# 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.

#### <sup>(®)</sup> Tempeh Pad Thai, Baby Aubergine, Lime Leaves

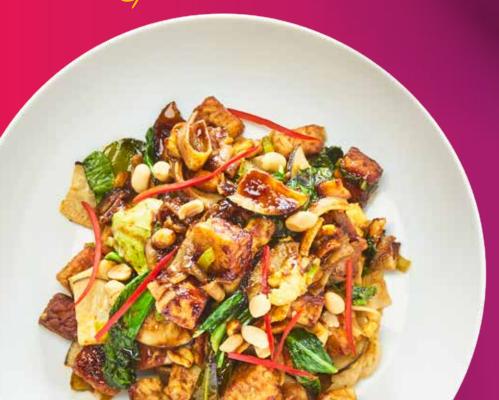
We've made this classic dish with golden fried cubes of tempeh and of course our exclusive Pad Thai Sauce.

Visit Seed-bank to gret all these recipes and more... Blanched Peanuts # 1kg • NUTPEABLA1KG Zero Egg Classic # 1kg • ZEREGGCL Coconut Oil

Pad Thai Sauce

🥥 🖚 1kg • SAUPADT

🥥 🏶 🛛 1ltr • OILCOC1L



# <image>

Tempeh Green Jungle Curry

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

#### 

Soy • LEALINGUG
 Lychees (Can)
 So5g • LYCHEE567GM

# It's all about the base

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



Laksa Curry Paste



Tom Yum Paste

Ikg • PASTETOMY



Thai Green Curry Paste



Thai Massaman Curry Paste

# **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 0 10 sheets • NOR10S Coriander Leaves **00** 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

0 1kg • NUTCASWH01K

Ø 5kg • NUTCASWH05K Lime Juice

00 IUII IM1I T • 1ltr

- Kikkoman Dark Soy Sauce
- Iltr SAUSOYKIKIL
- 5ltr SAUSOYKIK5L

# Thai essentials

#### Scan the code for the full Thai flavour's 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.







Palm Sugar **00** 454g • SUGPAL500G



Condensed Coconut Milk Coconut Milk O € 320g • COCMILCON 1kg • COCMILPOW1KG

Powder



Tamarind Slab 200g • PASTETAM200G



Wild Rice 2.5kg • RICWIL2.5K



Three Mix Rice (Wild, Basmati & Red) Ø 1kg • RICMIX1KG



Thai 7 Spice Seasoning ⊘ Ø 1kg • THASEVSPI



○ ● 1kg • SAUSWCHI



**Red Rice** 2.5kg • RICRED2.5K

# Oodles of noodles...

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



 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 stirfries, curries or broths.
 Udon Noodles
 600g (3x200g) • NOOUDOJAP600G

(1)

(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

(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.

(2)

Chop Suey Noodles Skg • NOOCHOSUE3K

9kg • NOOCHOSUE9K

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) • NOOTHARI(2KG Thai Flat Rice Sticks 10mm

26 400g • NOOTHARIC400G

(4) Made famous in pad thai,

(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

(3)

# **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 Skg • BEABLASK 2.5kg • BEABLAFR02.5KG



#### 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 **Chargrilled Peppers** Ø ● 1kg • CHAGRIPEP1KG Chilli Powder

Ø Ø 1kg • CHIPOW1K **Taco Seasoning** 🖉 🧯 1kg • SEATACO1KG





# **B**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 • 6ARIK Smoked Hickory BBQ Sauce Sltr • SAUBBOHICSL





# 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

Capers (Jar)

# 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 • CINQUI1KG
Turmeric
🥏 🎯 1kg • TUR1K
Medium Curry Powder
🥏 🎯 1kg • CURMED





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.







# 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** O 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.



#### White Quinoa 🥑 🍘 1kg • QUIORGW1KG | 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.

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 guinoa, with a firmer texture that holds its shape.



Red Ouinoa 🦉 🎯 1kg • QUIREDORG1KG | 5kg • QUIREDORG5K

Visually striking, red quinoa has a slightly earthier flavour compared to white guinoa 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 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









# 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

90mm x 50pk • SKETEPGUS250X90MM

180mm x 250pk • SKETEPGUS250X180MM

120mm x 250pk • SKETEPGUS250X120MM

Shaped' Skewers



**Trident 3 Pronged Skewers Red Heart Skewers** 120mm x 1000pk • SKETRI120MM 80mm x 100pk • SKEHEARED100



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



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





Ball Skewers 140mm x 1000pk • SKEBAL140MM



Kidei Boats 90mm x 1000pk • B0AKID1000X90MM 120mm x 1000pk • BOAKID1000X120MM 135mm x 1000pk • BOAKID1000X135MM 190mm x 1000pk • BOAKID1000X190MM 240mm x 1000pk • B0AKID1000X240MM



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

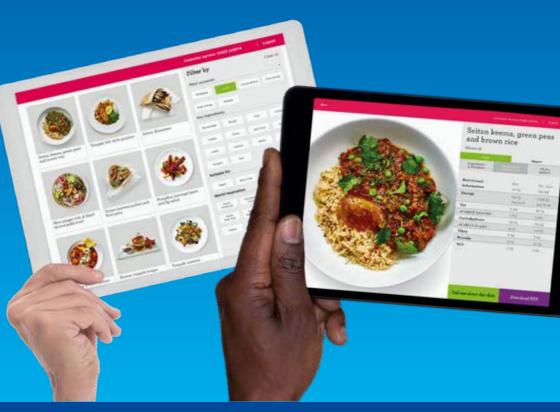


Black Willow 'Kuromoji' Skewers 6mm x 1000pk • SKEBLAWIL1000X90MM



Kidei Cups 45 x 45mm x 1000pk • CUPKID1000X45MM

# seed-bank.co.uk the easy way to get plant-based food on your menus



### Get great plant-based food on your menu today:



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🕗 Vegan 👩 Does not contain gluten

🗿 Organic 🏶 Frozen 🚷 Chilled

🕜 Dairy free



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