

2024 VOLUME 1



FOOD TRENDS

Our plant-based take



Everything you need for amazing, on trend, plant-based dishes.

It's not easy to keep up with the constantly evolving world of food, so to make sure you're up to date with the latest trends, our Chef has put together this guide to what's new and interesting on the restaurant scene.

Even better still, we've made it simple for you to get innovative and exciting plant-based versions of trending dishes on your menu. We've everything you need - just head over to seed-bank.co.uk for the full recipes or check out vegetarianexpress.co.uk for the essential ingredients.

01923 249 714

www.vegetarianexpress.co.uk

www.seed-bank.co.uk

Vegan Does not contain gluten
 Organic Frozen Chilled On seed-bank

find all our recipes and more on **seed-bank**



SEAWEED

SEE PAGE 4

BRAZILIAN

SEE PAGE 10



BASQUE

SEE PAGE 6



SOUTH ASIAN SMALL PLATES

SEE PAGE 12



ANCESTRAL

SEE PAGE 8



PRODUCT LIST

FROM PAGE 14



SEAWEED		
NEW Jackfruit Plant-based Bacon Dip No - Dairy - O	Seaweed No - Dairy - O	Tempura Batter Mix No - Dairy - O
Kikkoman Dark Soy Sauce No - Dairy - O	Sesame Oil No - Dairy - O	Vegan Jus/Star No - Dairy - O
Kombu Seaweed No - Dairy - O	Seaweed Salad Mix No - Dairy - O	Wakame Seaweed No - Dairy - O
Mirin No - Dairy - O	Shirotsubu White Miso No - Dairy - O	Yuzu Paste No - Dairy - O
Noti Seaweed Sheets No - Dairy - O	Sushi Rice No - Dairy - O	Japanese Dressing No - Dairy - O
Roasted Black Sesame Sauce No - Dairy - O	Sushi Sauce No - Dairy - O	

SEAWEED

Seaweed is a versatile ingredient, and whilst its rich umami flavour has made it an essential component in sushi and miso soup, it works equally well in sheets in place of tortilla wraps or ground into a seasoning powder.

A greener solution in more ways than one, seaweed is a sustainable alternative to fish flavourings and rich in vitamins and minerals. It's a handy secret weapon to have on hand when looking for a taste of the sea in plant-based dishes. With a wide range of species to try, the menu possibilities are endless.

find all our recipes
and more on
seed-bank

Creamy Nori and Jackfruit Bacon Spaghetti



THE TREND SETTERS

Noma
L'Enclume
Nathan Outlaw
The Little London Vegan

KEY FRUIT & VEG

Limes
Onions
Carrots
Shitake mushrooms
Samphire
Lemons
Radishes

FROM THE LARDER

See page 15

Tempura Seaweed Fritters, Dill Mayo



Kombu, 'Chicken' and Mushroom Soup



Kombu Seaweed

115g • KOM115G •



Nori Seaweed Sheets

10 sheets • NOR10S •



Seaweed Salad Mix

20g • SALSEAMIX20G •



Wakame Seaweed

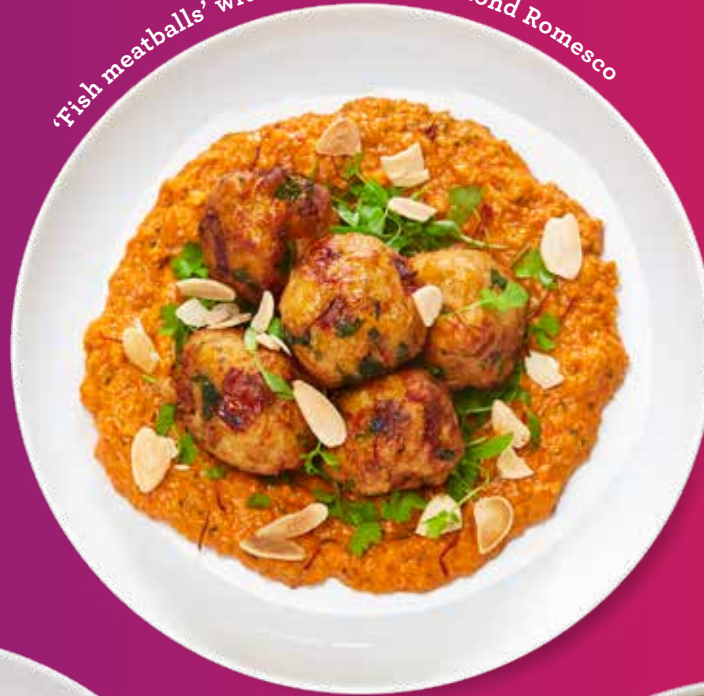
453g • WAK453G •

BASQUE

Basque cuisine, stemming from north-east Spain and south-west France, captures provincial flavours in hearty, warming dishes. Showcasing the finest locally sourced ingredients, these dishes have stood the test of time, combining punchy Spanish flavours and French sophistication. Initially rooted in simple cooking methods, especially grilling and roasting, Chefs like Andoni Luis Andruiz, the master of molecular gastronomy, have shown the limitless potential Basque offers.

find all our recipes
and more on
seed-bank

'Fish meatballs' with Saffron and Almond Romesco



THE TREND SETTERS

Arzak
Sagardi
Andoni Luis Andruiz
Martin Berasategui

KEY FRUIT & VEG

Tomatoes
Hot red peppers
Asparagus
Beans
Cherries

FROM THE LARDER

See page 16

'Cod', Salsa Verde, White Asparagus



Black Rice, 'Shrimp', 'Cod', 'Calamari'



Black Rice

1kg • BLARIC •  



Flaked Almonds

1kg • NUTALMFLA1KG •  



Saffron

1kg • SAF1G •  



Vegan Zeastar Kalamariz

1kg • KALAM •  

ANCESTRAL

This trend is all about using locally sourced regional produce to recreate the simple and comforting recipes that have been served for generations. Bringing back ingredients that have fallen out of fashion, the taste makers St John, Quo Vadis and the Ivy are giving forgotten recipes a modern twist whilst upholding the unrefined nature of the traditional methods.

find all our recipes and more on **seed-bank**

Boxty with 'Black Pudding' and Scrambled 'Egg'



THE TREND SETTERS

St John
Jeremy Lee
The Ivy

KEY FRUIT & VEG

Potatoes
Cabbages
Carrots
Raspberries
Strawberries
Parsley
Tarragon
Rosemary

FROM THE LARDER

See page 17

Callen Skink



Welsh Rarebit



Vegan Black Pudding

200g • PUDBLA200G •



Worcestershire Sauce

140ml • SAUWOR140ML •



Puffed Amaranth

500g • AMAPUF •



NEW Plant-based Liquid Egg

1kg • EGGLIQ •

BRAZILIAN

Brazilian cuisine is characterised by bold flavours, starchy vegetables and a unique heritage. Influences from Europe, Africa and Japan make Brazilian food a diverse blend of traditions, techniques and tastes that range from subtly spicy to intensely savoury.

Stewing and barbecuing are popular cooking methods, and we've used plant-based alternatives to the more commonly used fish in these dishes.

find all our recipes
and more on
seed-bank

Acarajé, Black Eyed Pea Fritter with 'Shrimp'



THE TREND SETTERS

Alex Atala
Bem Brasil
Frigideira
Luciana Berry

KEY FRUIT & VEG

Cassava
Black beans
Açai
Mango
Plantain
Tomatoes

FROM THE LARDER

See page 18

'Chicken', Rice and Peas



Moqueca



Blackeye Beans

5kg • BEABLA5K • 🌱 🌿



Achiote

1kg • PASACH1KG • 🌱 🌿



Vegan Zeastar Shrimpz

1kg • SHRIMP • 🌱 ❄️



Chargrilled Peppers (Tray)

1kg • CHAGRIPEPIKG • 🌱 🌿

SOUTH ASIAN SMALL PLATES

This trend was always set to be a sure-fire winner, given the huge popularity of tapas style dining, which pairs perfectly with aromatic and diverse South Asian cuisine.

South Asian Small Plates may be small but they're mighty, packing a punch of flavour. So much more than just a side dish, the trendsetters have shown the sheer variety of dishes that are possible with traditional and inspirational flavour combinations.

find all our recipes
and more on
seed-bank

Kashmiri Chilli and Peanut Garlic 'Prawns'



THE TREND SETTERS

Dishoom
Atul Kochar
Chaakoo
The Coconut Tree

KEY FRUIT & VEG

Chillies
Potatoes
Onion
Coconut
Okra
Coriander

FROM THE LARDER

See page 19

Samphire and Omnifish Pakora



'pork' Masala Kheema Naan



Jaggery

1kg • SUGCANJAGIKG • 🌱 🌿



Chillies - Whole Kashmiri

500g • CHIWHOKAS500G • 🌱 🌿



Aubergine Pickle

1kg • CHUAUB • 🌱 🌿



Rogan Josh Curry Paste

1kg • PASTEROG1 • 🌱 🌿

In the Larder

Our larder is stacked full of the finest plant-based ingredients. From authentic grains and pulses to flavoursome spices and innovative meat alternatives. We have everything you need to create dishes from all over the world.

**Order today from
Vegetarian Express**

01923 249 714

www.vegetarianexpress.co.uk

Get the recipes

For full ingredient lists, cooking methods, plus analysed nutritional and environmental impact data visit:



SEAWEED

NEW Jackfruit Plant-based Bacon Diced

750g • JACBAC •

Kikkoman Dark Soy Sauce

1Ltr • SAUSOYKIKIL •

Kombu Seaweed

115g • KOM115G •

Mirin

150ml • MIR150ML •

Nori Seaweed Sheets

10 sheets • NOR10S •

Plant-based Japanese Style Mayonnaise

1Ltr • MAYJAP •

Roasted Black Sesame Seeds

1kg • SEESBLA1KG •

Sanchi Furikake Seasoning

65g • SEAFUR65G •

Santa Maria Wasabi & Sesame Spice Mix

295g • SPIWAS295G •

Seaweed Salad Mix

20g • SALSEAMIX20G •

Shiromiso White Miso

1kg • MISWHI •

Sushi Rice

1kg • RICSUS1 •

Sushi Seasoning

300ml • SEASUS300ML •

Tempura Batter Mix

1kg • TEMPBAT •

Wakame Seaweed

453g • WAK453G •

Yuzu Ponzu Japanese Dressing

1kg • PONZYU •



BASQUE

Activated Charcoal

250g • ACTCHAR •  

Almonds - Flaked

1kg • NUTALMFLA1KG •  

Almonds - Ground

1kg • NUTALMGRO1KG •  

Black Rice

1kg • BLARIC •  

Butter Beans

2.5kg • BEABUTFRO2.5KG •    

Chargrilled Peppers

(Tray)

1kg • CHAGRIPEP1KG •  

Chopped Garlic (Puree)

1kg • GARCHO1K •  

Nori Seaweed Sheets

10 sheets • NORIOS •  

NEW Omni Classic Fillet

30x50g • OMNCLFIL •  

Pomace Olive Oil

5Ltr • OILOLIPOMSL •  

Saffron

1g • SAFIG •  

Vegan Zeastar Kalamariz

1kg • KALAM •  

Vegan Zeastar NoTuna

310g • SASHTUN •    

Vegan Zeastar Shrimpz

1kg • SHRIMP •  

ANCESTRAL

Cumberland Sausage




30x40g • SAUSCUMB •  

NEW Dug Potato


Drink - Original

1Ltr • MILPOTUNSW •  

Flora Plant Cream

1Ltr • CREFLO •   

Gluten Free Oats

450g • OATGF450G •  

Omni Classic Fillet

30x50g • OMNCLFIL •  

Plant based Chicken Chunks

1kg • CHICHUNK •    

NEW Plant-based

Liquid Egg

1kg • EGGLIQ •    

Plant-based Mince

1kg • MINCVE •    

NEW Plant based Roast with Stuffing

2x1.5kg • ROASTUF •  

Puffed Amaranth

500g • AMAPUF •   

Sgaia Lorne Style Sausage

5x280g • SGLORN •  

Tomato Chutney

1kg • CHUTOM •  





Vegan Applewood Block

200g • CHEAPBLS •    

Vegan Black Puddings

200g • PUDBLA200G •  

Worcestershire Sauce

140ml • SAUWOR140ML •    



BRAZILIAN

Açaí Powder

250g • POWACABER250G •

Achiote Paste

1kg • PASACH1KG •

Allspice

1kg • ALLGRO1K •

Blackeye Beans

2.5kg • BEABLAFRO2.5KG •

Black Turtle Beans

1kg • BEABLATUR1K •

Cashews

1kg • NUTCASWHO1K •

Chargrilled Peppers (Tray)

1kg • CHAGRIPEPIKG •

Chilli Powder

1kg • CHIPOW1K •

Chopped Garlic (Puree)

1kg • GARCHO1K •

Coconut Condensed Milk

320g • COCMILCON •

Coconut Milk (Can)

2900ml • COCMILA10 •

Coconut Oil

1ltr • OILCOO1L •

Cumin - Ground

1kg • CUMGRO1K •

Easy-cook White Rice

5kg • RICWHEASS5KG •

Extra Virgin Olive Oil

1ltr • OILOL1L •

NEW Omni Classic Fillet

30x50g • OMNCLFIL •

Pinto Beans

5kg • BEAPINSK •

Plant-Based Mushroom Steak

30x80g • MUSTEA •

Red Rice

2.5kg • RICRED2.5K •

Turmeric

1kg • TUR1K •

NEW Vegan Zeastar

Lemon Shrimpz

1kg • LEMSHRIM •

Vivera Plant Chicken Breast

24x90g • VIVCHIBRE •

SOUTH ASIAN SMALL PLATES

Aubergine Pickle

1kg • CHUAUB •

Balti Paste

1kg • PASTEBAL1 •

Black Cardamom

250g • CARBLA250G •

Chilli Powder

1kg • CHIPOW1K •

Chillies - Whole Kashmiri

500g • CHIWHOKASSOOG •

Chopped Garlic (Puree)

1kg • GARCHO1K •

Gram Flour

2kg • FLOGRA2KG •

Jaggery

1kg • SUGCANJAG1KG •

Madras Paste

1kg • PASTEMAD1 •

Naan Bread

24 x 100g • BRENAA24X100G •

Omni Classic Fillet

30x50g • OMNCLFIL •

Omni Plant-based

Pork-style Mince

1kg • OMNPO •

Paneer Cheese

1kg • PANIKG •

Peanuts - Blanched

1kg • NUTPEABLA1KG •

Premium Mango Chutney

1kg • CHUMAN •

Rapeseed Oil - Garlic Infused

250g • OILRAPGAR250ML •

Rogan Josh Curry Paste

1kg • PASTEROG1 •

Tandoori Paste

1kg • PASTETANI •

Turmeric

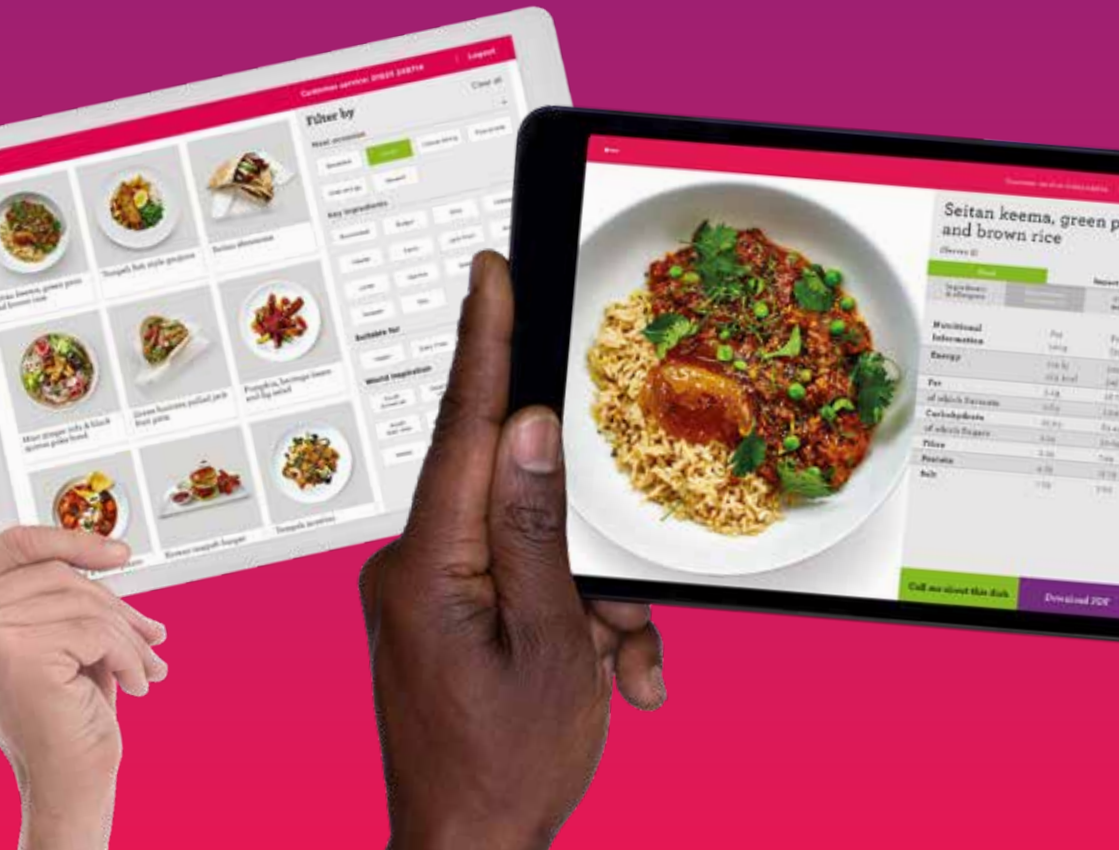
1kg • TUR1K •

Vegan Zeastar Shrimpz

1kg • SHRIMP •

seed-bank.co.uk

the easy way to get plant-based food on your menus



T. 01923 249 714 F. 01923 218 710 E. sales@vegexp.co.uk
 Vegetarian Express Ltd. Unit 7a, Odhams Trading Estate,
 St Albans Road, Watford, Hertfordshire WD24 7RY
 Registered in England No. 02793607, VAT No. GB 251 4063 38.



Find and follow us



vegetarianexpress.co.uk