

FLAVOURS



INGREDIENTS, IDEAS & INSPIRATION | APRIL 2024

Fresh Thai flavours

Bring in the Thai New Year with authentic plant-based ingredients.



Know your
Quinoa



Bold *Brazilian*
Bites



3 Ways with
Jackfruit



TEMPEH Thai classics

THAI NEW YEAR 13TH - 15TH APRIL

Celebrate Thai New year with vibrant herbs and spices, and moreish sweet, salty and sour flavours. From fiery stir-fries like pad thai, to comforting tom yum soup.

🌱 Tempeh Pad Thai, Baby Aubergine, Lime Leaves

We've made this classic dish with golden fried cubes of tempeh and of course our exclusive Pad Thai Sauce.

Visit Seed-bank to get all these recipes and more...



Pad Thai Sauce

🌱🌿 1kg • SAUPADT

Blanched Peanuts

🌱🌿 1kg • NUTPEABLA1KG

Zero Egg Classic

🌱🌿 1kg • ZEREGGCL

Coconut Oil

🌱🌿 1ltr • OILCOCIL



It's all about the base

Get authentic Thai dishes on your menu the easy way with our flavour-packed pastes:



Laksa Curry Paste

🌱🌿 1kg • PASTELAK



Tom Yum Paste

🌱🌿 1kg • PASTETOMY



Thai Green Curry Paste

🌱🌿 1kg • PASTECURGREIK



Thai Massaman Curry Paste

🌱🌿 1kg • PASTECURMASIKG



🌱 Tempeh Green Jungle Curry

Jungle Curry is the spiciest of the Thai curries. Here we've balanced the spice with canned lychees.

Tempeh

🌱🌿🌿 400g • TEM400 | 10X400G • TEM10X400

Fennel Seeds

🌱🌿 500g • SEEFEN500G | 1kg • SEEFENIK

Dried Lime Leaves

🌱🌿 50g • LEALIM50G

Lychees (Can)

🌱🌿 565g • LYCHEE567GM

Thai Salads

☛ Eat Curious Hot & Spicy 'Chicken' & Pineapple Thai Salad

These Hot & Spicy Pieces are pre-flavoured with a paprika, garlic, chilli and coriander glaze. We love them with the sweet and salty mix of pineapple and seaweed.

NEW Eat Curious Hot & Spicy Pieces

🌶️🌶️🌶️ 4x500g • ECURHOTP

Nori Seaweed Sheets

🌿 10 sheets • NORIOS

Coriander Leaves

🌿 100g • LEACOR100G



☛ Crispy 'Fish' & Thai Green Mango Salad

The combination of zingy mango, fresh herbs and a chilli kick is sure to have customers coming back for more.

Omni Plant-Based 'Fish' Fingers

🌱🌱 30x75g • OMNFIFINRPB

Whole Cashews

🌰 1kg • NUTCASWHO1K

🌰 5kg • NUTCASWH05K

Lime Juice

🍋 JULIMILT • 1ltr

Kikkoman Dark Soy Sauce

🍷 1ltr • SAUSOYK1KIL

🍷 5ltr • SAUSOYK1K5L



Palm Sugar

🌿 454g • SUGPAL500G



Condensed Coconut Milk

🌿 320g • COCMILCON



Coconut Milk Powder

🌿 1kg • COCMILPOW1KG



Tamarind Slab

🌿 200g • PASTETAM200G

Thai essentials

Scan the code for the full Thai flavours collection



Authentic flavours start with authentic ingredients, and we've got bags of them. Here's a selection of must-have ingredients to nail the unique tastes of Thai cuisine.



Chopped Garlic (Puree)

🌿 1kg • GARCHO1K



Tamarind Chutney

🌿 1kg • CHUTAM



Thai 7 Spice Seasoning

🌿 1kg • THASEVSP1



Roasted Black Sesame Seeds

🌿 1kg • SEESBLA1KG



Crushed Chillies

🌿 1kg • CHICRUTK



Sweet Chilli Sauce

🌿 1kg • SAUSWCHI



Wild Rice

🌿 2.5kg • RICWIL2.5K



Three Mix Rice (Wild, Basmati & Red)

🌿 1kg • RICMIX1KG



Red Rice

🌿 2.5kg • RICRED2.5K

Oodles of noodles...



Here's a few of our favourites, for the full range scan the code.



① *These thick Japanese noodles are made from strong white flour, their characteristically chewy texture is similar to fresh pasta. Ours are precooked and ready to add into stir-fries, curries or broths.*

Udon Noodles

🟢 600g (3x200g) • NOODOJAP600G

② *Made from sweet potato starch (and so gluten-free) these are best in soy seasoned water or tamari. A key ingredient in Japchae - a vegetable stir fry with soy sauce, brown sugar and sesame.*

Korean Glass Noodles

🟢🟡 1kg • NOOGLA1KG

③ *These wheat-based noodles are Southern Chinese in origin but made popular in the US. Perfect for dry frying and great at holding sauce, like sweet and sour.*

Chop Suey Noodles

🟢 3kg • NOOCHOSUE3K

🟢 9kg • NOOCHOSUE9K

④ *Made famous in pad thai, these gluten-free noodles are rice flour based. Try the thinner style in Vietnamese pho and the thicker noodles in Thai curries.*

Thai Flat Rice Sticks 5mm

🟢🟡 2kg (5x400g) • NOOTHARIC2KG

Thai Flat Rice Sticks 10mm

🟢🟡 400g • NOOTHARIC400G

⑤ *Made from buckwheat, these noodles have a nutty flavour, they're great either chilled or in soups but are tasty enough to eat with just a dipping sauce or a splash of tamari.*

Yutaka Buckwheat Soba Noodles

🟢 250g • NOOSOB250G

Bold *Brazilian bites*

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. Here we've recreated some quintessential Brazilian dishes using the latest cutting edge plant-based 'fish'.

🌱 Acaraje - Black Eyed Pea Fritter with Shrimpz

Almost like a Brazilian taco, but more filling, great to add something different to your menu that customers won't have seen before.

Vegan Zeastar Lemon Shrimpz

🌱🌱 1kg • LEMSHRIM

Blackeye Beans

🌱🌱 1kg • BEABLA1KG

🌱🌱 5kg • BEABLA5K

🌱🌱🌱 2.5kg • BEABLAFRO2.5KG



🌱 Moqueca

Our plant-based twist on a traditional fish stew from the coastal Bahia region. It's made with a rich tomatoey sauce, a dash of coconut milk and Omni's Classic 'Fish' fillets.

Omni Classic Fillet

🌱🌱 30x50g • OMNCLFIL

Chargrilled Peppers

🌱🌱 1kg • CHAGRIPEP1KG

Chilli Powder

🌱🌱 1kg • CHIPOW1K

Taco Seasoning

🌱🌱 1kg • SEATACO1KG



Explore more food trends at Vegexp.co.uk

3 WAYS WITH JACKFRUIT

It's time to get creative with Jackfruit. Here's a few ideas on how to get the most out of this versatile ingredient on your menu.

Barbecued

🌱 BBQ'd jackfruit burrito

A great grab-and-go idea. Mix the jackfruit with some brown sugar, smoked paprika, garlic and chilli powder, before pan frying for 5 minutes and covering with Smoked Hickory BBQ Sauce.

Jackfruit in Brine

🌱 565g • JACFRU565G | 3kg • JACFRUA10

Smoked Paprika

🌱 1kg • PAPSMOIK

Garlic Powder

🌱 1kg • GARIK

Smoked Hickory BBQ Sauce

🌱 5ltr • SAUBBQHICSL



Marinated

🌱 Garlic & Lemon Marinated Jackfruit

A simple and delicious way to prepare Jackfruit. Create a marinade with lemon zest and juice, garlic purée and a little oil.

Pulled Green Jackfruit

🌱 540g • JACPUL1

Orzo / Puntalette

🌱 500g • PASORZ500G

Baby Orzo / Pastina

🌱 250g • PASORZBAB250G

🌱 12 x 250g • PASORZBAB12X250G

Rosso Red Pesto

🌱 900g • SAUPESRED1KG

Capers (Jar)

🌱 2kg • CAPERS

Curried

🌱 Sri Lankan 'Chicken' & Jack Fruit Curry

Let both the plant-based chicken and the jackfruit simmer for 20-25 minutes in a sauce of coconut milk, curry powder, turmeric, mustard seeds, chillies, and cinnamon.



Black Mustard Seeds

🌱 1kg • MUSBLA1K

Curry Leaves

🌱 250g • LEACUR250G

Cinnamon Quills

🌱 1kg • CINQUIT1KG

Turmeric

🌱 1kg • TUR1K

Medium Curry Powder

🌱 1kg • CURMED

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 seed-bank



— FUTURE —
50 foods

QUINOA

Specially selected as a Future 50 ingredient for its high nutritional value and low environmental impact, quinoa is traditionally used in stews and soups and works well instead of white rice or couscous. Containing all 9 essential amino acids, it's a nutritious addition to your dishes.

See all our Future 50 ingredients here!



🌱 Red Quinoa, Rice, Truffle, Wild Mushrooms, Vegan Parmesan



Quinoa varieties

This drystore essential can boost breakfast toppings, soups, salads and plant-burgers, giving a nutty flavour and added texture.

Why not experiment with different varieties to elevate your dishes.



Puffed Quinoa 🌱🌱🌱

500g • QUIPUF

Puffed quinoa is made by heating the grains rapidly until they pop, giving them a light, airy, crispy texture. Perfect as a topping for yogurt, salads, or desserts.



Black Quinoa 🌱🌱

1kg • QUIBLA1KG | 5kg • QUIBLA5KG

Black quinoa changes to a dark brown when cooked. It has a slightly sweeter and earthier flavour compared to white quinoa, with a firmer texture that holds its shape.



White Quinoa 🌱🌱

1kg • QUIORGWIKG | 5kg • QUIORG5K

White quinoa has a light, creamy colour when cooked. With a mild, nutty flavour and a fluffy texture. It's a great substitute for rice or other grains.



Red Quinoa 🌱🌱

1kg • QUIREDORG1KG | 5kg • QUIREDORG5K

Visually striking, red quinoa has a slightly earthier flavour compared to white quinoa and a firmer texture, with a subtle crunch, even after cooking.



Impactful flavours

🌱 **Roast 'Chicken', Orange Tomato Salsa, Quinoa & Kale**

This vibrant dish uses 5 ingredients from the Future 50 collection. Explore all our Chef developed, nutritious and low impact 'Future 50' recipes on Seed-bank.

NEW Plant-based 'Chicken' Breast

🌱 30x90g • CHICBRE

🌱 Garlic Infused Rapeseed Oil

🌱 250ml • OILRAPGAR250ML

Sign up to [Seed-bank.co.uk](https://seed-bank.co.uk) today. The easy way to get exciting plant-based food on your menu.

Here's the comparative impact of this dish if it was made using **chicken**

180g

CO₂ use saving



11m²

Land use saving



1062ltr

Water use saving



Planning your next event?

Quirky and practical, don't forget to stock up on our great range of wooden non-food disposables.

Explore the full range here



Teppo Gushi 'Gun Shaped' Skewers

90mm x 50pk • SKETEPGUS250X90MM
180mm x 250pk • SKETEPGUS250X180MM
120mm x 250pk • SKETEPGUS250X120MM



Kidei Boats

90mm x 1000pk • BOAKID1000X90MM
120mm x 1000pk • BOAKID1000X120MM
135mm x 1000pk • BOAKID1000X135MM
190mm x 1000pk • BOAKID1000X190MM
240mm x 1000pk • BOAKID1000X240MM



Trident 3 Pronged Skewers
120mm x 1000pk • SKETR1120MM



Red Heart Skewers
80mm x 100pk • SKEHEARED100



Kidei Cones

65 x 125mm x 1000pk • CONKID65X125MM
95 x 180mm x 1000pk • CONKID95X180MM



Red Bamboo Musubi 'Looped' Skewers
65mm x 1000pk • SKEMUSRED1000X65MM



Green Top Twister Skewers
90mm x 100pk • SKETOPTWIGRE100X90MM



Black Willow 'Kuromoji' Skewers
6mm x 1000pk • SKEBLAWIL1000X90MM



Bamboo Musubi 'Looped' Skewers
99mm x 1000pk • SKEMUSBAM1000X99MM



Ball Skewers
140mm x 1000pk • SKEBAL140MM



Kidei Cups
45 x 45mm x 1000pk • CUPKID1000X45MM

seed-bank.co.uk

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



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-  Does not contain gluten
-  Organic
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