

# Vegan Burger with Mustard Mayo



**Serving:** 1

**Preparation Time:** 10 mins

**Cooking Time:** 20 mins

**Level:** Easy

## Ingredients

- 1 x Wholemeal roll
- 1 x tablespoon of light vegan mayonnaise
- 2 x Green Cuisine Meat-Free Burgers
- 1/2 teaspoon of English mustard
- A little chopped dill
- 1 x large slice of tomato
- 1 x large slice onion
- 2 x slices of gherkin
- 1 portion of mixed salad leaves

1. Cook Green Cuisine Meat-Free Burgers as per instructions on pack.
2. Mix mayonnaise, mustard and dill together.
3. Add all the other ingredients together into a bowl with the lemon juice and coriander, mix and season to taste.
4. Top the base of the bun with the salad, tomato, onions and gherkins.
5. Toast the bun and then spread the dressing onto it.
6. Assemble the burger, serve and enjoy.

You can't beat a burger sometimes, and this vegan burger with mustard mayo is a real treat. So assemble all the ingredients and serve up this mouth-watering meat-free tower. Our New Birds Eye Green Cuisine Meat-Free Burgers are delicious on their own and full of fibre-fuelled goodness too, but when you add a saucy combo of mayonnaise, mustard and fresh dill they're simply irresistible. So delicious, you might find yourself saying; **"Whoops! I am a bit veggie"**

# Spaghetti and Meat-free Meatballs



**Serving:** 4

**Preparation Time:** 15 mins

**Cooking Time:** 15 mins

**Level:** Easy

## Ingredients

280g Green Cuisine Meat-Free Balls

400g Spaghetti

1 small jar of pasta sauce

A little of grated Parmesan

A little chopped fresh basil

**1.** Cook your Green Cuisine Meat-Free Swedish Style Meatballs as per instructions on pack.

**2.** Cook your Spaghetti as per instructions on pack, then drain.

**3.** Cook the tomato sauce, mix the basil through and season with some freshly ground pepper.

**4.** Toss the Spaghetti and Green Cuisine Meat-Free Meatballs together and pour tomato sauce over the two.

**5.** Serve with grated Parmesan and enjoy.

You're always on to a winner when it comes to spaghetti so why not try a tasty meat-free take on this Italian classic? It's so easy to make and such fun to eat! Combine with our delicious Birds Eye Green Cuisine Meat-Free Swedish Style Meatballs, pasta sauce and basil, then top it off with grated Parmesan. Every bite will be a protein-packed taste sensation. You can make this dish vegan by skipping the Parmesan or replacing it with a preferred alternative.

So delicious, you might find yourself saying: **"Whoops! I am a bit veggie"**



# Vegetarian Meatball Pasta Bake



**Serving:** 4

**Preparation Time:** 15 mins

**Cooking Time:** 40 mins

**Level:** Easy

## Ingredients

280g Green Cuisine Meat-Free Balls

300g Pasta

1 small jar of tomato sauce

A little grated vegan cheese

1 tablespoon of vegetable oil

**1.** Pre-heat the oven to 190°C.

**2.** Grease an oven-proof dish with a little oil.

**3.** Layer parboiled pasta into the dish, then add the balls and sauce.

**4.** Cover with grated parmesan.

**5.** Bake in the oven until golden for about 35-40 min.

**6.** For a little more flavour, add a bit of pesto while layering your bake.

This Italian style pasta bake is guaranteed to tickle some taste buds. Use Birds Eye Green Cuisine Meat-Free Meatballs and add classic combo layers of pasta sauce, grated Parmesan and a few teaspoons of pesto to season beautifully.

This protein-packed dish will be welcomed at any dinner table.

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# The Ultimate Fish Finger Sandwich



**Serving:** 1

**Preparation Time:** 5 mins

**Cooking Time:** 20 mins

**Level:** Medium

## Ingredients

1 x ciabatta  
1 x poached egg  
1 tomato  
1/4 lettuce  
1tbsp low fat yoghurt  
1/4 avocado  
1 lemon

1. Put the Birds Eye Fish Fingers under the grill for 12-15 mins. Then bring a pan of water to the boil.
2. Halve the ciabatta.
3. Mix the shredded lettuce with the yoghurt and season with lemon juice.
4. Spread this on both pieces of bread.
5. Turn the water down and poach the egg in the simmering water for 2-3 mins to your preference.
6. Take the water off the heat
7. Place the sliced tomato and avocado on one piece of bread and top with the grilled fish finger. Retrieve the egg from the water and place on top.
8. Carefully lay the other piece of bread on top and serve.

We've got more than a few fish finger recipes up our sleeves, but this one is a stand out favourite. With avocado, poached eggs and crusty bread – this is one posh fish finger sandwich.

Our ultimate fish finger sandwich recipe is a classic British staple with a modern twist, and great for those with big appetites. Perfect as a brunch recipe to cook for friends but easily thrown together at any time of day, this is a filling, flavoursome, tasty sandwich full of good stuff.



# BBQ Chicken Dipper Nachos



**Serving:** 4

**Preparation Time:** 10 mins

**Cooking Time:** 20 mins

**Level:** Easy

## Ingredients

20 x Birds Eye Chicken Dippers

2 Tbsp Paprika

1 Tsp Cumin

3/4 Tsp Cayenne Pepper

2 x Tsp Thyme

2 x Tsp Onion Powder

1 Tsp Garlic Powder

2 x Tbsp Light Brown Sugar

170g BBQ Sauce

250g Yellow Cheddar, grated

Diced Tomatoes, to serve

Sliced Spring Onions, to serve

Ranch Sauce, to serve

**1.** Pre-heat oven 210°C/410°F/Fan 190°C.

**2.** Mix together the sugar and spices in a bowl until combined. Toss the Birds Eye Chicken Dippers in spice mix and arrange on a baking tray. Bake until crisp and golden, about 15 minutes.

**3.** When done, pile up and drizzle BBQ sauce all over and sprinkle with grated cheese. Return to the oven and grill until cheese is melted (this should take about 5 minutes).

**4.** When melted, sprinkle with tomatoes and spring onions.

**5.** Serve with ranch dressing and enjoy!

Chicken Dippers, cheese and a whole heap of smoky BBQ sauce - what's not to love? It's easy to get creative with our chicken dippers and pair them with all kinds of toppings and sauces.

Sweet and spicy, these tear-and-share BBQ chicken dippers nachos from Birds Eye are the perfect treat for all the family. Forget about the plain corn tortillas, this version of nachos will soon become a staple of nights in. Just don't expect to see any leftovers.

**Recipe credit to Twisted Media.**

# Sticky Honey Garlic Dippers



**Serving:** 1

**Preparation Time:** 10 mins

**Cooking Time:** 30 mins

**Level:** Easy

## Ingredients

20 x Birds Eye Chicken Dippers

1 TBSP Oil

170g Broccoli Florets

1 x Red Pepper, chopped

6 TBSP Butter

6 x cloves Garlic, minced

200ml low sodium Chicken Stock

200g Honey

2 TBSP Reduced Salt Soy Sauce

3 TBSP Apple Cider Vinegar

1 TSP Chilli Sauce (optional)

1 TBSP Cornflour

1 TBSP Water

For the rice:

1 TSP Oil

2 Eggs, whisked

80g Birds Eye Peas

2 TSP Reduced Salt Soy Sauce

Pepper to taste

**1.** Preheat oven 210°C, Fan 190°C

**2.** Arrange Chicken Dippers on a baking tray and bake until crisp and golden, about 20 minutes.

**3.** Heat oil in a large non-stick pan over medium heat. Add the broccoli and red pepper; cook for approximately 4 minutes or until vegetables are tender.

Remove the vegetables from the pan and set aside.

**4.** Add butter to the pan over medium heat. Add garlic and cook until fragrant. Add stock, soy sauce, honey, vinegar and chilli sauce (if using). Bring to a simmer and reduce slightly, then mix the cornflour and water together into a smooth slurry and add to the sauce. Bring to a simmer again and allow to thicken.

**5.** Add vegetables and cooked Chicken Dippers to the pan, turning to coat in sauce.

**6.** Meanwhile, in a separate pan heat oil over medium heat. Add eggs and cook quickly to scramble, season with salt and pepper. Add rice and the Birds Eye peas and stir together. Season with soy sauce to taste

**7.** Serve chicken with fried rice.

Spice up your next stir fry with this sticky sweet Chicken Dippers recipe from Birds Eye. With serious crunch and colour, all served with a side of egg fried rice, this recipe delivers fun and flavour for all the family. Just make sure there's enough for seconds. You'll need it.

Got some spare Chicken Dippers? Why not try this BBQ Chicken Dipper Nachos as a snack?

**Recipe credit to Twisted Media.**

# Chunky Fish Finger Korma Naanwich



**Serving:** 2

**Preparation Time:** 30 mins

**Cooking Time:** 10 mins

**Level:** Medium

## Ingredients

6 x Birds Eye Chunky Fish Fingers

2 Naan

### SPICE MIX INGREDIENTS:

(or buy ready made Spice Mix)

1 Cinnamon Stick

3 Cloves

5 Cardamom Pods

1 teaspoon Cumin Seeds

1 teaspoon Coriander Seeds

1/2 teaspoon Garam Masala

1/2 teaspoon Turmeric

1/2 teaspoon Mild Chilli Powder

1/4 teaspoon Nutmeg

### PICKLED ONION INGREDIENTS:

1/2 Red Onion

1/2 Lime Juice, squeezed

Korma Sauce Ingredients: (or buy ready made Korma Sauce)

75 ml Mayonnaise

75 ml Yogurt

2 Cloves Garlic, crushed to a paste

1 tablespoon Ginger, crushed to a paste

1 tablespoon Tomato Puree

50g Ground Almonds

1 tablespoon Mango Chutney

2 tablespoon Groundnut Oil

2 tablespoon Coriander Leaves, finely chopped

### SALAD INGREDIENTS:

Cucumber, diced

Cherry Tomatoes, diced

Mint, shredded

Green Chilli, diced

Lime juice

1 teaspoon Ground Roasted Cumin

Freshly Ground Black Pepper

**1.** Place your Birds Eye Chunky Fish Fingers on a lined baking tray and bake according to the on-pack cooking instructions.

**2.** Heat a frying pan over a medium heat and add your cardamom pods, cloves, cinnamon, cumin seeds and coriander seeds, cooking until fragrant.

**3.** Pour into a bowl and mix with the garam masala, turmeric, chilli powder & nutmeg.

**4.** Add the mayonnaise, yoghurt, garlic, ginger, tomato puree, ground almonds, mango chutney, oil and coriander leaves. Mix thoroughly with a spoon. Alternatively, if you're in need for speed or don't have the necessary sauce ingredients, opt for a ready made korma sauce.

**5.** In separate bowls, mix together all the ingredients for the salad and the pickled onions.

**6.** Place your naan on a board. Place lettuce on one half, topped with 3 Birds Eye Chunky Fish Fingers, korma sauce, chopped salad & pickled red onions. Fold over the other half for your naan sandwich!



# Aunt Bessie's Yorkshire Pudding Wrap



**Serving:** 1

**Preparation Time:** 10 mins

**Cooking Time:** 15 mins

**Level:** Easy

## Ingredients

1 x Aunt Bessie's Yorkshire Pudding Base

100g Blanching carrot sticks

70g Blanching long steam broccoli

200g Sliced cooked chicken

200g Chicken gravy

**1.** Preheat the oven to 180 degrees.

**2.** Defrost the Yorkshire Pudding at room temperature.

**3.** Preheat the oven to 180 degrees.

**4.** Place the carrot sticks, broccoli and sliced cooked chicken at one end of the wrap (as much or as little as you'd like)

**5.** Roll the wrap up and secure with a cocktail stick.

**6.** Bake for 10-15 mins until the centre is up to temperature.

**7.** Use the gravy as a dip for the wrap or pour over the top.

**8.** Serve and enjoy!.

