

# FLAVOURS



INGREDIENTS, IDEAS & INSPIRATION | MARCH 2024

## Nordic charm

Capturing simple sea flavours with cutting edge plant-based ingredients.



**The Pies have it!**  
**British Pie Week**



**Plant-based**  
**Roast Dinner Ideas**



**Discover**  
**Floral Flavours**



# The Pies have it!

Three delicious ways to celebrate a plant-based British Pie Week on 4<sup>th</sup> - 10<sup>th</sup> March

## 🌱 'Fish' Pie

Comforting and creamy, our plant-based take on this traditional customer favourite is thanks to mind-bogglingly convincing fish alternatives from Vegan Zeastar and Omni.

Omni Classic Fillet

🌱🌱 30x50g • OMNCLFIL

Vegan Zeastar Sashimi Zalmon

🌱🌱🌱 310g • SASHZAL

Vegan Zeastar Shrimpz

🌱🌱 1kg • SHRIMP

Wakame Seaweed

🌱🌱 453g • WAK453G



## 🌱 MOCK 'Lamb' & Beetroot Open Pie

Rich and hearty, MOCK's plant-based 'lamb' is lightly pan-fried in a reduced plant-based gravy before being baked along with roasted beetroot in a crispy vegan puff pastry.

[MOCK] Lamb

🌱🌱 1kg • MOCKL

Vegan Puff Pastry

🌱🌱 1kg • PUFFPAS

🌱 Explore these recipes and 500 more on Seed-bank



## 🌱 Seitan Cottage Pie

Seitan is an incredibly versatile ingredient. Here we've grated it into mince-like pieces before frying in a pan with olive oil and garlic. For our full range of classic and flavoured seitan visit [vegexp.co.uk](http://vegexp.co.uk)

Seitan - Classic

🌱🌱 1kg • SEITCLA

Rosemary

🌱🌱 250g • ROS250G

Worcestershire Sauce

🌱🌱🌱 140ml • SAUWOR140ML



Scan to explore the collection





## TREND ALERT

# British *Ancestral*

Rooted in traditional cooking methods and regional fare, the British Ancestral trend is rediscovering often overlooked ingredients and recipes. Here's our plant-based take on two of our favourites.

### 🌱 Boxty with Black Pudding & Scrambled Egg

Plant-based Liquid Egg

🌱🌱 1kg • EGGLEQ

Vegan Black Puddings

🌱🌱 200g • PUDBLA200G

Tomato Chutney

🌱🌱 1kg • CHUTOM



### 🌱 Whisky & Raspberry Cranachan

Gluten Free Oats

🌱🌱 5kg • OATGF5KG | 25kg • OATGF25

Coconut Oil

🌱🌱 1ltr • OILCOCIL



Scan the code to explore more food trends!



# simplicity. less is more.

Created by Neil Rankin, simplicity's plant-based meat alternatives are made simply using fermented vegetables to add complexity and depth.

**NEW** Symplicity Plant-based Mince

🌱🌱 2kg • SYMMINCE

**NEW** Symplicity Plant-based Cumin 'Lamb' Mince

🌱🌱 1kg • SYMLAMINCE

**NEW** Symplicity Plant-based Italian Sausage Mince

🌱🌱 1kg • SYMSAUSMIN

**NEW** Symplicity Plant-based 'Chorizo' Mince

🌱🌱 1kg • SYMCHOMIN

**NEW** Symplicity Plant-based 'N'duja'

🌱🌱🌱 1kg • SYMNDUJA

**NEW** Symplicity Plant-based Burger

🌱🌱 24x115g • SYMBUR

**NEW** Symplicity Plant-based Sausage

🌱🌱 50x54g • SYMSAUS

**NEW** Symplicity Plant-based 'Meatball'

🌱🌱 100x30g • SYMBALL





# ROAST READY

Mother's Day 10<sup>th</sup> March • Easter Sunday 31<sup>st</sup> March

With Mother's Day and Easter Sunday both falling in March this year there's going to be a big demand for roasts. Here's some plant-based inspiration for your menu.



## Starters

### 🌱 'Tuna' Tartare, Black & White Sesame Cracker

Hand-made cracker topped with No Tuna Sashimi from Vegan Zeastar, with a dash of sriracha.

Vegan Zeastar Sashimi  
No Tuna 🌱🌱🌱  
310g • SASHTUN

Pumpkin Seeds  
🌱🌱 1kg • SEEPUM1KG

Ground Flax Linseed  
🌱🌱 250g • SEEFLAGRO250G

## Mains

### 🌱 Roast 'Beef' Joint

Wow your customers this year with cutting edge innovation. This incredible NEW plant-based 'Beef' Roast made from beetroot and caramel infused pea protein has a deep, authentic colour and texture. It even has a rice paper 'skin' that crisps up beautifully.

### NEW Plant-based 'Beef' Roast

🌱🌱 2x1kg • ROABE



### 🌱 Nut Roast Crumble Tart

A deep vegan pastry case with julienne root vegetables, nuts and cranberry filling. It's topped with golden flaxseed, pumpkin seed, and sunflower seed crumble and is ready in just 15 minutes.

### Nut Roast Crumble Tart

🌱🌱 15x170g • TARTNUTROA

## Little extras

Sides are what set apart a good roast from a great one. Here are a few you can use with more recipes, readily available on Seed-bank.



### 🌱 Braised red cabbage, apples, sultanas

#### Cinnamon Quills

🌱🌱 1kg • CINQU1KG

#### Turkish Sultanas

🌱🌱 1kg • SULTUR1KG | 3kg • SULTUR3KG

#### Cooking Wine - Cabernet Red

🌱🌱 5ltr • WINREDSL



### 🌱 Roasted root vegetables, agave, wholegrain mustard

#### Agave Syrup

🌱🌱🌱 250ml • SYRAGA250ML

#### Cumin Seeds

🌱🌱 1kg • SEECUM1K



## Moreish Desserts

### 🌱 Hot Chocolate Pudding

A rich sumptuous dessert and the perfect pudding for your menu board. Packed with chocolate and a sprinkling of crunchy buckwheat popcorn.

#### Cocoa Powder

🌱🌿🌾 1kg • CACPOW1

#### Cacao Nibs

🌱🌿🌾 1kg • CACNIB1



### 🌱 Raspberry & Elderflower Tart

Plant-based craftsmanship from an artisanal Italian baker, based on recipes passed down for generations. Simply thaw and serve.

#### Forno d'Asolo Tart - Raspberry & Elderflower

🌱🌿 900g • TARTRE

#### Forno d'Asolo Tart - Lemon & Ginger

🌱🌿 900g • TARTLG



### Scoop up our incredible Vegan Ice Cream

With powerful original flavours our vegan ice cream is smooth, silky and oh so creamy!

#### Vegan Ice Cream 🌱🌿🌾

Salted Caramel 2ltr • ICECRECAR

Chocolate Miso 2ltr • ICECREMIS

Mango 2ltr • ICECREMAN

Vanilla 2ltr • ICECREVA

Matcha 2ltr • ICECREMAT



# NORDIC CHARM

Less is more when it comes to Nordic cuisine. Flavours of the sea are paired with dark grain breads and sharp pickles for delicious flavour contrasts.

### 🌱 Skagen-Prawn, Sour Cream and Parsley Pumpernickel Toasts

This dish features a wonderfully sour cashew cream spread on chewy pumpernickel bread, topped with salty Shrimpz from Vegan Zeastar.

🌱 See all these recipes on [Seed-bank.co.uk](https://seed-bank.co.uk)

#### Vegan Zeastar Shrimpz

🌱🌿 1kg • SHRIMP

#### Pumpernickel Bread

🌱🌿 9x500g • BREPUMP

#### Coconut Milk Yoghurt

🌱🌿🌾 1kg • COCYOGIKG

#### Lemon Juice 🌱🌿 1ltr • JUILEMILT

#### Whole Cashews

🌱🌿 1kg • NUTCASWHOTK | 5kg • NUTCASWHOSK



**🌱 Beetroot, Ginger and Horseradish Soup, caraway Croutons**

*A classic plant-based borscht made with beetroot, onions, carrots, ginger and fresh grated horseradish. Topped with crispy sourdough croutons, toasted in a caraway butter.*

**Beetroot Powder**

🌱 500g • BEEPOW

**Marigold Swiss Vegetable Bouillon - Less Salt**

🌱 500g • BOUSWIVEGLS



**🌱 Omni 'Crab' Cake with Dill Mayo & Crispy Capers**

*These cakes make a classic starter or upsize for a main. Whether you pan-fry these from thawed or frozen, they seal really well on the outside giving a crispy texture.*

**Omni Plant-based Crabcake**

🌱 30x30g • OMNCRABRPB

**Dill**

🌱 250g • DILHER250G

**Capers (Jar)**

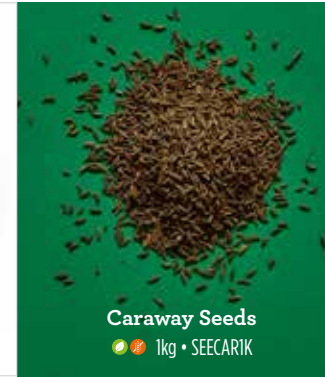
🌱 2kg • CAPERS

# NORDIC NECESSITIES



**Black Garlic**

🌱 1kg • GARBLA1KG



**Caraway Seeds**

🌱 1kg • SEECARIK



**Jumbo Oats**

🌱 3kg • OATJUM3KG | 25kg • OATJUM25K

## A LIP SMACKING, TASTEBUD TINGLING FLAVOUR SENSATION

**Gosh!**

The Gosh! range is made from 100% plant-based ingredients. Add a splash of colour to your menu with Beetroot Falafel and Burgers or spice things up with the Moroccan range.



**Gosh! Moroccan Spiced Burger**

🌱 12x110g • BURMORG

**Gosh! Beetroot Burger**

🌱 12x110g • BURBEEG

**Gosh! Moroccan Falafel**

🌱 2kg • FALMORG

**Gosh! Beetroot Falafel**

🌱 2kg • FALBEEG





# Floral Feast

*From the sweet fragrance of rose petals to the earthy taste of lavender, explore our larder and let your imagination blossom.*

## 🌿 Hot & Sour Flower Soup

Hibiscus Flowers 🌸🌸 50g • FLOHIB50G

Silken Tofu 🌱🌱 340g • TOFMOR340G


Corn Flour 🌽🌽 3kg • FLOCOR3KG

Lime Juice 🍋🍋 1ltr • JUULIMILT

Dried Standard Mix Mushrooms

🌱🌱 500g • MUSMIX500G

*Explore full range of herbs and seasonings*


**Ras El Hanout** 🌿🌿 500g • RAS500G

*The name in Arabic means “head of the shop,” or in other words the best spices the store has to offer. It has a pungent, warm flavour with rose petals bringing fragrant floral notes.*



**Hibiscus Flowers** 🌸🌸 50g • FLOHIB50G

*With a slightly sour flavour, Hibiscus Flowers have been used in drinks for centuries. But it’s vibrant colour and distinctive taste is equally well suited to salads and desserts.*



**Lavender** 🌿🌿 200g • LAV200G

*Has an earthiness, great for sweet and savoury dishes, try it in rubs, marinades, sauces, cookies and sorbet.*



**Rose Petals (Flaked)** 🌸🌸 100g • ROSPET100G

*One of the simplest ways to use dried rose petals is to grind them into a sweet or savoury spice mix, or use them to make flavoured sugar.*

## Floral infusions

**Rose Water** 🌸🌸 190g • WATROS190G

*Widely used in Middle Eastern, Indian and Chinese cuisines. It can be added to jellies and syrups, and it is often sprinkled over cakes and milky puddings. Often used for balancing intensely savoury spices like saffron.*

**Lime Black Pepper & Lavender Vinegar**

🌿🌿 1ltr • VINLIMPEPIL

*Great to bring out fresh, natural flavours in sweet and savoury dishes. Try it with pancakes and ice cream.*





# Emerald Eats

Bright, fresh and bursting with springtime vitality here are some great ways to add the most vibrant of colours to your menu.

We've made this fresh 🌱 **Spinach Gnocchi** with Future 50 ingredients, spinach powder and buckwheat flour.

## Spinach Powder

🌱🌱 1kg • SPIPOW

## Pasta & Pizza Flour

🌱🌱 1kg • FLOPAS1KG | 5x1kg • FLOPASSX1KG

## Wholemeal Buckwheat Flour

🌱🌱🌱 1kg • FLOBUC1KG | 5x1kg • FLOBUCSX1KG



# Unleash the Power of Green



**Spinach Wraps 30cm**

🌱 108x90g • WRASPI108



**Green Split Peas**

🌱🌱 1kg • PEAGRE1KG | 5kg • PEAGRE5K



**Green Basil Pesto**

🌱🌱🌱 900g • SAUPESGRE



**Green Peeled Pistachio Nut Kernels**

🌱🌱 1kg • NUTPISGRE1KG



**Basil Infused Rapeseed Oil**

🌱🌱 250ml • OILRAPBAS250ML



**Pimento 'Large Green Stuffed' Olives**

🌱🌱 2.2kg • OLIPIM2.2KG



**Moringa Powder**

🌱🌱 500g • MORPOW



**Mung Beans**

🌱🌱 1kg • BEAMUN1K | 5kg • BEAMUN5K



**Spinach Powder**

🌱🌱 1kg • SPIPOW



# seed-bank.co.uk

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



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-  Organic  Frozen  Chilled
-  Dairy free

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