



COME TO THE TABLE

YOUR PLATE HAS POWER

DELICIOUS WHOLEFOOD RECIPES FOR VEGANUARY & BEYOND

COME TO THE TABLE. YOUR PLATE HAS POWER

Greetings

We don't need to hit you over the head with statistics, but just in case you're wondering whether your individual food choices actually matter:

- Food production contributes to 60% of all food-system greenhouse gases
- Livestock farming alone accounts for 14.5% of global emissions
- A plant-based diet can reduce your food-related carbon emissions by up to 73%

But here's the beautiful part: you don't need to go 100% plant-based to make an impact. If millions of us simply add more wholefood meals made from plants to our rotation - once a day, a few times a week, or just throughout January - the cumulative effect is massive.

Imagine if everyone reading this book cooked just one plant-based meal this week. Now imagine if they shared it with someone - a partner, a child, a friend, a neighbour. Suddenly, we're not talking about individual impact anymore. We're talking about millions of meals. Millions of conversations. Millions of moments where someone discovers that eating with the planet in mind, doesn't mean eating poorly. It means eating better.

This Veguary and beyond, I hope that our FROOM™ recipe book inspires you to try something new and, helps you discover just how delicious plant-based eating can taste.

Your plate has power. When you come to the table and invite others to join you, that power multiplies.

Yours in wholefood plant-based goodness.

Jenny
Founder & CEO



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 for protecting the planet.

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



HEALTHY FOR YOU & THE PLANET



A WHOLEFOOD PRODUCT



100% VEGAN FRIENDLY



NON GMO



EXCELLENT TASTE, FLAVOUR & TEXTURE



SOURCE OF PROTEIN



QUALITY INGREDIENTS



NOT ENGINEERED



SOURCE OF FIBRE



LOW IN CALORIES



NO ADDED SUGAR



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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 with grated Parmesan cheese

Classic Moussaka

Serves 4 generously

Prep Time: 40

Cook Time: 40

Got extra FROOM™ Bolognese Mince from last night? Turn it into a rich, comforting plant-based moussaka layered with roasted eggplant, creamy béchamel, and all that FROOM™ powered flavour.



INGREDIENTS

Mince

- 600g FROOM™ mince Bolognese (Classic Bolognese recipe)
- 1 tsp cinnamon

Eggplant

- 1kg Eggplant sliced into 4mm strips
- 1 tsp salt
- 3-4 tbs olive oil

Bechamel Sauce

- 50 ml butter (vegan)
- 50g cornstarch or kava flour
- 500ml almond milk
- 1 pinch ground nutmeg

METHOD

Pre-heat oven to 180°C

Prepare the Eggplant

- Sprinkle sliced eggplant with salt
- Place in a colander and let them sweat for 30 min
- Rinse and pat dry, then lay out on parchment lined trays and brush with oil
- Bake for 20-25 minutes until well browned

Prepare the mince (While the eggplant is sweating)

- Follow the FROOM™ recipe for the Classic Bolognese
- Add the cinnamon and mix through thoroughly
- Set aside when ready

Make the Bechamel sauce (While the eggplant is baking)

- In a saucepan, heat the butter over medium heat
- Whisk in starch 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

Assemble the Moussaka

- Spread a thin layer of Bechamel sauce at the bottom of a baking dish
- Place a layer of grilled eggplant 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 eggplant
- Pour over the remaining Bechamel sauce
- Sprinkle with the grated cheese, bake 30-40 minutes until the top is golden brown and bubbly

NEW





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

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 based)

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





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 is baking)

- 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 and bubbly

To serve:

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

Stuffed Capsicum

Serves: 4

Prep Time: 20

Cook Time: 45



Perfect as a show-stopping main dish or impressive side that works for family dinners and entertaining alike. Great when made from scratch or using left over Bolognese.

INGREDIENTS

- 300g FROOM™ Mince
- 2 Red Capsicums - halved & deseeded
- 1 cup cooked rice
- 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

METHOD

Mince

- 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 mince simmer for about 20 minutes to allow the sauce to reduce and the flavours to infuse

Stuff Capsicums

- Halve and deseed 2 red capsicums, drizzle with olive oil, and bake for 5–8 minutes until just softened.
- While the capsicums are baking, mix 300g leftover FROOM™ Bolognese with 1 cup of cooked rice and ½ tsp each of cumin, oregano & chilli powder.
- Spoon generous helpings of the spicy mix into halved capsicums.
- Top generously with grated cheese.
- Bake until golden and bubbling.

To serve:

- Enjoy this hearty meal with your favourite salad.

NEW





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
- 1 ½ cups of reserved gnocchi water

METHOD

Preheat oven to 180°C

- Add peppers, tomatoes, cashews, garlic, and oregano to a roasting pan, drizzle with olive oil and bake in the oven for 30-40 minutes until the vegetables are softened
- Cook gnocchi to package instructions and keep 1 ½ cups of liquid aside once cooked
- Fry FROOM™ Mince in a deep bottomed non-stick pan until caramelised and 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

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 fresh 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





Sumptuous Eggplant Rolls

Serves 3-4

Prep Time: 40

Cook Time: 40-50



A deliciously sumptuous 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

Pre-heat oven to 180°C

Sumptuous 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

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





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

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

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

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 and 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



NEW



Toasted Burrito

Serves 4

Prep Time: 20

Cook Time: 20



Who doesn't love a good toastie? Especially when it's a burrito? This toasted FROOM™ Burrito is perfect for brekkie, lunch or supper. Simply Wrap it. Toast it. Devour it

INGREDIENTS

- 300g FROOM™ mince
- 1 tbsp olive oil
- 1 small red onion, diced
- 1 tin black beans
- ½ a tin corn kernels
- 1 packet Taco seasoning
- salt & pepper to taste
- 4 med wraps
- fresh cilantro, for garnish
- shredded lettuce
- diced tomato, onion and cucumber salad
- grated cheddar cheese (plantbased)
- Guacamole, salsa & dairy-free sour cream

METHOD

Prepare the Mince

- Heat the oil in a pan over medium heat
- Add onions and sauté until soft
- Add taco seasoning, stirring until fragrant
- Toss in the FROOM™ mince, cooking for 6-8 minutes until well browned and caramelised and coated in the spices
- Add the black beans and corn and stir until heated through
- Season with salt & pepper

Wrap it

- Layer the ingredients to your liking on top of the wraps
- Finish off with the grated cheese
- Wrap
- Toast to perfection

To serve:

- For extra pazzaz, enjoy with lashings of guacamole and salsa.

Festive Fajita's

Serves 3 - 4

Prep Time: 15

Cook Time: 20



Loaded with flavourful FROOM™ mince, hearty black beans, and zesty toppings, these fajitas are the perfect way to treat yourself or your loved one to a delicious, wholefood meal.

INGREDIENTS

- 300g FROOM™ mince
- 1 tbsp olive oil
- 1 small red onion, diced
- 1 tin black beans
- ½ a tin corn kernels
- 1 packet Taco seasoning
- salt & pepper to taste
- 6-8 small tortillas
- fresh cilantro, for garnish
- lime or lemons cheeks for serving
- sliced jalapenos for garnish
- Guacamole, salsa & dairy-free sour cream (optional, for serving)

METHOD

- Heat the oil in a pan over medium heat
- Add onions and sauté until soft
- Add taco seasoning, stirring until fragrant
- Toss in the FROOM™ mince, cooking for 6-8 minutes until well browned and caramelised and coated in spices
- Add the black beans and corn and stir until heated through
- Season with salt & pepper
- Warm tortillas in a dry pan and serve

To serve:

- Add Festive Fajita mince to the warmed tortillas
- Top with Guacamole, salsa and garnish with fresh cilantro and sliced jalapenos



NEW

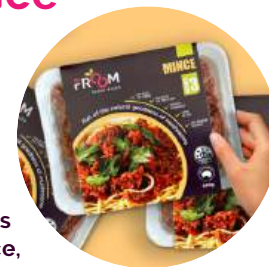


Vietnamese-style FROOM™ mince

Serves 4

Prep Time: 20

Cook Time: 30



Who doesn't like a good bowl meal? This Vietnamese-style caramelised FROOM™ mince bowl, showcases its versatility as a simple ingredient swap in any recipe. Serve with cooked rice, fresh tomato & a pickled carrot & onion salad for a healthy mid week meal made in under 60 minutes.

INGREDIENTS

- 300g FROOM™ mince
- 2 tbsp oil
- 3 cloves minced garlic
- 1 heaped teaspoon of minced ginger
- Head of a broccolini bunch roughly chopped
- 2 Birds eye chillies finely sliced
- 3 tbsp light brown sugar
- 2 tbsp each of fish sauce, dark soy sauce & light soy sauce
- 6 spring onions finely sliced
- 250g fresh cherry tomatoes halved
- 2 cups cooked rice
- Toasted sesame seeds

Pickled carrot & onion salad

- 1 small red onion finely sliced
- 1 medium carrot peeled and sliced into very thin strips
- 3 tbsp vinegar
- 1 tsp sugar
- pinch of salt

METHOD

Make the Pickles

- Mix all pickle ingredients together and let them rest for 15 minutes before serving

Make the Mince

- Fry FROOM™ Mince over medium heat for 5-6 minutes, until uniformly browned & breaking up into crumble size pieces
- Add the sugar & fry for 4-5 minutes until the mince starts to darken and caramelize, stirring often
- Add the chillies together with the minced garlic and ginger
- Add the broccolini and stir together until the broccolini is al dente
- Add the fish sauce, dark & light soy sauce, and $\frac{2}{3}$ of the spring onions (remainder kept for garnish)
- Cook for a further minute until all sauces are well absorbed

To serve:

- Divide the rice between 4 bowls, then top with the caramelised mince.
- Serve with pickled onion and carrot salad and fresh chopped cherry tomatoes
- Garnish with leftover spring onion and sprinkle with toasted sesame seed for an extra nuttiness.

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

To Serve

- lettuce cups
- carrot matchsticks
- cucumber ribbons
- toasted crushed peanuts
- lime juice wedges
- fresh mint leaves
- fresh coriander leaves
- 2-3 spring onions – 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

Prepare the 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!

Prepare the Larb Mince

- 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 caramelised and 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





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 knob of 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 more to crisp up the bases

To serve:

Serve with your favourite chilli dipping sauce

Rice Paper Pancakes

Serves 3-4

Prep Time: 20

Cook Time: 20-30



These crispy, chewy, flavour-packed rice paper pancakes made with FROOM™ mince and some rainbow vegetables - for added goodness and colour - are ridiculously easy to make. Trust us, they hit the spot every time.

INGREDIENTS

Mince

- 300g FROOM™ Mince
- 3 tablespoons soy sauce
- ¼ red cabbage thinly sliced into match sticks
- ¼ white cabbage thinly sliced
- ½ red capsicum
- 1 carrot, very thinly sliced
- 2 spring onions, thinly sliced
- 2 tbsp olive oil
- 6-8 rice paper sheets

Dipping Sauce:

- 1 tablespoon tamari
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon water
- 1 tablespoon sesame seeds
- 1 tablespoon chilli crunch oil

To serve:

Slice, pile and dip.

METHOD

Dipping Sauce

- Mix together all the dipping sauce ingredients in a small ready to serve bowl.
- Adjust flavours to taste

Rice Paper Pancakes

- Sauté the onion & FROOM™ mince in 1 tbsp olive oil until golden
- Add the soy sauce and mix together well for about 3 minutes
- Transfer to a mixing bowl & mix together with the fresh cabbage, carrot, spring onion & capsicum
- Quickly dip a rice paper sheet in cold water & lay it in a hot pan, heated with some olive oil
- Spread the filling evenly on top, then top with another dipped rice paper sheet
- Cook 3-5 mins per side until crispy & golden on both sides
- Remove and slice





Curried Mince Empanadas

Serves 3 - makes 12 pieces

Prep Time: 20

Cook Time: 20



What's not to love about a spicy, curry infused empanada. Easy to make and oh so deliciously moreish.

INGREDIENTS

- 300g FROOM™ mince
- sheets of pre-made puff-pastry (makes 12 circles, each with 10cm diameter)
- 1 small onion, diced
- 3/4 cup frozen peas
- 3 tablespoons medium curry powder
- 6 tablespoons chutney
- Salt and pepper for seasoning
- 2 tablespoons Olive oil for frying and a little bit extra for brushing the tops of the empanadas to brown

METHOD

Preheat the oven to 200°C

- Add the oil to a large flat based frying pan on medium heat, then add the onion and curry powder, stirring until the onions are well sweated and the curry releases its fragrances
- Add the mince and fry over medium heat for 10-15 minutes until the mince is caramelised and browned, crumbly and well coated with the curry
- Add the chutney and frozen peas and stir together, then simmer for 5 minutes on low
- Adjust the seasoning to taste – add in more curry powder if you want more spice
- Remove from heat and let cool
- Place a spoonful of the 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 hot with a plain yoghurt and mint dip, or with your favourite dipping sauce, relish or chutney

Game Day Chilli non Carne Pies

Makes 4 pies

Prep Time: 20

Cook Time: 60



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
- Let pie mixture 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
- 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:

Eat on their own or dip into a spicy relish of your choice





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

Make 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

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 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





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 up 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 'meety' 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



NEW



Festive Puff Pastry Wreath

Makes 1

Prep Time: 40

Cook Time: 40



Perfect for effortless entertaining, this aromatic puff pastry wreath centrepiece is perfect as a main meal or sliced up for a festive drinks party.

INGREDIENTS

- 300g FROOM™ Mince
- 2 tbs oil
- 3 tbsp cranberry sauce
- 600g butternut pumpkin, cubed
- 2 tbs cinnamon
- 2 caramelised red onions
- vegan fetta
- 2 Square Puff pastry sheets – (25cm)
- salt & pepper for seasoning

Garnish

- 100ml Cranberry sauce melted
- 100g Crushed pistachio
- 8 sage leaves deep fried
- salt & pepper to season

METHOD

Preheat oven to 200°C

- Sprinkle cubed butternut with a little salt & 2 tbs cinnamon and then roast until golden and tender.
- Add oil to a pan and brown FROOM™ mince on medium heat until evenly brown and crumbly
- Stir through cranberry sauce and season
- Lay pastry squares flat at 45 degrees to each other to form the wreath base
- Cut four x 10 cm slits in the centre of the overlapping pastry squares
- Layer pumpkin, FROOM™ mince, caramelised onions and vegan fetta around the centre slits
- Fold pastry over filling to form a wreath
- Brush with plant milk or oil
- Bake until puffed and golden
- Drizzle with melted cranberry sauce & garnish with crushed pistachio and deep fried sage leaves

To serve:

- Serve warm as a show-stopping centrepiece, or slice into shareable pieces for festive drink. Either way, it's guaranteed to impress





Za'atar Balls Middle Eastern Style

Serves 3-4

Prep Time: 30

Cook Time: 30



This simple, delicious, and wholesome FROOM™ Ball dish, served on a butter bean hummus, with the flavours of Za'atar, fresh herbs and zesty lemon, is perfect for any occasion! Paired with tabbouleh and flatbread, it's a complete meal to enjoy on its own.

INGREDIENTS

FROOM™ Balls

- 12 FROOM™ Balls (240g)
- 2 tbsp olive oil (from the infused oil)
- 2 tbsp Za'atar
- Juice of ½ lemon

Butter Bean Hummus

- 100ml olive oil
- 1 garlic clove, lightly crushed
- 3 thyme sprigs
- 2 tins butter beans, rinsed and drained (470g net weight)
- 2 tablespoons water (adjust as needed)
- salt & pepper to taste

For the Herb Drizzle

- remaining infused olive oil
- 2 tbsp fresh mint, chopped
- 2 tbsp fresh parsley, chopped
- 1 spring onion, finely chopped
- salt & pepper to taste

METHOD

Make the Butter Bean Hummus:

- Heat olive oil in a small pan over medium heat
- Add garlic and thyme, cooking gently for 2-3 minutes until the garlic caramelises
- Remove and discard the garlic and thyme sprigs
- Set aside 50ml + 2 tsp of the infused oil and the thyme sprigs for the drizzle
- In a food processor, blend butter beans, 2 teaspoon water, salt, and the remaining herb oil from the pan until smooth. (Add a little more water if needed)

Cook the FROOM™ Balls:

- Heat 2 tablespoons infused oil in a pan over medium heat then add FROOM™ Balls and cook until golden brown all over
- Stir in Za'atar and lemon juice, frying briefly until fragrant

Make the Herb Infused Drizzle:

- Warm the remaining infused oil over low heat in the same pan as previously used
- Add the mint, parsley and spring onion and flash fry for a few seconds, then remove from heat
- Season with a little salt & pepper to taste

To serve:

- Spread the butter bean hummus onto a serving plate, creating a slight rim
- Arrange the Za'atar FROOM™ Balls on top and drizzle generously with the herb-infused oil
- Serve with tabbouleh and flatbread on the side

Ball Stroganoff

Serves 3-4

Prep Time: 15

Cook Time: 30



Comfort food at its best. This FROOM™ ball stroganoff, served on top of tagliatelle, delights with its rich, velvety sauce infused with smoky paprika, garlic, and a touch of Dijon for depth.

INGREDIENTS

- 240g FROOM™ Balls (12 balls)
- 4 tbsp olive oil for cooking
- 1 small red onion diced
- 300g sliced button mushrooms
- 1 small to medium red capsicum – seeds removed and sliced thinly
- 2 heaped teaspoons smoky paprika
- 300 ml cream (vegan)
- ¼ teaspoon Dijon mustard
- 250 – 300g Tagliatelle cooked to packet instructions (slightly al dente)

METHOD

- Heat 2 tablespoons of oil in a pan over medium heat, then add FROOM™ Balls and cook until golden brown all over
- Set aside while you prepare the Stroganoff sauce
- Add the remaining olive oil to the same pan on medium heat, then add onions and cook until soft and translucent
- Add the mushrooms and red capsicum and stir until mushrooms are golden in colour and capsicum has softened
- Add the paprika and stir through thoroughly
- Add cream and mustard and stir until well mixed
- Add the FROOM™ Balls to the stroganoff mixture
- Bring to boil over high heat, then reduce the heat to medium/low and let it simmer for about 5 minutes or until the sauce has thickened naturally
- Add salt and pepper to taste
- Drop in the cooked pasta and mix through thoroughly until the pasta is generously coated with the rich, velvety sauce

To serve:

- Sprinkle with fresh parsley and serve with crusty baguettes to soak up every last bit of the rich velvety Stroganoff sauce





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 reimagined!

INGREDIENTS

- 240g FROOM™ Balls (12 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 robust tomato 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 (24 balls)
- 1 medium onion, finely diced
- 1 jar Ayam Thai Massaman Curry
- 400ml coconut milk
- 500g sweet potato, cubed
- 100g baby spinach leaves

Garnish

- Unsalted Peanuts - roasted and crushed
- Coriander 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 turn the heat down to a simmer until the sweet potato is tender
- Stir in fresh spinach just before serving

To serve:

- Garnish with roasted peanuts and coriander
- Serve with basmati rice and naan bread on the side



NEW



Sweet & Sour FROOM™ Balls

Serves 3

Prep Time: 15

Cook Time: 20



A plant-based twist on a takeout classic! Crispy, golden FROOM™ balls in a tangy-sweet and sour sauce with pineapple + capsicum = weeknight magic

INGREDIENTS

Marinade Balls:

- 2 packets FROOM™ balls
- 2 tbsp baking powder
- 2 tbsp minced ginger
- 1 tsp minced garlic
- 2 tbs light soy sauce

Sweet & Sour Sauce:

- 1/3 cup white sugar
- 1/3 cup apple cider vinegar
- 3 tbsp pineapple juice (from can)
- 3 tbsp ketchup
- 1/2 tsp Worcestershire sauce
- 1 tbsp light soy sauce
- 1 tsp oyster sauce
- 4 tsp cornflour
- 1/2 cup water

Vegetable Stir Fry:

- 1 brown onion, cubed
- 1/2 red capsicum, cubed
- 1/2 green capsicum, cubed
- 1 cup pineapple chunks (canned)
- Oil for frying

METHOD

Marinade FROOM™ Balls: Combine all ingredients and mix well together. Set aside to marinade

Sweet & Sour Sauce: Mix all sauce ingredients in a jug until well blended

Vegetable Prep: Chop all vegetables into chunky cubes

Fry FROOM™ Balls (6 mins)

- Heat oil in pan
- Fry FROOM™ balls in batches until golden and crispy (4-6 minutes)
- Set aside

Make Sweet & Sour sauce (Keep vegetables al dente)

- Heat 1 tbsp oil in large pan over high heat
- Add onion and stir for about 2 minutes
- Add capsicum - stir 2 minutes
- Add sauce and pineapple, simmer 2 minutes until thick
- Add FROOM™ balls to sauce and coat with sticky sweet and sour sauce

To serve:

- Serve immediately over rice, garnished with spring onions or coriander.

FROOM™ Ball Penne with Roasted Tomato and Pesto

Serves 6-8

Prep Time: 15

Cook Time: 30



A healthy vibrant meat-free salad-style meal. Rounded off with the bold flavours of pesto and roasted tomato.

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 sauce
- 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 balls on medium heat until evenly browned and caramelised 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





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 (12 balls)
- 1 tub of your favourite shop bought 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 seriously 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

FROOM™ Balls Shakshuka

Serves: 6-8

Prep Time: 30

Cook Time: 20



This easy to make FROOM™ Ball Shakshuka with green olives and a creamy, plant-based cheese is a family or crowd pleaser that can be served for breakfast, lunch or dinner.

INGREDIENTS

For the Shakshuka

- 2 x 240g FROOM™ Balls (24 balls)
- 2 teaspoon olive oil
- 1 medium onion, finely chopped
- 1 red bell pepper, diced
- 3 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp chili powder (optional, for extra heat)
- 3 cans diced tomatoes
- 1 tbsp tomato paste
- Salt and pepper to taste

Whizzed Cream Cheese:

- 100g Cream cheese (plant based)
- 2 teaspoon yoghurt (plant-based)
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt to taste

To serve:

- Turn the Shakshuka into a serving dish and add dollops of the whizzed cream cheese then place under a grill for a few minutes
- When the cheese is bubbly and golden brown on the edges, sprinkle with parsley and it's ready to serve with chunks of fresh French bread or sourdough.

METHOD

Shakshuka

- Heat olive oil in a large pan over medium heat
- Brown FROOM™ mushroom balls until evenly browned all over (5-8 minutes), then remove from pan and set aside while you prepare the sauce
- Sauté onions and garlic until soft and translucent
- Add the diced peppers and cook until they begin to soften
- Add the cumin, smoked paprika, ground coriander, and chilli flakes to the mixture and stir until combined
- Pour in the crushed tomatoes, season with salt and pepper to taste
- Simmer the Shakshuka on low for about 10 minutes to let the robust tomato flavours develop
- Add the green olives and the FROOM™ Mushroom balls to the sauce and simmer for a further 5 minutes
- Add some sugar if the flavour needs taming

Whizzed Cream Cheese

- Blend the cream cheese, yoghurt, minced garlic, olive oil, and a pinch of salt in a blender until smooth and creamy
- If it's too thick, add a tablespoon or water to reach your desired consistency.
- Taste and adjust the seasoning if needed





FROOM™ Ball Subway

Serves 3

Prep Time: 15

Cook Time: 20



Let the good times roll with this delicious meatfree sub made with FROOM™ Mushroom Balls, slow cooked in a robust tomato sauce. Then, layered with a rainbow of crunchy fresh flavours, colour and texture. 100% NO BEEF

INGREDIENTS

FROOM™ Ball sauce

- 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
- 3 Vietnamese rolls cut and buttered

Garnish

- 1 carrot grated or cut into matchstick slices
- Iceberg lettuce leaves
- 1 red onion finely sliced
- 2 tomatoes sliced in rings
- 6-8 slices cheddar cheese (your favourite plant based brand)

METHOD

Prepare the FROOM™ Balls

- Heat olive oil in a large pan over medium heat
- Brown the FROOM™ Balls until evenly browned and caramelised 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 robust flavours to infuse and develop

To serve:

- Layer your Vietnamese rolls with the lettuce, tomato and carrot
- Add FROOM™ Balls with copious quantities of sauce, and top with the sliced cheese
- Place under the grill until cheese has melted and then tuck in

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
- Sriracha mayonnaise

Rosti

- 2 potatoes peeled and grated with all the water squeezed out
- 4-5 spring onions cut into thin strips
- 2 tablespoons 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

To serve:

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

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



NEW



Double mushroom Burger

MAKES 2

Prep Time: 15

Cook Time: 20



Feast your eyes on the Double FROOM™ Mushroom Burger - stacked high with juicy FROOM™ patties, fried onions, fresh tomato & crunchy lettuce, then smothered in a creamy mushroom sauce.

INGREDIENTS

- 2 FROOM™ Burger Patties

Mushroom Sauce

- 2 tbs Plantbased butter
- 300g Sliced Button Mushrooms
- 250ml plantbased cream
- dash of hot english mustard
- salt & pepper to taste

Extras

- Slices of tomato
- caramelised fried red onion
- lettuce

METHOD

Mushroom sauce

- In a deep bottomed pan, melt butter on med to high heat
- Add mushrooms and cook until well browned and caramelised
- Add cream and stir until cream thickens naturally
- Add mustard and season to taste

Burgers

- Heat gas BBQ up on high to heat grill and get it hot quickly, then turn down to medium
- Smash burgers slightly
- Spray patties on both sides lightly with olive oil
- Lay 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, onions and burger patties. Drizzle over the creamy luscious mushroom sauce
- Set bun tops in place and tuck in.

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:

- Get creative! Spread sauces on bun bottoms 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





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