilli powder
- 1 tsp Ground dhania (coriander)
- 1 tsp Garam masala
- 1 cup Vegan coconut milk
- Pinch of sugar
- Salt to taste

Method:

1. Soak cashew nuts in 1 cup of boiling water for 10 minutes and set aside.
2. Heat 20ml of oil in a thick based pot and add onions. Allow to cook until golden brown and remove.
3. Add 1/2 a cup boiling water into a liquidiser with the cooked onion and process until smooth. Place onion paste in a bowl and set aside.
4. Add soaked cashew nuts and water to liquidiser and process until smooth and set aside.
5. Heat 50ml oil in a large pot on medium heat. Fry cinnamon stick, cardamom pods and bayleaf until they turn a shade darker and become fragrant.
6. Add coconut and stir until it turns golden brown.
7. Add crushed ginger and garlic and stir.
8. Mix in the onion paste and sauté until moisture evaporates.
9. Stir in the red chilli, coriander and garam masala. Stir for a few seconds and then add Fry's strips and coconut milk. Coat strips with this mixture and allow to thicken. Stir in cashew paste and sugar and allow to simmer for 2 minutes.
10. Sprinkle salt to taste and serve.

MEAT
FREE



Naseera Ismail
"Sugar and spice makes all food nice."



Suitable
for
Vegans



Kharhai

21

Kharhai Chicken-Style

- 1 box Fry's Chicken-Style Strips
- 2 tbsp Ghee
- 4 tbsp Oil
- 1 Large onion, finely chopped
- 4 Cloves
- 2 Bay leaves
- 2 tsp Saunf (fennel)
- 2 sticks Daalchini (cinnamon)
- 4 tsp Masala
- 1 Red, yellow or green pepper
- 2 tbsp Cream
- Salt to taste
- 2 Handfuls cashew nuts
- 1/2 cup Dhania (coriander)

MEAT
FREE

Method:
1. Heat ghee and oil in a kharhai (wok). Add Fry's strips and cook until lightly browned, then remove and set aside.
2. Fry onions until lightly brown, add Fry's strips, masala, cloves, bay leaves, fennel and cinnamon. Cook on low heat for 10-15 minutes.
3. Grind the dhania and cashew nuts, add to the mixture and cook for a further 5 minutes. Dribble cream over and add chopped peppers to garnish before serving.



Romilla Singh

"Cooking is an art of patience and virtue so save the planet by buying Fry's."



For a Vegan option remove the cream or replace with soya yoghurt



FRY'S
FAMILY
SINCE 1991

burger

Schnitzel Burger with Mushrooms, Caramelized Onions and Avocado

22

- 2 Fry's Golden Crumbed Schnitzels
- 1 tbsp Margarine
- 1/4 Onion, sliced
- 2 tsp Olive oil
- 1 Bread roll of your choice
- 2 tsp Oil of your choice
- 50g Wild mushrooms
- 10g Fresh rocket or lettuce
- 1/2 Avocado, sliced into thin pieces

MEAT
FREE

Method:

1. Heat margarine in a thick based pan and fry onions until they start caramelising. Drain and set aside.
2. Add 1 tsp olive oil to the pan, toast bread until golden brown and set aside.
3. Add 1 tsp olive oil to that pan and sauté mushrooms. Drain and set aside.
4. Heat 2 tsp of oil and fry schnitzel until golden brown.
5. Build your burger using the bread, onion, mushroom, schnitzel, fresh rocket or lettuce and avocado. Serve with a fresh side salad of your choice.



Debbie Fry

"If music is the food of love, play on."



Suitable
for
Vegans



spicy

Asian Spiced Burger Curry

23

- 1 box Fry's Asian Spiced Burgers, cubed
- 4 Bitter gourd (karela) or green peppers
- 50ml Oil
- 1 Onion, finely chopped
- 1 tsp Ground ginger
- 1 tsp Ground garlic
- 2 Medium green chillies, diced
- 1 tbsp Masala
- 1/2 tsp Turmeric powder
- 1/2 tsp Jeera (cumin) powder
- 1 can Tomato puree or 1 cup fresh grated tomato
- Water
- 1/4 cup Tamarind juice, thick paste
- 3 Curry leaves
- Salt to taste
- Coriander to garnish

Method:

1. Scrape bitter gourd or pepper. Slit the middle halfway and remove seeds. Rinse and leave to dry.
2. Heat oil in a thick based pot and allow to heat for 2 minutes. Add onion, garlic and ginger and fry until onion is golden brown.
3. Add green chillies, masala, turmeric powder, jeera powder and tomato puree or fresh grated tomato and sauté for 6 minutes until the tomato puree or grated tomato is cooked.
4. Add tamarind juice, water and place lid on pot and simmer on low heat for 3 minutes.
5. Add Asian Spiced Burgers, curry leaves and salt to the mixture and garnish with coriander.
6. Fill bitter gourd or pepper with the curry and wrap in foil.
7. Place on a greased oven tray and bake until bitter gourd or pepper is cooked. Serve with rice or bread.

MEAT
FREE



Metisha Indurjith

"Like a loving touch or a glimpse of divine power, Fry's has the ability to comfort."



Suitable
for
Vegans



creamy

Creamy Chicken-Style and Mushroom Pie

24

- 1 pack Frys Chicken-Style Chunks
- 25ml Butter
- 20ml Oil
- 1/2 Onion, finely chopped
- 1 tsp Ground ginger and garlic
- 1/2 tsp Ground coriander
- 1 Small tomato, skinned and grated
- 200ml Plain yoghurt
- 5ml Fresh thyme
- 200g White button mushrooms
- 1 1/2 tsp Salt
- Ground black pepper
- 1 tbsp Flour mixed with 100ml cold water
- 1 roll Puff pastry

MEAT
FREE

Method:

1. Heat butter and oil together in a pan, when butter melts completely add chopped onions and sauté until softened.
2. Add in the ground ginger and garlic, ground coriander and grated tomatoes. Cook for 1 minute then add marinated chunks, mix in the fresh thyme.
3. Pour in the yoghurt, stir and simmer for 1 minute. Add the sliced button mushrooms, cover and simmer until the mushrooms are cooked.
4. Season with salt and ground pepper.
5. Add the flour/water mixture and allow to thicken. Cool completely before transferring this filling into a 20cm round pie dish.
6. Cover with rolled out Puff pastry, trim edges and brush with full cream milk. Allow to bake in a preheated oven at 190°C. Bake for 20 minutes or until golden brown.



Deena Naidoo

"Cooking is at once child's play and adult joy. And cooking done with care is an act of love."



For a Vegan option replace butter with margarine and dairy yoghurt with a vegan yoghurt and do not brush pastry with milk.



eggplant

Eggplant and Chicken-Style Curry 25

- 1 box Fry's Chicken-Style Strips, defrosted
- 2 Large eggplant (brinjal)
- 2 cloves Garlic
- 1 tbsp Olive oil
- 3 tbsp Oil
- 1/2 Onion, chopped
- 2 tsp Turmeric powder
- 1 tsp Jeera (cumin) seeds
- 1 tsp Sarson (mustard) seeds
- 1 stem Curry leaves
- 1 can Chopped tomatoes
- Salt to taste
- Dhania (coriander) to garnish

MEAT
FREE

Method:
1. Preheat oven to 180 °C. Place eggplant and garlic on an oven-tray, drizzle with olive oil and bake for approximately 4 minutes. Remove and allow to cool. Remove skin and blend with garlic. Set aside.
2. Fry the strips in oil on high heat for 6 minutes until golden brown and set aside.
3. Reuse oil, add onions, spices and curry leaves. Add tomatoes and salt and simmer for 5 minutes.
4. Add eggplants and strips to the saucepan. Heat through. Garnish with coriander and serve with roti.



Usha Padayachee
"Can you taste the love in it?"



Suitable
for
Vegans



saffron

Saffron Chicken-Style with Thyme Rice and Peas

26

- 1 pack Fry's Chicken-Style Chunks
- 4 tbsp Olive oil
- 2 tbsp Butter
- 1 Small onion, finely chopped
- 1/2 tbsp Chopped ginger
- 3/4 tbsp Crushed garlic
- 1/2 tsp Paprika
- 1/2 tsp Chilli powder
- 3 Medium tomatoes, skinned and grated
- 1 cup Rice
- 2 cups Boiling water
- 1/2 tsp Saffron
- 1/2 tsp Salt
- 1/2 tsp Black pepper
- 1 tbsp Fresh thyme
- 1 cup Frozen peas
- 1 stp Fresh parsley, chopped

MEAT
FREE

Method:

1. Heat oil and butter in a large flat pot. Fry the chunks until slightly brown then remove from pot. Add onion and ginger, sauté until onion is soft and translucent.
2. Mix in paprika and chilli powder and fry for 20 seconds. Mix in the grated tomatoes and simmer for 3-5 minutes until a thick sauce is formed.
3. Add rice, chunks, water, saffron, salt, pepper and thyme. Cover and simmer on low heat for 5-7 minutes.
4. Add peas and cook for a further 7-10 minutes until rice is cooked and all the liquid has been absorbed. Stir in chopped parsley.



Deena Naidoo

"My favourite recipe... eat out!"



For a Vegan option replace butter with margarine.



poulet

27

Lanières de Poulet

- 1 box Fry's Chicken-Style Strips
- 1 packet Braai charcoal
- 4 twigs Mint
- 6 twigs Thyme
- 3 tbsp Margarine
- 2 tbsp Olive oil
- 1 Onion, chopped
- 1 cup Mushrooms, chopped
- 1/2 cup Mild or hot peri peri sauce
- Pinch black pepper
- 1 cup Rice
- 1 tsp Spice of your choice to season rice
- 1 cup Mixed vegetables

Method:

1. Mix Fry's strips with mint, thyme and 2 tbsp. of margarine. Wrap in foil and place over hot coals for 10 minutes and set aside.
2. Heat oil in frying pan. Cook onions and mushroom. Add 1/2 a cup of peri peri sauce and simmer for 3 minutes. Add a pinch of pepper and stir in strips.
3. Cook rice, flavour with spice.
4. Braise vegetables in 1 tbsp. margarine.
5. Serve strips on a plate with rice and braised vegetables.

MEAT
FREE



Suitable
for
Vegans



Mark Naicker

"Aim for the moon, if you miss you will land amongst the stars - this is the way I cook."



Kalya

28

Vegetarian Kalya

- 1 box Fry's Chicken-Style Strips
- 50ml Oil
- 1/2 Onion, chopped
- 1 tsp Ginger and garlic
- 1 tsp Garam masala
- 1 tsp Mixed masala
- 1/2 tsp Dhania (coriander) powder
- 1/2 tsp Turmeric powder
- 2 Green chillies, sliced
- 2 stems Thyme
- Salt to taste
- 3 tbsp Tomato puree
- 3 tbsp Sour milk (maas)
- Dhania (coriander) to garnish

MEAT
FREE

Method:

1. Heat 25ml of oil in a thick based pan for one minute and thereafter add in the strips. Allow to cook until light brown and set aside.
2. In a separate thick based pot, add 25ml of oil and allow to heat for 2 minutes, thereafter add ginger and garlic, garam masala, mixed masala, dhania powder, turmeric powder, green chillies, thyme, salt and tomato puree and cook for 8-10 minutes.
3. Add in sour milk (maas) and allow to simmer for 2 minutes.
4. Cube strips and add to the mixture. Allow to cook through for 2 minutes.
5. Garnish with coriander and can be served with rotis.



D Naicker

"Happiness can be found in a box of Fry's cooked into a curry and shared at the dinner table"



For a Vegan option replace sour milk (maas) with coconut milk.



kebab

Kebab Chutney with Asian Spiced Burgers

29

- 1 box Frys Asian Spiced Burger, grated
- 1 Onion, finely chopped
- 1 Bunch of dhania (coriander), finely chopped
- 1 Bunch of shallot (spring onion), finely chopped
- 2 Green chillies, finely chopped
- 2 Pea flour
- 2 tbsp Water
- 1/4 cup Oil
- 40 ml Ground ginger and garlic
- 1 tsp Tomatoes, grated
- 6 small Chilli powder
- 1/4 tsp Salt
- 1/4 tsp Garam masala
- 1/4 tsp Curry leaves
- 20 Tamarind water, thick paste
- 3 tbsp

MEAT
FREE

Method:

1. Thaw or defrost Asian Spiced Burgers and grate into a medium sized bowl.
2. Add onions, finely chopped dhania, shallot, green chillies, pea flour and water to grated burgers. Mix well to create a thick batter.
3. Using your hands roll the batter into small balls and set aside for 5 minutes.
4. Heat 30ml of oil in a thick based frying pan for two minutes and fry balls (kebabs). Only turn once to prevent breaking and cook through on low-medium heat. Drain and set aside.
5. Add 10ml of oil to the frying pan and then add ginger and garlic. Fry until golden brown.
6. Add chilli powder, garam masala, tomatoes, curry leaves and salt. Cover with a lid and allow to cook for 6-7 minutes.
7. Add tamarind water and stir repeatedly. Add in kebabs and allow to simmer for 2 minutes. Garnish with dhania.

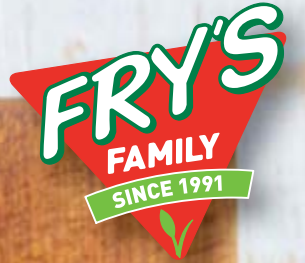


Maya Udith

"Cooking may be as much a means of self expression as any of the arts."



Suitable
for
Vegans



potato

Lamb-Style Chunks with Potatoes 30

1 pack Frys Lamb-Style Chunks
60ml Oil
1 Onion, finely chopped
1 Cinnamon stick
1 Sprig Curry leaves
1 tsp Ground Ginger and garlic
1/2 tsp Garam masala
1/2 Green chilli, deseeded and chopped
1 tsp Mixed curry powder
1 Tomato, finely chopped
1 Potato, peeled and diced (1/2 inch cubes)
1 tsp Salt
200ml Hot water
Coriander for garnishing

MEAT
FREE

Method:

1. Heat oil in a medium sized pot. Add chopped onion, cinnamon stick and curry leaves. Fry until onions are brown.
2. Remove pot from heat then add ground ginger and garlic, garam masala, green chilli and curry powder.
3. Return to heat and stir for 30 seconds then add grated tomato, allow to simmer. Mix in Frys chunks. Stir in salt, mix well and simmer for 1 minute.
4. Add potatoes and hot water. Cover and simmer on low heat until potatoes are cooked - approximately 15-20 minutes.
5. Remove from heat and garnish with chopped fresh coriander. Serve with rice or use as a Bunny Chow filling.



Deena Naidoo

"My favourite hobby is cooking and eating and there is nothing I can do well if I have not eaten well."



Suitable
for
Vegans



methi bhaji

31

Mince and Methi Bhaji

- 1 box Fry's Mince
- 1/4 cup Oil
- 1 Large onion, julienned strips
- 1/2 tsp Sarson (mustard) seeds
- 1 tsp Whole jeera (cumin)
- 1 tsp Ginger paste
- 3 cloves Garlic, chopped
- 2 tbsp Mixed masala
- 6 Small bunches methi bhaji (herbs)
- Salt, to taste
- 3-4 Ripe tomatoes
- 2 Green chillies, sliced
- Dhania (coriander) to garnish

Method:

1. Heat oil in a thick based pot for 2 minutes and add 1/2 an onion, mustard seeds, jeera, ginger paste and garlic. Cook until golden brown.
2. Add masala and fry for 30 seconds.
3. Add Fry's mince and stir into mixture. Add water if necessary to prevent burning.
4. Add methi herbs and salt to taste and allow to simmer for 3 minutes.
5. Add tomatoes and allow to cook until tomatoes are almost soft.
6. Add the other 1/2 an onion and green chilli. Allow onion to soften.
7. Garnish with dhania and serve with roti, rice or fresh bread.

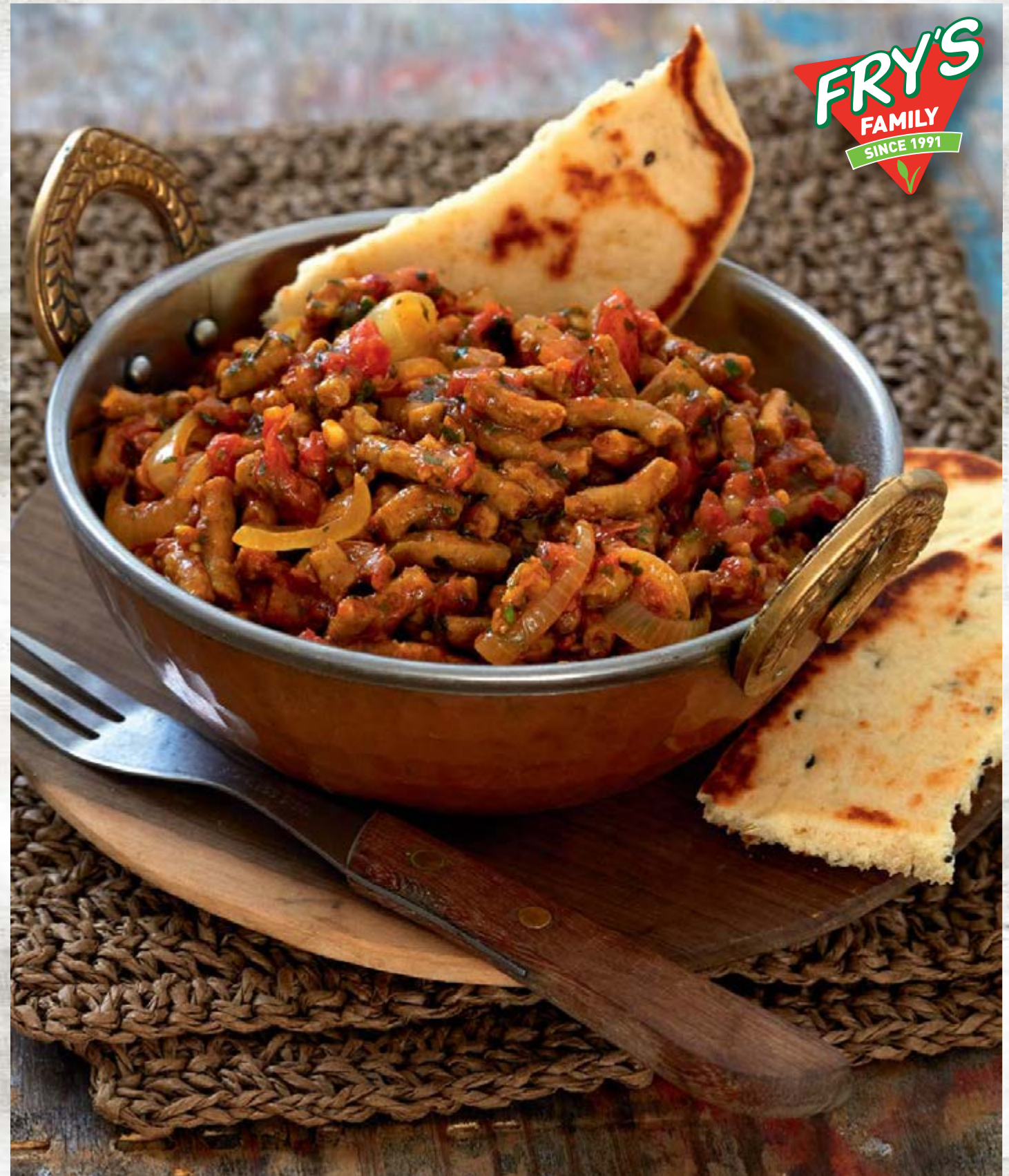
MEAT
FREE



Suitable
for
Vegans



Jeritha Bugwandeem
"Good mums have sticky floors, dirty ovens, messy kitchens, boxes of Fry's and happy children."



lasagne

32

Mince Lasagne

- 1 box Fry's Mince
- 1 pkt Onion sauce
- 3 cups Water
- 1 1/2 Onions, finely chopped
- 4 tbsp Oil
- 2 tbsp Jeera (cumin) powder
- 2 tbsp Dhania (coriander) powder
- 2 tbsp Garam masala
- 3 tbsp Chilli powder
- 2 tbsp Garlic
- 3 Tomatoes, peeled and chopped
- Salt to taste
- 500g Lasagne sheets
- 1 cup Vegan cheese, grated

MEAT
FREE

Method:

1. Preheat oven to 180 °C.
2. Mix onion sauce with 3 cups of water. Bring to boil, stir until thick then set aside.
3. Fry onion in oil until light brown and thereafter add jeera powder, dhania powder, garam masala, chilli powder and garlic and stir.
4. Add Fry's mince, tomatoes and salt to taste. Allow to cook for 15 minutes until mince is cooked.
5. In a casserole, alternate lasagne sheets, onion sauce and mince. Repeat layers until baking dish is full. Finish with a layer of sauce topped with grated cheese.
6. Bake at 180 °C until cooked and serve with a green salad.



Anjeni Rajkoomar

"The greatest dishes can be very simple with Fry's."



For a Vegan option, replace onion sauce with a sauce of choice.



Spicy

Spicy Sausages in Chilli Tomato Chutney

33

- 1 pack Fry's Spicy Sausages
- 50ml Oil
- 1/2 tsp Jeera (cumin) seeds
- 1 Large onion, sliced
- 2 Green chillies, deseeded and cut lengthwise
- 1/2 tsp Ground cumin
- 2 cloves Garlic, crushed
- 4 Large tomatoes, chopped
- 1/2 tsp Sugar
- 3/4 tsp Salt
- Coriander to garnish

MEAT
FREE

Method:

1. Heat oil in a large frying pan, add sausages and fry over moderate heat until slightly browned. Remove sausages from pan and set aside.
2. Return pan to heat and add jeera seeds, onions and green chilli. Sauté until onions are translucent and soft.
3. Add ground cumin and crushed garlic, stir well and fry for 1 minute. Stir in chopped tomatoes and sugar. Cover and simmer for 5 minutes. Add salt and stir well.
4. Return sausages to pan with tomato mixture. Cover and simmer over low heat for 8-10 minutes. If mixture dries too quickly add a little hot water. Garnish with fresh chopped coriander.



Deena Naidoo

"Secrets, especially with cooking, are best shared so that the cuisine lives on."



Suitable
for
Vegans



chow mein

34

Prawn Chow Mein

- 1 pack Frys Crispy Prawns
- 250g Egg free noodles
- 2 cups Boiling water
- Pinch of salt
- 2 tbsp Peanut oil
- 1 tbsp Crushed garlic
- 1 Carrot, finely julienned
- 1/2 Onion, sliced
- 1 cup Cabbage, finely chopped
- 1 Red pepper, sliced
- 1 cup Snow peas
- 2 tbsp Soy sauce
- 1/2 tsp Brown sugar
- 1 tbsp White wine vinegar
- 1/4 cup Roasted peanuts
- 1/4 cup Shallots (spring onion), sliced

Method:

1. Defrost prawns. Place prawns on a non-stick baking tray and place in a preheated oven at 180 °C for 6-8 minutes.
2. Cook noodles in salted water, drain under cold water and set aside. Heat up frying pan or wok until very hot. Add peanut oil, crushed garlic and fry for a few seconds (do not burn).
3. Toss in carrots, onion, cabbage, red pepper and snow peas and stir fry for 3-4 minutes. Mix in the prepared prawns.
4. Combine soy sauce, brown sugar and white wine vinegar in a small bowl, mix until the sugar has dissolved. Add the cooked noodles and the soy mixture to the wok and stir fry for 1 minute.
5. Add roasted peanuts and garnish with chopped shallots.

MEAT
FREE



Deena Naidoo

"Let your kitchen be the country in which there are always great discoveries to be made."



Suitable
for
Vegans



Schnitzel

35

Schnitzel Fish Curry

- 1 box Fry's Golden Crumbed Schnitzels
- 25ml Oil
- 1 Onion, chopped
- 5 cloves Garlic, peeled and crushed
- 1/2 tsp Jeera (cumin)
- Pinch of sarson (mustard) seed, roasted and ground
- Pinch of methi (fenugreek), roasted and ground
- Mixed masala (chilli powder, turmeric powder, garam masala)
- 2 tbsp Green chillies
- 2 Tomato sauce
- 2 tbsp Over-ripe tomatoes, grated
- 10 Seedless tamarind, soaked in 125ml hot water
- 50g Curry leaves
- 8 Salt and sugar to taste
- Dhania (coriander) to garnish

MEAT
FREE

Method:

1. Pan fry in 5 ml oil, or oven bake, the Fry's Golden Crumbed Schnitzels. Set aside.
2. Sauté the chopped onions in 20ml oil. Add jeera, mustard and methi seeds, together with the crushed garlic. Add the mixed masala, green chillies and grated tomatoes.
3. Simmer until the tomatoes have reduced to a paste, then add the tomato sauce and the tamarind. Add the curry leaves, salt and sugar to taste.
4. Place the cooked schnitzel in the sauce and simmer for 4-5 minutes. Serve hot, with roti or basmati rice. Garnish with dhania.

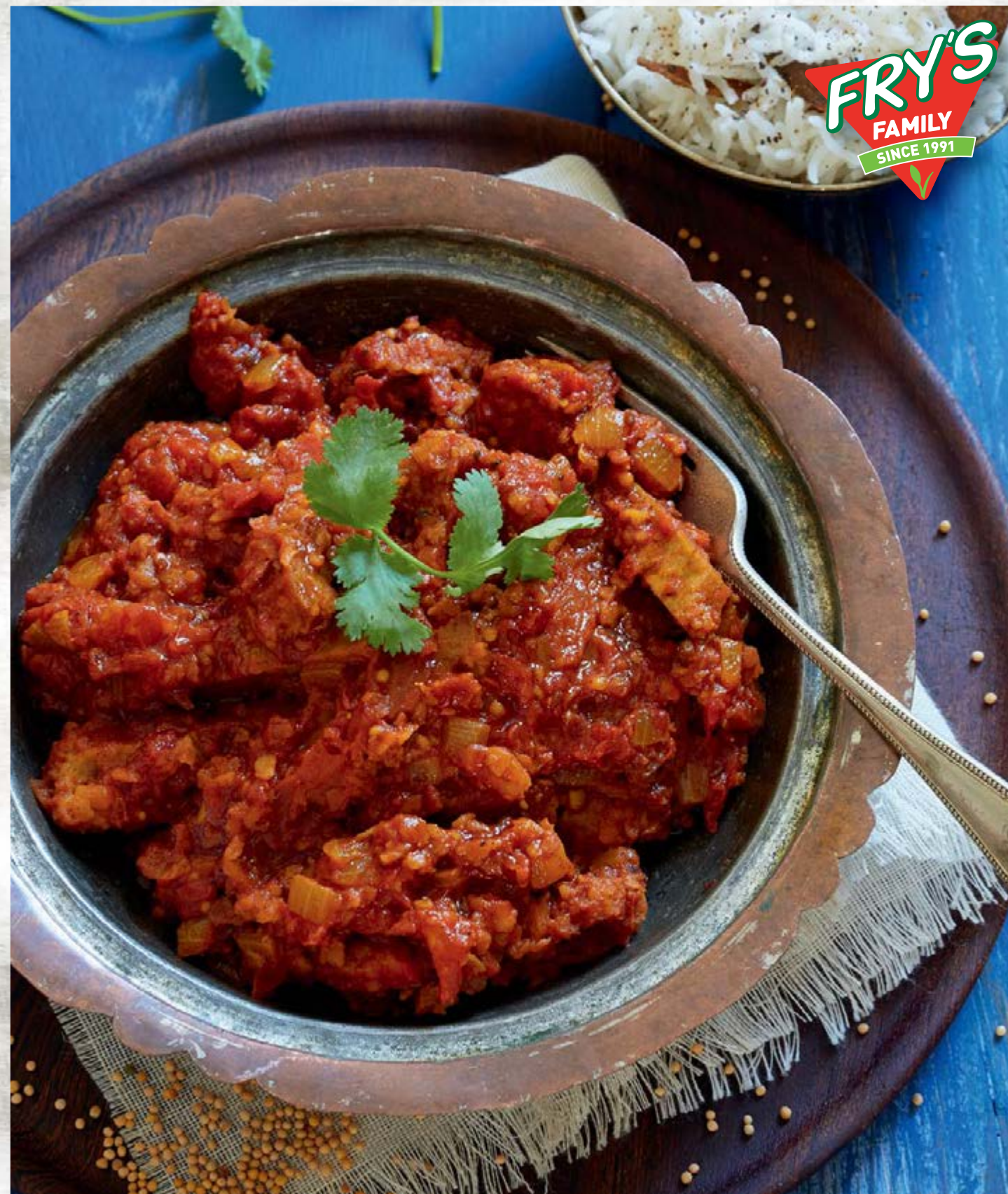


Seena Singh

"Learn how to cook, try new recipes, learn from your mistakes and above all have fun."



Suitable
for
Vegans



stir fry

MEAT
FREE

36

Prawn and Vegetable Stir Fry

Sauce		Stir fry	Fry's Crispy Prawns
2 tbsp	White wine vinegar	1 pack	Sesame oil
1 1/2 tbsp	Ginger, peeled and minced	2 tbsp	Garlic cloves, crushed
2 cloves	Garlic, minced	2	Broccoli stalks, sliced and florets
1/2 tsp	Dry crushed red pepper	1 cup	Celery stalks, chopped
1 1/2 tbsp	Soy sauce	2	Red onion, diagonally cut
1 tbsp	Chilli-garlic sauce	1	Green bell pepper, julienned
1 tsp	Sugar	1	Carrot, julienned
1/2 cup	Water		Spring onions for garnish
2 tsp	Corn starch		

Method for sauce:

Combine all ingredients (except the corn starch and water) and heat in a saucepan until the sugar is dissolved. Mix together the corn starch and water. Add the corn starch mixture to the heated soy mixture. Mix until thickened and reserve for later use.

Method for Stir Fry

1. Heat oil in a wok or large frying pan. Add prawns and stir fry for 1 1/2 minutes, mix in crushed garlic and cook for a further 30 seconds. Increase heat then add vegetables. Stir fry until vegetables are cooked but still firm.
2. Pour in the soya mixture, stir well until well coated, remove immediately after sauce has thickened further. Season with pepper and salt if necessary.
3. Garnish with chopped spring onion. Serve with noodles or jasmine rice.



Deena Naidoo

"We are indeed much more than what we eat, but what we can eat nevertheless help us to be much more than what we are."



Suitable
for
Vegans

