

# OUMPH!®

## PRINTABLE RECIPE COLLECTION

### Oumph! The Chunk

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# OUMPH! TIKKA MASALA



Serves 4

## Ingredients:

280 g Oumph! The Chunk

1 onion

3 garlic cloves

3 cm ginger

3 tbsp garam masala

2 tbsp tomato purée

½ red chilli pepper

50 g of plant-based margarine

400 g coconut cream

400 g finely chopped tomatoes

1 tbsp vegetable stock powder

4 green cardamom pods

1 lime

1 tomato

½ bell pepper

To serve: basmati rice and cardamom pods, fresh coriander

## Instructions:

Peel and chop the onion, garlic and ginger. Chop the chilli. Fry the chopped ingredients with the tomato purée and spices in the margarine. Add the coconut cream, chopped tomatoes and 4 cardamom pods, crushed. Bring to the boil and simmer for 10 minutes. Season to taste with the juice of 1 lime and salt. Add Oumph! and simmer for a further 7-10 minutes. Dice the tomato and bell pepper and add them to the pan for the final 2 minutes.

Cook the basmati rice as stated on the packaging, but add a pair of crushed cardamom pods to the cooking water.

Serve with a sprinkle of chopped coriander.

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# OUMPH! N' ALE PIE



Makes 1 large pie or 4 small

## Ingredients:

280 g Oumph! The Chunk (defrosted)	1 tbsp tomato purée	100 ml fresh, chopped parsley
7 chestnut mushrooms	1 tbsp dark soya sauce	500 ml ale
2 white onions	1 tbsp muscovado sugar	2 packs of ready rolled plant-based puff pastry
2 garlic cloves	50 g of plant-based margarine	A little soya or other plant milk mixed with a drop of dark soya sauce, to brush the bowl with
1 carrot	2 tbsp wheat flour	
A few sprigs of fresh thyme	3 tbsp plant-based broth	

## Instructions:

Start by chopping the mushrooms into small cubes. Fry it in margarine until it takes on a lovely colour. Put aside for later.

Peel and cut the carrots into small cubes, chop the onions into smaller pieces, slice the garlic. Fry in margarine on a low heat for approx. 15 minutes.

Meanwhile, grease the pie dish and cover the bottom and the edges with the pastry. Save some pastry for the lid.

Then add the tomato puree, flour and chopped thyme and fry it while stirring for a few minutes. Add the ale, broth, sugar, soya sauce and Oumph! The Chunk. Simmer until the sauce has thickened almost completely - approx. 10 minutes. Add the mushrooms and the chopped parsley.

Fill the pie dish with the Oumph! mixture all the way to the top. Cover with the pastry top, cut off any excess pastry and crimp the edges. Make slits in the lid so steam can escape and brush with the plant-based milk and soya sauce mixture.

Cook in a pre-heated oven on 200 C (gas mark 6) for approx. 20 - 30 minutes.

Serve with a green salad! Enjoy!

# OUMPH! N' CHIPS



Serves 4

## Ingredients:

280 g The Chunk

Batter:

300 ml wheat flour

2 tbsp corn starch

2 tsp baking powder

1 tsp salt

1 pinch ground black pepper

200 ml ale

1/2 lemon, juice

Tartar sauce:

200 ml plant-based mayonnaise

1 tbsp Dijon mustard

1 tbsp malt vinegar

A bunch of chives (approx. 10 g)

A bunch of parsley

1 tbsp capers

Black pepper

## Instructions:

Boil up 500 ml of water with 1 tbsp salt. Add Oumph! and simmer for 7 minutes. Drain the water and rinse in cold water, so The Chunk reaches a manageable temperature.

Mix all dry ingredients for the batter well.

Chop the chives, parsley and capers. Mix with the remaining ingredients for the tartar sauce. Let stand for a while to let the flavours marinate.

Heat up the rapeseed oil or similar in a saucepan to 180 degrees. Mix the lemon juice and ale with the dry ingredients for the batter. Dip the pieces of cooked Oumph! into the batter, cover in the oil with a spoon (you will of course want a lot of extra fried batter in addition to what is around The Chunk, everyone knows that!). Fry a few pieces at a time, lift out and drain on kitchen paper, add salt and pepper. When it is time to eat, we recommend squeezed lemon or malt vinegar. Yes, and if you have time; homemade double-fried chips are really worth the effort! Toss them on some newspaper and Bob's your uncle!

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# PULLED OUMPH! TACOS



Serves 4

## Ingredients:

280 g Pulled Oumph! (Defrosted)  
Vegetable cooking oil, for frying.

Sriracha mayonnaise:

Plant-based mayonnaise.

Sriracha hot sauce, or other spicy chilli hot sauce.

Avocado cream:

2 avocados

1 clove of garlic

1 small piece of ginger approx. 1 cm square

1 chili, to taste

1-2 tbsp of freshly squeezed lemon juice

Salt and ground black pepper

And your favourite taco fillings! We love our tacos with loads of veggies (sliced tomatoes, salad leaves, thinly sliced peppers etc.), topped with avocado cream and sriracha mayonnaise and grated plant-based cheese.

## Instructions:

Fry the Pulled Oumph! on a medium heat in a little vegetable oil.

Avocado cream:

Pit and peel the avocado and place in a bowl. Crush the garlic, grate the ginger and add to the mix. Lastly, add finely chopped chili, lemon juice, salt and black pepper to taste. Mix with a hand blender until it's a smooth, creamy consistency.

Sriracha mayonnaise:

Place the mayo in a bowl and add sriracha, or other spicy chili hot sauce, to taste.

Build your own tacos with Pulled Oumph!, your favourite veggies, the avocado cream, mayonnaise and top with grated cheese.

Boom! Taco time!

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# CHILLI CON OUMPH! BBQ STYLE



Serves 4

## Ingredients:

280 g Pulled Oumph!

2 tsp paprika

2 tsp smoked paprika

1 pack black beans (drained weight 280g)

750g finely chopped tomatoes

1 can sweetcorn (165g)

1 large onion, thinly sliced

1 small red pepper, chopped

Oil for frying

Salt and black pepper to season

1 tbsp Chinese soy sauce

50 ml BBQ sauce

To serve:

Nachos

Plant based fraiche

## Instructions:

In a saucepan, fry the onion and Oumph! in a pan at medium heat until the onions become soft. Add the chopped red pepper, paprika, smoked paprika, soy sauce, BBQ sauce, salt and black pepper.

Add the chopped tomatoes and sweetcorn and simmer at low heat for about 10 minutes.

Stir in the rinsed black beans and simmer for a further 5 minutes.

Enjoy with nachos and a little plant based fraiche!

# OUMPH! MAC N' CHEESE WAFFLE SLIDER



Makes 7 sliders

## Ingredients:

280 g Pulled Oumph! (defrosted)	150 ml wheat flour
Plant-based mayonnaise	150 ml nutritional yeast
Salad leaves	1 tbsp baking powder
Waffle:	1 tsp onion powder
300 ml boiled macaroni	1 tsp garlic powder
100 ml water	1 tsp sugar
1 tbsp vegetable stock powder	1 tsp paprika
100 ml plant-based cream	1 tsp turmeric
1 tbsp tomato purée	200 ml grated, meltable cheese

## Instructions:

Mix all wet ingredients to make the actual waffle, and mix the dry ingredients. Whisk together and stir in the cheese and boiled macaroni. Grease the waffle iron well and add 1/3 of the batter at a time. Bake for approx. 5 minutes and carefully take out the waffle.

Fry Oumph! on a medium heat. Then build your crazy mac n cheese waffle slider!

(the recipe is calculated for use with a "normal Swedish" waffle iron and makes 15 heart pieces. American or Belgian irons look different. Simply try it out!

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# OUMPH! KEBAB



Makes 4 kebabs

## Ingredients:

280 g Oumph! Kebab Spiced (defrosted)  
4 pita breads  
100 ml + 1 tbsp plant-based crème fraiche  
2 tsp tahini  
1 clove of garlic  
3 tbsp hot ajvar, red pepper relish  
A pinch of salt

A splash of lemon juice  
Vegetable oil, for frying

And your favourite veggies (fresh or pickled!), for example red cabbage, white cabbage, carrot, red onion, rocket salad, lettuce leaves, sliced cucumber, tomatoes - all veggies welcome!

## Instructions:

Fry the Oumph! Kebab Spiced in vegetable oil on high heat until slightly crispy. Add 100 ml water and cook until the water has dissolved.

### Garlic sauce with tahini:

Mix the tahini with 100 ml crème fraiche. Crush the garlic and stir in to the mix. Add salt and lemon to taste.

### Ajvar sauce:

Mix the ajvar with 1 tbsp crème fraiche, add salt to taste - and add chili if you like it hot!

Fill each pita bread with a mix of Oumph! Kebab Spiced, the sauces, condiments and all your favourite veggies. Let your creativity go wild!

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# OUMPH! TACO PIE



Serves 4

## Ingredients:

280 g Oumph! Kebab Spiced (defrosted)

4 - 6 handfuls of salted corn nacho crisps

½ red onion

1 small tin of sweetcorn

2 large tomatoes or a handful of cherry tomatoes

200 ml tomato salsa

200 ml plant-based crème fraîche

200 ml grated meltable plant-based cheese

Sliced jalapeño peppers, sliced olives (optional)

## Instructions:

Slice the onions and dice or slice the tomatoes.

Crush the nacho chips lightly in your hand and cover the bottom of a greased ovenproof dish.

Create two alternate layers of Oumph! Kebab strips, sweetcorn, tomatoes, and half of the cheese. Mix in the sliced jalapeño peppers and sliced olives (optional).

Add half the creme fraîche and the salsa and spread out gently with a spoon so that they mix a little.

Add another layer of Oumph!, sweetcorn, tomatoes and cheese.

Finish with crushed nacho crisps on the top layer. Place dollop of creme fraîche and salsa on top and spread it out evenly. Sprinkle grated cheese on top.

Bake in the oven at 200°C until the cheese has melted and dish has taken on a nice colour.

# OUMPH! BALLS BAHN MI



Serves 4

## Ingredients:

2 long baguettes  
280 g Oumph! Balls  
40 g red cabbage  
24 slices of cucumber  
40 g carrots  
8 tbsp sriracha mayo  
1 fresh chilli  
A handful of fresh coriander  
100 ml BBQ sauce  
4 tbsp rapeseed oil

Pickling brine:  
100 ml spirit vinegar (12%) or rice vinegar  
200 ml granulated sugar  
300 ml water

Sriracha mayonnaise:  
300 g plant-based mayonnaise  
Sriracha sauce, to taste

## Instructions:

**Pickled veggies:**  
Cut the vegetables in equal sized slices and place them in a bowl. Pour the pickling brine over and mix it all together. Leave to pickle for 2-3 hours, or longer if you have time. Tip: Any leftover pickled veggies can be stored in a tightly sealed clean jar in the fridge for a few days.

**Sriracha mayonnaise:**  
Mix a little sriracha sauce in the plant-based mayo to taste. Add a little more if you like it hot.

Fry the Oumph! Balls in rapeseed oil. Add the BBQ sauce and stir for less than a minute.

Cut the baguettes in half and cut each piece length wise and warm in the oven. Spread sriracha mayo on each piece, and place the pickled veggies evenly on top. Top with the Oumph! Balls. Garnish with a little chopped or sliced chilli and coriander.

# TOMATO PASTA WITH OUMPH! BALLS



Serves 4

## Ingredients:

280 g Oumph! Balls

500 g tagliatelle pasta

1 tin (400 g) chopped tomatoes

6 cloves of garlic, chopped

1/2 fresh chili, chopped (or more, if you like a bit of heat)

2 g ground thyme

28 sun-dried cherry tomatoes

20 pcs fresh cherry tomatoes

large handful of fresh basil

2 tbsp olive oil

Salt to taste

Freshly ground black pepper

Handful of fresh basil, optional

## Instructions:

Fry the garlic in olive oil, add the chili, thyme and then the tomatoes.

Add a little water and cook for about 10 minutes to a suitable consistency.

Add salt to taste.

Boil the pasta al dente, and fry the Oumph! Balls in a little olive oil.

Mix the cooked pasta with the tomato sauce.

Add the tomatoes and the Oumph! Balls.

Place on a large serving plate and sprinkle over the basil and ground black pepper.