

# DELICIOUS PLANT-BASED RECIPES

Full of the natural goodness of mushrooms



# FULL OF THE NATURAL GOODNESS OF MUSHROOMS

Uncover a new era of plant based alternatives with our cutting-edge **FROOM™** **Range of Mushroom based products**, catering to the discerning tastes of environmentally conscious consumers, while offering unparalleled deliciousness.

No matter your dietary preferences, our revolutionary range of mushroom-based products delivers the perfect harmony of taste, texture, flavour and quality that the plant-based market is looking for.

A **whole food product** that leverages the **natural goodness of mushrooms**.  
A **healthier and more environmentally friendly choice** that's better for you and protecting the planet.



**Taste the future of plant-based cuisine with our delectable mushroom-based products.**



HEALTHY FOR YOU & THE PLANET



EXCELLENT TASTE, FLAVOUR & TEXTURE



A WHOLEFOOD PRODUCT



SOURCE OF PROTEIN



SOURCE OF FIBRE



100% VEGAN FRIENDLY



QUALITY INGREDIENTS



LOW IN CALORIES



NON GMO



NOT ENGINEERED



NO ADDED SUGAR

# A CELEBRATION OF VEGANUARY 2025

Greetings,

Welcome to what I hope is the first of many FROOM™ plant-based recipe books. We've been working on it for a while and what better time to launch than Veganuary 2025.

As the founder of FROOM™ I'd like to take this opportunity to thank you for your support throughout 2024. We're excited about what lies ahead. We believe that every meal is an opportunity to make a positive impact on the world. That's why our motto is simple yet profound: Make a difference, one mouthful at a time.

At the heart of this mission is FROOM™, our wholefood, minimally processed, and healthy plant-based product that leverages the natural goodness of mushrooms. From our versatile mince to our flavourful balls and burgers, FROOM™ is designed to inspire creativity in the kitchen while nourishing both body and soul. Whether you're a seasoned plant-based eater or exploring this lifestyle for the first time, we're here to help you discover the joy of cooking and eating in a way that's good for you and kind to the planet.

This recipe book is filled with mouthwatering recipes that showcase the incredible variety and versatility of FROOM™. Our mission is to provide not only the tools to create irresistible dishes but also the inspiration to embrace a plant-based lifestyle that feels as good as it tastes. From comforting classics to bold new flavours, we've crafted these recipes to bring excitement and ease to your Veganuary journey.

Thank you for letting us be part of your culinary adventure. Together, we can make every bite count - for our health, our communities, and our planet.

Here's to a delicious and impactful Veganuary 2025!

With gratitude and flavour.

Jenny  
Founder & CEO



# CONTENTS

## MINCE

LUSCIOUS LASAGNE	4
TACO TUESDAY	5
ASIAN STYLE DUMPLINGS	6
LEMON & THYME EMPANADAS	7
CLASSIC BOLOGNESE	8
LARB MINCE	9
DECONSTRUCTED MOUSSAKA BASE	10
GNOCCHI MINCE WITH ROASTED RED PEPPER & CASHEW NUT SAUCE	11
NON CARNE PUFF PASTRY PIZZA	12
PEPPER PIE WITH JACKFRUIT	13
FROOM™ SAUSAGE ROLLS	14
MACARONI CHEESE	15
BURRITO BOWL	16
SHELL PASTA BAKE	17
CHILLI NON CARNE PIES	18
HEART WARMING SHEPHERD'S PIE	19
FESTIVE EGGPLANT ROLLS	20

## BALLS

FROOM™ BALL PENNE WITH ROASTED TOMATO & PESTO	21
BALLS & MASH LIKE NONNA MAKES	22
MASSAMAN BALL CURRY	23
EASY GREEK-STYLE MUSHROOM BALL WRAP	24

## BURGERS

ROSTI BREKKIE BURGER	25
EVERY DAY, ANY DAY BURGERS	26
DOUBLE DECKER OZZIE BURGER	27

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# Luscious Lasagna

Serves 6-8

Prep Time: 35

Cook Time: 25



This luscious lasagne is mouthwateringly delicious and is what comfort food should be. Best served with crusty bread and a fresh rocket and pear salad.

## INGREDIENTS

### MINCE

- 600g FROOM™ mince
- 2 cans (28 oz each) crushed tomatoes
- 1 tub tomato paste
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 1 carrot, grated
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- salt and pepper to taste
- 12 lasagne sheets (ready to cook)
- 2 cups shredded parmesan / mozzarella cheese (vegan)
- fresh herbs to garnish

### BECHAMEL SAUCE

- 50 ml butter (vegan)
- 50g cornstarch or kava flour
- 750ml almond milk
- 1 pinch ground nutmeg

## METHOD

Prepare the mince

- Saute carrot and onion on medium heat, stirring constantly until well sweated and translucent
- Add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation, then add the thyme, oregano, salt, and pepper
- Add the tomato and tomato paste and stir through thoroughly then let the mince mixture simmer for 15 minutes for the flavours to infuse

Make the Bechamel sauce

- In a saucepan, heat the butter over medium heat
- Whisk in cornstarch / kava flour and cook for 1-2 minutes to form the roux, then gradually add milk, whisking constantly until the mixture thickens
- Season with salt, pepper, and nutmeg and set aside ready to assemble

Assemble the lasagne

- In a baking dish, spread a thin layer of Bechamel sauce at the bottom of the dish
- Place a layer of lasagne sheets on top followed by a thin layer of Bechamel sauce
- Add 1/3 of the mince filling, followed by a layer of Bechamel sauce
- Repeat layering, until you have three generous layers, topped with a 4th layer of lasagne sheets
- Pour over the remaining Bechamel sauce ensuring the corners are generously covered
- Sprinkle with the grated cheese, bake covered for 25 minutes then uncovered for an additional 15 minutes or until the top is golden brown and bubbly

# Taco Tuesday

Serves 4

Prep Time: 15

Cook Time: 20



Whipping up a delicious Tacos feast with our plant-based FROOM™ mince is a breeze. Simply cook, season and load up your Taco shells. You'll have a crowd-pleasing meal ready in no time.

## INGREDIENTS

- 300g of FROOM™ mince
- 1 medium carrot grated
- 1 medium onion diced finely
- 1 packet of Taco spices
- 2 small cloves crushed garlic
- 1 tin of chopped tomatoes
- 1 red Birds-eye chilli (optional)
- 1 tin red kidney beans
- Taco Shells
- oil for frying the mince
- shredded lettuce
- tomato & cucumber salad
- guacamole
- shredded cheese
- salsa

## METHOD

- Heat the oil in a large non-stick pan
- Once the heat has reached a medium to high heat, add the carrot and onion, stirring constantly until they are well sweated and translucent
- Add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Add your Taco spices, red chilli, tin of chopped tomatoes and red kidney beans
- Stir through thoroughly and let the mince mixture simmer for 5 minutes allowing the flavours to infuse and until the sauce reduces
- Heat Tacos according to package instructions

## To serve:

Fill Tacos with spicy Froom™ Mince. Top with your favourite salad, sauces, and toppings





# Asian Style Dumplings

Serves 6-8 (48 pieces)

Prep Time: 40-50

Cook Time: 20



A delicious anytime meal that is worth the effort - too good not to share

## INGREDIENTS

- 600g FROOM™ Mince
- 48 dumpling wrappers
- 10 spring onions, finely chopped
- 4 cm ginger, finely diced
- 3 large garlic cloves, minced using a micro planer
- roots of 1 bunch of coriander, finely chopped
- 100ml tamari

## METHOD

- Combine FROOM™ Mince, spring onions, ginger, garlic, coriander roots, and tamari in a mixing bowl
- Place a small spoonful of the mixture into each dumpling wrapper
- Fold and seal the dumplings
- Pan-fry in a non-stick pan until the base is evenly browned
- Add 1/2 cup water to the pan, cover with lid and steam for about 5 minutes and the water evaporates
- Cook for a few minutes to crisp up the bases

## To serve:

Serve with your favourite chilli dipping sauce

# Lemon & Thyme Empanadas

Serves 3 - makes 12 pieces

Prep Time: 15

Cook Time: 20



These easy to make Empanadas are easy to make and are bursting with the fresh flavours of lemon thyme and roasted pine nuts. They are a delicious way to enjoy a plant-based snack while still satisfying your cravings.

## INGREDIENTS

- 3 sheets of puff-pastry (makes 12 circles with 10cm diameter each)
- 300g of FROOM™ Mince
- 1 tablespoon of freshly chopped lemon ensuring that any pith is removed
- 2 tablespoons fresh thyme leaves
- 2 tablespoons toasted pine nuts
- salt and pepper for seasoning
- olive oil for brushing

## METHOD

Preheat the oven to 200°C

- Mix the FROOM™ Mushroom Mince, fresh lemon and thyme together in a bowl and season to taste
- Roll out the puff pastry dough and cut out circles with a 10cm diameter using a round cookie cutter or a small bowl
- Place a spoonful of the mushroom mince filling onto one half of each dough circle and fold the dough over to create a half-moon shape. Use a fork to seal the edges
- Place the empanadas on a baking tray lined with baking paper and brush with olive oil for a golden finish
- Bake in the pre-heated oven for the time specified on the dough package, or until the empanadas are golden brown and crispy (about 20-30minutes depending on your oven)

## To serve:

Serve with your favourite relish or a plain yoghurt and parsley dip





# Classic Bolognese

Serves 4

Prep Time: 15

Cook Time: 20



Bursting with earthy flavours, this savoury twist on a classic Italian favourite simmered to perfection, delivers a rich, umami experience that's hearty, wholesome, and oh-so-satisfying! Just what you want from a classic Bolognese.

## INGREDIENTS

- 300g FROOM™ Mince
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1 carrot, grated
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- salt and pepper to taste
- 2 tins crushed tomatoes
- 1 x 140g tub tomato paste
- fresh parsley for garnish
- spaghetti or your preferred pasta of choice

## METHOD

- Heat the olive oil in a large non-stick pan
- Once the heat has reached a medium to high heat, add the carrot and onion, stirring constantly until they are well sweated and glassy in appearance
- Add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation (If the mince is cooking too quickly, turn down the heat on your stove)
- Add the thyme, oregano, salt, and pepper
- Add the crushed tomato and tomato paste and stir through thoroughly
- Season with salt and pepper to taste
- Let the bolognese mince simmer for about 20 minutes to allow the sauce to reduce and the flavours to infuse

## To serve:

Ladle spoonfuls of bolognese onto your preferred pasta of choice. Sprinkle with parsley and serve

# Larb Mince

Serves: 3-4

Prep Time: 15

Cook Time: 45



A light, summery dish that is just bursting with the beautiful clean flavours of Thai food.

## INGREDIENTS

### Larb Mince

- 300g FROOM™ Mince
- lemongrass – 1 medium stick finely chopped
- ginger – 2cm knob finely chopped
- birds eye chilli – 1 finely chopped

### Sauce

- 6 tbs lime juice
- 6 tbs brown sugar
- 4 tbs Tamari sauce

### Serve

- lettuce cups
- carrot matchsticks
- cucumber ribbons
- toasted crushed peanuts
- lime juice wedges
- fresh mint leaves
- fresh coriander leaves
- 2-3 spring onion – cut in fine rings
- thinly sliced red onion rings

## To serve:

- Layer lettuce cups with the matchstick carrots and cucumber ribbons
- Add the FROOM™ Mince larb and drizzle with some of the sauce
- Sprinkle with toasted peanuts and spring onion
- Garnish with mint leaves, coriander leaves and red onion rings

## METHOD

### Sauce

- Mix together all the sauce ingredients
- You're looking for a salty, sweet and sour umaminess which works well with the mushroom mince
- We always treble up on the recipe because we like it saucy!

### Mince Larb

- Brown the FROOM™ mince in grapeseed oil on medium heat, breaking up into crumbs (5-8 minutes depending on the temperature of your stove)
- Once well browned, add the finely chopped lemongrass, ginger, garlic & chilli and stir in for a few minutes until fragrant and well combined
- Add half of the lime juice mixture, keeping some for serving later





# Deconstructed Moussaka Bake

Serves 4

Prep Time: 40

Cook Time: 40



Rich and hearty with savoury flavours - a perfect meal for sharing at any time

## INGREDIENTS

### Mince

- 300g FROOM™ Mince
- 2 eggplants halved & scored diagonally
- 1 red onion chopped
- 1 carrot grated
- 2 garlic cloves chopped finely
- 1 ball plant based Mozzarella cut into thin slices
- 1 jar (400g) preferred passata sauce
- salt & pepper for seasoning

### Garnish

- fresh basil leaves for garnish
- fresh crusty bread for serving

## METHOD

Preheat oven to 180°C.

### Eggplant

- Drizzle olive oil over the scored eggplant halves and sprinkle with salt
- Place in an oven proof dish and bake until eggplant flesh is soft and cooked through
- Once eggplant is ready, remove from oven and scrape out the flesh and set aside, keeping the skins intact.
- Set the skins aside in a baking dish.

### Mince (while the eggplant bakes)

- Saute carrots and onions on medium heat until well sweated and translucent.
- Add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Add the eggplant flesh to the mince mixture and stir together well to form the moussaka
- Add tomato passata and cook the mixture on medium for 5-8 minutes until flavours infuse

### ASSEMBLE

- Spoon the moussaka mixture into the eggplant skins and layer with mozzarella slices
- Bake at 180°C for about 20 minutes until the mozzarella is lightly melted

## To serve:

Remove from oven, sprinkle with basil, and serve immediately with fresh crusty bread and vegetables or a green salad

# Gnocchi Mince with a roasted red pepper & cashew nut sauce

Serves 4

Prep Time: 15

Cook Time: 30 - 40

A silky indulgent winter warmer that's rich, sweet, nutty and creamy. Truly a comfort food dish that's good to enjoy anytime.



## INGREDIENTS

- 300g FROOM™ Mince
- 2 red peppers cut into 8ths
- 3 Roma tomatoes quartered
- 1 cup raw cashews
- 1 head of garlic (top cut off)
- ½ cup fresh oregano
- 1 x 500g packet potato gnocchi cooked to package instructions
- 1½ cups of reserved gnocchi water

## METHOD

Preheat oven to 180°C

- Add peppers, tomatoes, cashews, garlic, and oregano to a roasting pan and bake in the oven for 30-40 minutes until the vegetables are softened
- Cook gnocchi to package instructions and keep 1½ cups of liquid aside once cooked
- Fry FROOM™ Mince in a deep bottomed non-stick pan until browned all over. Season with some salt and pepper, then set aside
- Once the vegetables are roasted, add them to a high speed blender. Squeeze out the garlic cloves into the blender and blitz on high until the sauce is creamy. Thin the sauce down with a cup of the reserved gnocchi liquid
- Add the sauce into the pan with the mince, stir together until the mince is well coated. Let it simmer on low for 5 minutes to absorb the flavours. Add more reserved water if the sauce is too thick. (You are looking for the silky consistency of pouring cream)
- Toss in the cooked potato gnocchi and stir until well combined and coated

## To serve:

- Garnish with fresh parsley or basil.
- Serve hot with crusty bread and a fresh rocket and pear salad





# Non-Carne Puff Pastry Pizza

MAKES 2

Prep Time: 20

Cook Time: 20



Perfect for effortless entertaining, this puff pastry pizza brings together flaky puff pastry and rich, savoury flavours for a quick, crowd-pleasing bite.

## INGREDIENTS

- 300g FROOM™ Mince
- 2 sheets puff pastry thawed
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 medium carrot grated
- 1 packet Taco seasoning
- 3 tbsp tomato paste
- 1 can crushed tomato
- 1 can red kidney beans
- ½ cup water

### Garnish

- guacamole
- grated cheese
- lemon cheeks
- fresh coriander

## METHOD

Preheat oven to 200°C

### Mince prep

- Saute onion and carrots on medium heat until well sweated and translucent
- Turn heat up to high and add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Add Taco spice mix and stir through until meat is well coated with spices
- Add remaining ingredients, with ½ cup of water
- Bring to boil, then reduce heat and simmer for 10 minutes until liquid has reduced and flavours have infused

### Puff Pastry Pizza prep

- Grease and line 2 baking trays with baking paper
- Place square pastry sheets onto trays
- Cut a 1.5 cm border on each pastry square (don't cut through the pastry completely)
- Spoon spicy mince mixture inside the 1.5cm border of each pastry sheet
- Bake for 15-20 minutes until the pastry has coloured and puffed around the mince

## To serve:

- Dollop with guacamole and grated cheese
- Squeeze over some lemon juice and sprinkle with fresh coriander

# FROOM™ Mince Pepper Pie with Jackfruit

Makes 4 x pies

Prep Time: 20

Cook Time: 60



This pie, jam-packed with 'meaty' FROOM™ Mushroom Mince and jackfruit in a peppery mouthwatering gravy, and encased in flaky puff pastry is simply irresistible.

## INGREDIENTS

- 300g FROOM™ Mushroom Mince
- 280g green jackfruit chunks (marinated in brine, rinsed in warm water to remove tanginess)
- 2 tablespoons black pepper
- 1 medium red onion, diced
- ½ cup Passata
- 1 garlic clove, finely chopped
- 2 heaped teaspoons fresh thyme leaves
- 1 cup plant-based beef stock
- 1 tablespoon Cassava flour (or any thickening agent of your choice)
- salt to taste
- vegan pie crust (store-bought or homemade)

## METHOD

Preheat oven to 180°C.

- In a deep bottomed pan, heat oil over medium heat and saute the red onion and chopped garlic until softened and fragrant
- Add the FROOM™ Mushroom Mince and jackfruit chunks to the pan and cook until the mushroom mince is browned and the jackfruit is tender, about 5-7 minutes
- Stir in the passata, black pepper, and fresh thyme
- Pour in the plant-based beef stock and simmer for another 5 minutes, allowing the flavours to infuse
- In a small bowl, mix the Cassava flour with water to create a slurry and slowly add the slurry to the pan, stirring continuously until the mixture thickens to your desired consistency
- Taste and adjust the seasoning if necessary, then remove the pan from the heat to cool
- Roll and cut pie pastry to fit your moulds
- Line each pie mould with the bottom crust layer and spoon the cooled filling into the pie crust
- Cover pies with the top crust, sealing the edges by crimping with a fork or your fingers. Make a few slits on the top crust to allow steam to escape
- Brush pie crusts with some olive oil and place into the pre-heated oven and bake for 30-35 minutes, or until the crust is golden brown and the filling is bubbling

## To serve:

Enjoy your delicious Pepper Pie filled with the savoury goodness of FROOM™ Mushroom Mince and tender jackfruit chunks





# Sausage Rolls

Serves 24-36 pieces

Prep Time: 20

Cook Time: 20



Lets face it, there's nothing better than a delicious sausage roll to put your willpower to the test.

## INGREDIENTS

- 3 sheets of puff-pastry
- 900g FROOM™ Mince
- 2 small red onions, finely diced
- 1 medium carrot grated
- 3 cloves garlic, crushed
- 1/4 cup finely chopped fresh flat-leaf parsley
- 1 1/2 tbsp tomato sauce
- 1/4 cup (60ml) Tamari

## METHOD

Prepare the Mince

- Combine FROOM™ Mince, red onion, carrot, garlic, parsley, tomato sauce and Tamari sauce in a large bowl
- Season with salt and pepper
- Divide mixture into 6

Prepare the Sausage Rolls

- Lay a sheet of pastry on a flat surface and cut sheet in half horizontally
- Spoon 1/6 of the mince mixture down the long side of one pastry half
- Shape mince into the shape of a long sausage shape
- Brush opposite long edge with a little water
- Roll up pastry to enclose filling, finishing seam side down
- Brush top of mince log with olive oil.
- Cut mince log into 4-6 equal pieces (depending on how big you want you want the sausage rolls to be)
- Place pieces, seam side down on prepared tray 2cm apart
- Repeat with remaining pastry and mince
- Bake for 25-30 minutes or until cooked through and the pastry is golden

## To serve:

Serve hot with your favourite dipping sauce or relish

# Macaroni Cheese

Serves 6 generously

Prep Time: 15

Cook Time: 20



Who doesn't love a good macaroni cheese? Try our easy-to-make, cheesy, "meety", mac 'n cheese. It combines all the creamy cheesy goodness of a classic mac and cheese with the hearty flavour of our plant-based mince. A delicious twist on a family favourite.

## INGREDIENTS

- 300g FROOM™ Mince
- 2 small tomatoes diced
- 1 small onion diced
- 2 small tomatoes sliced into rings
- 500g macaroni cooked according to package instructions
- 2 cups shredded cheddar cheese (plant-based) (save 50g for sprinkling on top later)
- 2 tbsp butter (plant-based)
- 2 tbsp flour
- 1 litre Almond milk
- 1/2 tsp mustard powder (optional)
- salt and pepper to taste

## METHOD

Pre-heat oven to 180°C

Make Cheese Sauce (while macaroni is cooking):

- In a saucepan, melt butter over medium heat
- Stir in flour and cook for 1–2 minutes to create a roux
- Gradually add milk, whisking constantly until the sauce thickens
- Add cheese, mustard, salt, and pepper, stirring until melted - set aside

Cook FROOM™ Mince

- In a separate pan, sweat onion until soft and translucent
- Add FROOM™ Mince, break into your preferred crumb size and stir until evenly browned and caramelised
- Toss in diced tomato and stir through
- Season with salt & pepper

Combine:

- Mix the cooked macaroni, cheese sauce, and FROOM™ Mince together until the macaroni is evenly coated and the FROOM™ mince and tomato is evenly distributed
- Transfer to an ovenproof baking dish, layer the fresh sliced tomato on top, and sprinkle with 50g of the grated cheese
- Bake at 180°C for 20 minutes until the cheese on top is melted and gooey

## To serve:

Serve with fresh crusty bread and a green salad





# Nourishing Burrito Bowl

Serves 4

Prep Time: 20

Cook Time: 20



A healthy vibrant meat-free meal that's packed with whole-food goodness and flavour.

## INGREDIENTS

- 300g FROOM™ Mince
- ½ medium carrot grated
- ½ medium red onion diced
- 1 tsp paprika
- ½ tsp onion salt
- ½ tsp garlic salt
- ½ tsp dried oregano
- 1 tbs tomato paste
- 1 can tinned tomatoes
- oil for frying the mince

Vegetables - prepped and ready to go

- 2 cups cooked brown rice
- shredded lettuce
- tomatoes diced
- guacamole
- fresh sliced jalapeno's
- fresh corn kernels
- red onion diced
- sour cream
- refried beans
- black beans
- shredded cheese (vegan)
- salsa

## METHOD

Prepare the mince

- Saute onion and carrots on medium heat until well sweated and translucent
- Turn heat up to high and add garlic and FROOM™ Mushroom Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Then add the paprika, dried oregano onion & garlic salt and stir until the flavours release
- Add the tomato paste and tinned tomatoes, stir through thoroughly and let it simmer for 10 minutes allowing for all the flavours to infuse and the sauce to reduce
- Once cooked, turn off heat and set aside ready for assembling your bowls

## To serve:

Divide and conquer

- To assemble the bowls, divide the ingredients equally among the 4 bowls
- Garnish with jalapeno, fresh coriander, sauces or garnishes as preferred

# Shell Pasta Bake

Serves 4 generously

Prep Time: 20

Cook Time: 50-60



A definite family favourite. Rich, robust and creamy  
Perfect for chilly, wintery days.

## INGREDIENTS

- 300g FROOM™ Mince
- 375g smooth Ricotta cheese (your favourite plant-based)
- 300g shell pasta cooked to package instructions
- olive oil
- half a cup of fresh parsley chopped
- salt and pepper to taste
- 600ml of your favourite tomato or passata sauce
- 300ml of vegetable stock
- 50g grated cheese (vegan)

## METHOD

Pre-heat your oven to 180°C

- In a bowl mix together the FROOM™ Mushroom Mince, ricotta, parsley and seasoning
- Add the tomato passata and stock to an oven-proof dish, bring to a simmer and season with salt and pepper to taste
- Stuff the cooked pasta shells with the mushroom mince and ricotta
- Place the stuffed shells on top of the heated passata sauce in the oven proof dish
- Sprinkle with the grated cheese, cover with foil and bake for 40-50 minutes
- Bake uncovered for a further 15 minutes until golden in colour
- Sprinkle with additional fresh parsley

## To serve:

Serve with a fresh salad and crusty fresh bread





# Game Day Chilli non Carne Pies

MAKES 4

Prep Time: 20

Cook Time: 20



These juicy Chilli non Carne pies are just what you need to get your game day face on and root for your favourite team.

## INGREDIENTS

- 300g FROOM™ Mince
- 2 sheets puff pastry thawed
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 medium carrot grated
- 1 packet chilli seasoning
- 3 tbsp tomato paste
- 1 can crushed tomato
- 1 can red kidney beans
- ½ cup fresh corn kernels
- ½ cup water

## METHOD

Preheat oven to 200°C

- Saute garlic, onion and carrots on medium heat until well sweated and translucent
- Turn heat up to high and add garlic and FROOM™ Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Add chilli spice mix and stir through until mixture is well coated with spices
- Add all remaining ingredients with the ½ cup of water. Bring to boil, then reduce heat and simmer for 10 minutes until liquid has reduced and flavours have infused
- Roll and cut pie pastry to fit your moulds
- Line each pie mould with the bottom crust layer and spoon the cooled filling into the pie crust
- Cover pies with the top crust, sealing the edges by crimping with a fork or your fingers.
- Make a few slits on the top crust to allow steam to escape
- Brush pie crusts with some olive oil and place into the pre-heated oven
- Bake for 30-35 minutes, or until the crust is golden brown and the filling is bubbling, then remove from the oven to cool for a few minutes before serving

## To serve:

Slather with chutney or your favourite sauce and enjoy

# Heart Warming Shepherd's Pie

Serves 6 generously

Prep Time: 25

Cook Time: 60-90



A true crowd pleaser that can be made ahead of time.  
Comfortingly delicious.

## INGREDIENTS

### Mince

- 600g FROOM™ Mince
- 2 cloves garlic, minced
- 1 onion, finely chopped
- 1 medium carrot, diced into cubes
- 1 medium potato diced into cubes
- 1 tin crushed tomato
- 3/4 cup frozen peas
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- salt and pepper to taste
- 1 cup stock (plant-based beef style)
- fresh thyme to garnish
- 3 tablespoons olive oil

### Mash Potato & Crust

- 1.5kg potatoes, peeled and cut into quarters
- 2/3 cup Almond milk slightly heated (mashes better)
- 3 tablespoons butter (plant-based)
- 1 cup cheese grated (plant base)

## To serve:

Serve with vegetable of choice – e.g. charred brussel sprouts and a salad

## METHOD

Preheat the oven to 180°C.

### Make the mince

- In a saucepan, heat olive oil over medium heat
- Add onions and sauté until soft and translucent
- Add potato, carrots and thyme and cook for 4 minutes until just softened
- Add garlic and FROOM™ Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Pour in crushed tomatoes and stock and bring the mince mixture to a simmer
- Add in frozen peas and simmer on low for 10 minutes, stirring occasionally until liquid is reduced
- Season with salt and pepper to taste then transfer the mince filling to a 1.5-litre oven proof baking dish.

### Prepare the mash crust

- Cook potatoes in boiling water for 15 minutes or until soft, then drain and return to the pot
- Add butter, milk and seasoning to taste, and mash until smooth and spreadable

### Assemble the Shepherd's Pie

- Spread mash onto the filling in the baking dish and create patterns on the surface using a fork
- Sprinkle with grated cheese
- Bake for 30 – 40 minutes or until the top is golden and you see that the edges are bubbling





# Festive Eggplant Rolls

Serves 4-6

Prep Time: 40

Cook Time: 40-50



A deliciously festive meatfree treat thats perfect for any celebration. They look impressive yet so easy to make.

## INGREDIENTS

### Mince

- 300g FROOM™ Mince
- 1 small onion, finely chopped
- 1 small carrot, grated
- 1 tablespoon allspice
- 50g chopped dried cranberries
- 50g chopped pistachios
- 60ml aquafaba – juice from a can of chickpeas
- 3 tablespoons olive oil

### Eggplant roll

- 6 large slices of roasted eggplant
- 6-12 pieces roasted capsicum – bottled or home roasted with the skin removed
- pomegranate seeds to garnish
- fresh mint to garnish

### Cranberry glaze

- 275g jar of cranberry jelly
- 2 tablespoons balsamic vinegar

## To serve:

Serve on a bed of rocket

- Garnish with pomegranate seeds and mint leaves
- Drizzle generously with cranberry glaze

## METHOD

Preheat oven to 180

### Christmas mince

- In a deep pan saute onions and carrot until softened then add the garlic and FROOM™ Mince, breaking up into desired crumb size until well browned with a uniform caramelisation
- Add the allspice, chopped dried cranberries and chopped pistachios
- Pour in the aquafaba and stir through
- Season with salt and pepper to taste
- Simmer for 5-8 minutes for the flavours to meld

### Cranberry sauce

- Combine the cranberry jelly and balsamic vinegar into a small pot and bring to boil
- Reduce the heat and simmer gently until reduced and a smooth glaze consistency is achieved

### Eggplant rolls

- Add a few pieces of roasted red capsicum to the broad end of a slice of roasted eggplant
- Add 50 grams of the FROOM™ mince mixture on top and gently roll into tight rolls
- Bake in pre-heated oven for 10-15 minutes to heat up

# FROOM™ Ball Penne with Roasted Tomato and Pesto

Serves 6-8

Prep Time: 15

Cook Time: 30



A healthy vibrant meat-free meal. Packed with flavour, share this mild, slightly sweet, lightly tangy coconut curry with family and friends

## INGREDIENTS

- 2 x 240g FROOM™ Balls (24 balls)
- 1 box penne cooked to instructions on packet
- 1 cup of reserved pasta liquid

### Roasted Tomatoes

- 2 punnet 250g roma tomatoes
- 1 head of garlic with head cut off
- drizzle of balsamic vinegar
- 1 tablespoon brown sugar
- generous drizzle of olive oil
- salt & pepper to taste

### Pesto Sauce

- 1 cup fresh parsley
- 1 cup fresh basil
- 1 cup pine nuts (or cashews or walnuts)
- 1 cup olive oil
- 1/4 a cup grated parmesan cheese (vegan)
- salt & pepper to taste

## To serve:

- Once all your ingredients are ready, simply toss together into one large dish making sure that the penne is evenly coated with the roasted tomato and pesto sauces
- Serve with some fresh crusty bread

## METHOD

Preheat the oven to 200°C

### Roasted Tomatoes

- Add cut roma tomatoes and garlic head to an oven proof roasting tray, sprinkle with the sugar and season with salt and black pepper
- Drizzle with balsamic and olive oil, toss together until well coated, then place in the oven uncovered for 20 minutes or until tomatoes are caramelised

### FROOM™ Balls (while tomatoes are roasting)

- Brown FROOM™ Balls on medium heat until evenly browned all over (6-8min)
- Once browned, add to the roasting tomato to finish off the cooking in the oven for the last 10 minutes
- Before serving, squeeze out the roasted garlic and toss all the ingredients in the natural juices again, until evenly distributed

### Pesto Sauce

- Combine the basil leaves, nuts, garlic cloves and cheese in a food processor and blend together until finely chopped
- Add the olive oil slowly until combined and well blended to a smooth consistency
- If too thick, add some reserved pasta water to loosen the mixture





## Balls & Mash like Nonna makes

Serves 3-4

Prep Time: 15

Cook Time: 30



Savour the rich, savoury goodness of our plant-powered FROOM™ meatfree balls cooked in a robust tomato based sauce. Paired with creamy mashed potato, it's comfort food reimaged!

### INGREDIENTS

- 240g FROOM™ Balls
- 2 cans crushed tomatoes
- 1 x 140g tomato paste
- 3 cloves garlic, minced
- 1 onion, finely chopped
- 1 carrot, grated
- 2 tablespoons olive oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- salt and pepper to taste
- mashed potato
- fresh parsley for garnish

### METHOD

- Heat olive oil in a large pan over medium heat
- Brown the FROOM™ Balls until evenly browned all over (6-8 minutes), then remove from pan and set aside while you prepare the sauce
- In a saucepan, heat olive oil over medium heat
- Add chopped onions, grated carrots and garlic and sauté until softened and translucent
- Pour in crushed tomatoes and tomato paste
- Add dried basil and oregano and then stir to ensure all the tomato and herbs are mixed through
- Add salt, and pepper to taste
- Add the Froom™ Balls back to the sauce and simmer for 20 minutes, allowing the flavours to infuse and develop

### To serve:

- Spoon generous servings of FROOM™ Balls onto creamy mash, polenta or your favourite pasta
- Sprinkle with a fresh parsley and serve with a fresh salad and crusty bread to soak up the sauce

# Massaman Ball Curry

Serves 6-8

Prep Time: 15

Cook Time: 30



A healthy vibrant meat-free meal that's packed with flavour. share this mild, slightly sweet, lightly tangy, coconut curry with family and friends

## INGREDIENTS

- 480g FROOM™ Balls
- 1 medium onion, finely diced
- 1 jar Ayam Thai Massaman Curry
- 400ml coconut milk
- 500g sweet potato, cubed
- 100g baby spinach leaves

## METHOD

- Brown FROOM™ Balls in a deep pan (6-8 minutes) until evenly browned all over, then set aside
- In the same pan, cook onion until softened and translucent
- Add the sweet potato and cook for 3 minutes stirring constantly
- Stir in curry paste and let the flavours infuse for 2 minutes
- Add the FROOM™ Balls back in and pour in the coconut milk
- Bring to boil, then simmer until the sweet potato is tender
- Stir in fresh spinach just before serving

## To serve:

Serve with basmati rice, naan bread, and roasted unsalted peanuts





## Easy Greek-Style Mushroom Ball Wrap

Serves 3-4

Prep Time: 15

Cook Time: 20



Tantalize your taste buds with our delectable and healthy Mushroom Ball wrap. A wholesome and delectable lunch time snack that's perfect for sharing and easy to whip up in not time at all.

### INGREDIENTS

- 240g FROOM™ Balls
- 1 medium Lebanese cucumber
- 1 tub of your favourite tzaziki
- salt & pepper to taste
- 1 tub of your favourite shop bought hummus
- 1/2 small red onion sliced finely
- 1-2 large tomatoes diced
- 1-2 medium cucumbers diced
- 1/2 a cup fresh chopped parsley for garnish

### METHOD

- Heat the oil in a large non-stick pan and cook FROOM™ Balls at medium heat
- Turn constantly for about 6-8 minutes until they are well browned all over with a uniform caramelisation
- Warm up the wraps
- Spread a generous layer of hummus on the base of each wrap
- Add 3-4 Froom™ balls per wrap
- Add diced tomatoes, cucumber and sliced onion
- Drizzle with tzatziki
- Garnish with the fresh parsley

### To serve:

Roll up the wraps, securing the ends, and serve immediately for a mouthwatering and nutritious meal

# Rosti Brekkie Burger

MAKES 2

Prep Time: 30

Cook Time: 20



Set on a crunchy potato rosti, this FROOM™ Mushroom Burger topped with guacamole and sriracha mayonnaise is easy to make and impossible to resist.

## INGREDIENTS

- 2 FROOM™ Burger Patties
- fresh rocket

### Rosti

- 2 potatoes peeled and grated with all the water squeezed out
- 4-5 spring onions cut into thin strips
- 2 tbs aquafaba to help bind (instead of egg white)
- 4 tbs flour
- salt & pepper to season

### Guacamole

- 1 small avo
- 1 small tomato diced
- ½ small onion diced
- lemon juice & salt & pepper to taste

## METHOD

### Rosti

- Add all ingredients into a bowl and mix together lightly until the flour is absorbed and well distributed
- Form into flat loose rosti patties
- Heat about 4 tablespoons of oil in a pan and fry for 6-8 minutes until browned on both sides and the potato is cooked through

### Guacamole

- Combine all the guacamole ingredients into a small bowl and smash until mixed through
- Season with lemon juice, salt and pepper

### Burger

- Smash Burgers slightly and then cook in a pan or on the BBQ until evenly browned on both sides and a slight crust is formed

## To serve:

- Layer the rosti, burgers, rocket and guacamole in that order
- Add lashings of Sriracha mayonnaise and tuck in





## Every Day, Any Day Burger

Serves 2

Prep Time: 15

Cook Time: 20



Say goodbye to mealtime monotony! From busy weekdays to relaxed weekends, our plant-based FROOM™ Burgers fit seamlessly into any meal plan for any day of the week.

### INGREDIENTS

- 2 FROOM™ Burger Patties
- 2-4 lettuce cups
- 4-6 sliced red onion rings
- 4-6 slices of tomato
- 4-6 slices of cheese
- pickles
- sauces as desired - tomato sauce / BBQ sauce / aioli
- 2 burger buns cut
- beetroot slices
- olive oil

### METHOD

- Heat gas BBQ up on high to heat grill and get it hot quickly, then turn down to medium
- Spray Froom™ Burger patties on both sides lightly with olive oil
- Lay burgers on grill and cook, for 6-8 minutes each side on medium heat, until evenly browned and a nice crust is formed
- Remove from grill and cover to keep warm
- Lay buns, cut side down, on grill and cook until lightly toasted

### To serve:

- Spread sauces on bun bottoms and build your burger by adding layers of lettuce, tomato, burger, onion, and pickles
- Set bun tops in place and enjoy
- Add a slice of beetroot for a traditional Aussie burger

# Double Decker Ozzie Burger

MAKES 2

Prep Time: 15

Cook Time: 20



Let's face it, there's nothing better than a good double decker Aussie burger - with hearty beetroot.

## INGREDIENTS

- 4 Froom™ Burger Patties
- 2-4 lettuce cups
- 4-6 sliced red onion rings
- 4-6 slices of tomato
- 4-6 slices of cheese
- pickles
- beetroot slices
- sauces as desired - tomato sauce / BBQ sauce / aioli
- 2 burger buns cut in half
- olive oil

## METHOD

- Heat gas BBQ up on high to heat grill and get it hot quickly, then turn down to medium
- Spray Froom™ Burger patties on both sides lightly with olive oil
- Lay burgers on grill and cook, for 6-8 minutes each side on medium heat, until evenly browned and a nice crust is formed
- Remove from grill and cover to keep warm
- Lay buns, cut side down, on grill and cook until lightly toasted

## To serve:

- Spread sauces on bun bottoms and get creative and build your double burger in delicious layers
- Set bun tops in place and enjoy. Add a slice of beetroot for a traditional Aussie burger

