



BIRDS EYE

PLANT-BASED



**THE FUTURE OF
FAVOURITES**



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Birds Eye have harnessed the goodness of nature with a new Plant Based range that is deliciously tasty, high in protein and crafted from the highest quality ingredients.

Why not try one tonight, or switch out the meat for Birds Eye Plant Based in one of your own recipes for a fresh take on an old favourite.

Mince & Noodle Stir Fry

PREP TIME: 20 mins

COOK TIME: 15mins

MAKES:4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 400g egg noodles
- 2 tablespoons vegetable oil
- 300g packet frozen **Birds Eye Plant Based Mince**
- ½ red onion, sliced
- 1 head broccolini, cut into small pieces
- 1 carrot, cut into batons
- 100g snow peas, cleaned, cut into strips
- ¼ bunch spring onion, thinly sliced
- ½ white sesame seeds

Dressing:

- ¼ cup light soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons kecap manis soy
- 2 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 teaspoon sesame oil

METHOD

1. Place noodles in a bowl and cover with boiling water for 5 minutes.
2. In a hot wok add half the oil and Birds Eye Mince and cook until brown. Remove from wok.
3. Add remaining oil, add red onion, broccolini, carrot and snow peas. Cook until tender.
4. Return mince. Drain noodles and add to wok. Toss well and add dressing.
5. Garnish with spring onion, coriander, and sesame seeds.

Plant Based Mince can be easily substituted for regular mince in any of your favourite recipes like stir fries, pasta dishes and tacos.

Tandoor Chicken Strips

PREP TIME: 20 mins

COOK TIME: 15 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 2 tablespoons Tandoori paste
 - ½ cup plain yoghurt
 - 30ml lemon juice
 - 300g packet frozen **Birds Eye Plant Based Chicken Style Strips**
 - ¼ Chinese cabbage leaves shredded
 - ¼ bunch coriander leaves
 - ¼ bunch mint leaves
 - 1 fresh long red chilli, sliced into rounds
 - ¼ bunch spring onions sliced into rounds
 - 50ml olive oil
 - 50ml lemon juice
- Jasmine rice steamed to serve

METHOD

1. Pre heat oven to 220°C.
2. In a bowl mix tandoori paste, yoghurt, and lemon juice. Add frozen Birds Eye Chicken Style Strips and marinate.
3. Once thawed, place chicken strips on tray and cook for 15 minutes.
4. In a bowl add cabbage, coriander, mint, chilli, spring onion.
5. Dress with olive oil and lemon juice. Toss well.
6. Serve with steamed rice, chicken strips and salad.

Plant Based Strips can be easily substituted in any recipe that calls for sliced chicken strips such as stir fries, salads, kebabs and wraps.

Meatball Roti Wrap

PREP TIME: 15 mins

COOK TIME: 15 mins

MAKES: 4



INGREDIENTS

- 300g packet of **Birds Eye Plant Based Meatballs**
- 4 pieces cooked roti bread
- ¼ iceberg lettuce, sliced
- ½ cup hummus
- ½ bunch coriander leaves

Dressing:

- ¾ cup plain yoghurt
- ½ lemon juiced
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ¼ bunch mint leaves roughly chopped

METHOD

1. Preheat oven to 200°C. Cook the Birds Eye Meatballs on a tray for 15 minutes.
2. Warm roti bread in oven as directed.
3. Spread with hummus, then layer lettuce and coriander.
4. Add meatballs. Spoon over yoghurt dressing.
5. Wrap and cut in half.

Plant Based Meatballs can be easily substituted for regular meatballs in recipes such as pasta dishes, pizzas, stir fries and salad bowls.

Stuffed Zucchini Flowers

PREP TIME: 30 mins

COOK TIME: 40 mins

MAKES:16



INGREDIENTS

- 300g packet frozen **Birds Eye Plant Based Mince**
- 16 baby zucchini with flower attached
- 3 tablespoons of extra virgin olive oil
- ½ red capsicum diced
- 2 French shallots or 1 small brown onion, finely chopped
- 1-2 red chillies, finely chopped
- 125 ml of dry white wine (or stock, any kind)
- 1 tablespoon of tomato paste
- Pepper for seasoning
- 2-3 tablespoons of chopped parsley

METHOD

1. Heat the oil in a medium sized frying pan. Add shallot (or onion), capsicum and chillies, stir well for 1-2 minutes or until the shallot is golden.
2. Add the Birds Eye Mince and cook for a further 2-3 minutes.
3. Deglaze the pan with wine and cook out the alcohol (1-2 minutes) over medium-high heat. Add tomato paste, 100 ml of water and stir well. Turn the heat to medium-low. Cook for 10-12 minutes, add parsley then season to taste.
4. In the meantime set your oven to 200 C. Gently open the flower petals and remove the stamen. Fill the cavity with 1-2 tablespoons of filling, close the petals by twisting them together. Place zucchini onto a tray lined with baking paper.
5. Drizzle with olive oil and bake for 20 minutes. Serve hot or warm.

Plant Based Mince can be easily substituted for regular mince in recipes like lasagne, san choy bau, pies and Mexican dishes.

Panino with Avocado Salsa

PREP TIME: 10 mins

COOK TIME: 15 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 300g packet frozen **Birds Eye Plant Based Chicken Style Tenders**
- 4 sourdough bread rolls (oval shaped works well!)
- 1 large ripe avocado or 2 small ones, chopped
- 2 spring onions, thinly sliced (white and pale green part)
- ½ cup of cherry tomatoes, diced
- 1-2 birds eye chillies, thinly sliced
- Pepper for seasoning
- Juice of ¼ lemon
- Mayonnaise to spread on bread (as much as you like. A thin layer goes a long way though)
- 4 crunchy lettuce leaves

METHOD

1. Heat up your oven to 200C.
2. Place Birds Eye Chicken Style Tenders onto a tray lined with baking paper and bake for 15 minutes turning half way, for perfect crunch.
3. In the meantime make the avo salsa. Place chopped avocado, chillies, spring onion, lemon juice, tomatoes in a bowl and mix well. Add seasoning to your liking. Set aside.
4. Cut the rolls in half, spread some mayo on one half, top with a crunchy lettuce leaf, avocado salsa and one freshly baked chicken style tender. Top with other half of roll and serve straight away.

Plant Based Tenders are a great meat free option for schnitzels and parma's.

Linguine with Meatballs

PREP TIME: 10 mins

COOK TIME: 35 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 golden shallot, finely chopped
300g packet frozen **Birds Eye Plant Based Meatballs**
1 garlic clove, crushed
150 ml of vegetable stock
500 g of passata
200 ml of water
¼ piece of capsicum (in one piece)
400 g of dry linguine
Freshly grated parmigiano
Basil leaves, to serve
Freshly ground black pepper

METHOD

1. Heat the olive oil in a large frypan over medium heat, add the shallot and cook for 1 minute.
2. Add the Birds Eye Meatballs, stir well for 1-2 minutes add garlic, cook for 30 seconds then deglaze with stock and cook for another 1-2 minutes.
3. Add passata, water, add capsicum piece then reduce the heat to low and simmer for 30 minutes or until slightly reduced. If it looks too dry add a little water.
4. Bring a large saucepan of water to the boil, cook linguine for 8-9 minutes to a perfect al dente. Using a spaghetti spoon, transfer the pasta straight into the sugo, dragging a little of the cooking water with it and toss well over medium heat for 20-30 seconds.
5. Discard the capsicum. Finish with a generous dusting of parmigiano, some basil leaves and a good grinding of pepper.

Plant Based Meatballs can be easily substituted for regular meatballs in any of your favourite meals such pasta dishes, subs, kebabs and wraps.



BIRDS EYE[®]

PLANT BASED



Every flavour packed recipe has the health benefits identified by simple nutrition stamps, eating well has never been so easy!

PLANT PROTEIN

Recipe contains a plant based source of protein e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).

VEGETARIAN

Recipe is suitable for lacto-ovo vegetarians. Recipe contains **no animal based meat products** (i.e. No meat, poultry, fish or seafood) but may contain dairy (non-animal rennet), honey and egg ingredients.

VEGAN

Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).