

FLAVOURS



INGREDIENTS, IDEAS & INSPIRATION | MAY 2024

Know your **kibbeh** from your **kofta**

Get Middle Eastern
flavours on your menu
with our authentic
ingredients



A fiesta of flavours

to celebrate Cinco De Mayo



How do your
sandwiches
stack up?



It doesn't get any
'BUTTER'



Know your **kibbeh** from your **kofta**

Kibbeh and koftas are Levantine dishes and both traditionally use finely ground meat in their recipes. However, whereas koftas tend to just have spices added to them before being grilled or baked, kibbehs include bulgur wheat and onions and are sometimes stuffed with a filling before cooking. Check out our unbelievable plant-based recipes on Seed-bank.

🌱 Symplicity Cumin 'Lamb' Kibbeh, Tahini, Pomegranate

The shell of this kibbeh is made with plant-based mince, bulgur wheat and onions. The filling, with flavour-packed plant-based cumin 'lamb' mince, pine nuts and parsley.

NEW Symplicity Plant-Based Cumin 'Lamb' Mince

🌱 🌱 1kg • SYMLAMINCE



Make an impact

🌱 'Beef' Koftas, Tzatziki, Mint Oil

This simple but effective dish using our plant-based 'beef' block, with the moreish combination of charred crispy kofta and cool tzatziki is sure to have your customers coming back for more.

Plant-Based 'Beef' Block

🌱 🌱 8x500g • BLOCBEE

Japanese Panko Breadcrumbs

🌱 1kg • BRECRUIK

Coconut Milk Yoghurt

🌱 🌱 🌱 1kg • COCYOGIKG

Here's the comparative impact of this dish if it was made using **beef** and **milk**

2456g

CO₂ use saving

17m²

Land use saving

1628ltr

Water use saving



find all our recipes
and more on
seed-bank

Houmous Heaven

World Houmous Day, May 13th

A cornerstone of Middle Eastern cuisine, in everything from crispy, savoury falafel to smooth and creamy houmous, chickpeas lend their nutty flavour to countless culinary creations.

🌱 Beetroot Houmous & Falafel Open Wrap

Keep it simple, and with ingredients this good why would you do anything else?

Falafel Original

🌱🌿🌾 2kg • FALFRIZKG

Chia Seeds

🌱🌿 1kg • SEECHIUk

🌱🌿 500g • SEECHI500G



🌱 Grilled 'Chicken' Kofta, Harissa Houmous

An innovative way to create a 'breadcrumb' like coating, blending Heura plant-based 'chicken' chunks with Zero Egg and baharat.

Heura Original Plant-based 'Chicken' Chunks

🌱🌿🌾 2.5kg • HEUCHUNK

Plant-based 'Chicken' Breast

🌱🌿 30X90g • CHICBRE

Zero Egg Classic

🌱🌿 1kg • ZEREGGCL

Baharat Spice

🌱🌿 500g • BAH500G

Sumac

🌱🌿 1kg • SUMAC1KG

Looking for inspiration?

We've over 500 recipes on seed-bank.co.uk
Sign up free here!



Houmous

🌱🌿🌾 HOUOR1KG • 1kg



Red Pepper Houmous

🌱🌿🌾 HOUPE1KG • 1kg



Beetroot Houmous

🌱🌿🌾 HOUBEE1KG • 1kg



Harissa Houmous

🌱🌿🌾 HOUHAR • 1kg



Middle Eastern ingredients

Dive into the treasure trove that is our larder and bag some real Middle Eastern ingredients. From black tahini to cracked freekeh, you'll find all the authentic ingredients you need.

Scan the code for the full Middle Eastern collection



Harissa Spice
🌱🌶️ 1kg • HARISSA1KG



Harissa Paste
🌱🌶️ 300g • PASHAR



Preserved Lemons
🌱🍋 700g • LEMPRE700G



Za'atar Spice Blend
🌱🌿 1kg • ZATSPICE



Dolmades - Stuffed Vine leaves
🌱🍷 2kg • DOLMADZKG



Cracked Freekeh
🌱 1kg • FREKEH1KG



Black Tahini
🌱🥜 310g • TAHBLA



Tahini
🌱🥜 454g • TAHIN | 2.5kg • TAHBUL



Green Harissa (Zhoug paste)
🌱🌶️ 190g • PASHARGRE

THE **BEST** PLANT-BASED

'BUTTER,' WE'VE **EVER** TASTED

Introducing our incredible **NEW** Plant-based Buttery Block, a game-changing plant-based 'butter' that looks, tastes, and performs exactly like its dairy equivalent. Made from shea butter, coconut oil, and a dash of fermented soy extract for that unmistakable buttery flavour, it's rich, creamy and ideal to serve as premium table 'butter'.

NEW Plant-based Buttery Block 🌱🥥🌱 200g • PLBUTVE



Completely plant-based and unmistakably buttery



Easy to use, with the same melting point as its dairy equivalent



Incredibly versatile: great for spreading, baking and cooking

Sizzle & Spice

A fiesta of flavours perfect for Cinco de Mayo

🌱 White Corn & Avocado Taco Salad

This is a simple salad made special, and a great way to bring texture to the table. The creative part is wrapping the soft tortilla around a saucepan, then popping it in the deep fryer to create the basket.

Sliced Avocado

🌱🌱🌱 1kg • AVOSLI

Green Sliced Jalapenos (Canned)

🌱🌱 3KG • JALGRESLIA10

Semi-dried Cherry Tomatoes

🌱🌱🌱 1kg • TOMCHESEMDRI1KG



🌱 Kidney Bean & Smokey Seitan Quesadillas

For our plant-based twist on 'beef' quesadillas, we've used crumbled smokey seitan, and for quick and easy flavour, our authentic taco seasoning.

Red Kidney Beans (Dried)

🌱🌱 1kg • BEARED1KG

🌱🌱 5kg • BEAREDKID5K

Red Kidney Beans (Canned)

🌱🌱 2.5kg • BEAREDKIDCAN10

Red Kidney Beans (Frozen)

🌱🌱🌱 2.5kg • BEAREDFROZ.5KG

Smokey Seitan

🌱🌱 1kg • SEISMOK

Plant-based

Mozzarella Cheese

🌱🌱🌱 500g • CHEVEGOR1500G

Vegan Applewood Block

🌱🌱🌱 200g • CHEAPBLS

🌱🌱🌱 8x200g • CHEAPBL



find all our recipes
and more on
seed-bank

Mexican must-haves

Nail Mexican favourites with these essential ingredients.



Guacamole

🌱🌱🌱 500g • GUA500G

🌱🌱🌱 2kg • GUA2KG



Chipotle Salsa

🌱🌱 2.8kg • SAUSALCHIA10



Wraps - Plain Flour 30cm

🌱 108x90g • TOR30C108



Taco Seasoning

🌱🌱 1kg • SEATA01KG

Scan the code
for the full
Chilli collection



Bring on the heat

Chilli flavours that ignite the senses!

①

⑤

③

②

④



① Crushed Ancho Chillies

🌶️ 250g • CHIACCURU250G

The rich flavour of this chilli comes from the drying process it undergoes. It has a mild heat with dark fruit and chocolatey flavours. It pairs well with rich sauces, and tomato-based mole.



② Crushed Guajillo Chillies

🌶️ 250g • CHIGAUCRU250G

With an earthy flavour almost like strong tea these chillies have a medium heat. They're great for a vibrant red sauce base and pair well with plant-based 'chicken' and 'cheese'.



③ Crushed Chipotle Chillies

🌶️ 250g • CHICHCURU250G

With a distinctive smokey flavour and moderate heat, use Chipotle Chillies to add a rich earthy depth to barbecue sauces, marinades, and stews.



④ Crushed Arbol Chillies

🌶️ 250g • CHIARBCRU250G

Their intense fiery heat adds a bold kick to salsas, hot sauces, and spicy dishes that need a punch of flavour.

TIP: Enhance their smokey, nutty flavour by toasting them.



⑤ Whole Chillies

🌶️ 1kg • CHIWHO1K

These chillies are full flavoured and best when rehydrated in boiling water or, dry fried and blended into a sauce.

TIP: Add to soups and stews then remove before serving for a kick!

Perfectly preserved



Have you seen our
convenient and stackable
spice containers?

Spice Containers
2x2.2ltr • CONSPICE



Heart of Palm and Black Radish Aguachile

Spice up your life

From fruity, fiery bursts of citrus to the rich, dark flavour of roasted cocoa beans, these imaginative spice mixes will make your plant-based dishes zing with flavour and originality. Perfect for dressings or dry marinades.



Santa Maria Orange & Pepper Spice Mix
 🌿🌶️ 325g • SPIORA325G



Santa Maria Cacao & Chilli Spice Mix
 🌿🌶️ 290g • SPICAC290G

Mexican ingredients

We've got everything you need to celebrate Cinco de Mayo with authentic ingredients to capture the true taste of Mexican cuisine.

Scan the code for the full collection



Crushed Green Tomatillos Tomatoes
 🌿🌶️ 3kg • TOMCRUGREA10



Masa Harina Flour
 🌿🌶️ 1kg • FLOMASHARIKG



Refried Beans
 🌿🌶️ 3170g • BEAREFA10



Achiote Paste
 🌿🌶️ 1kg • PASACHIKG



Cholula Mexican Hot Sauce
 🌿🌶️ 150ml • SAUHOTCHOT150ML



Avocado Halves
 🌿🌶️🌿🌶️ 1kg • AVOHAL



Black Turtle Beans
 🌿🌶️ 1kg • BEABLATURIK
 🌿🌶️ 5kg • BEABLATUR5K



Chargrilled Peppers
 🌿🌶️ 1kg • CHAGRIPEPIKG



Rapeseed Oil - Chipotle Chilli Infused
 🌿🌶️ 250ml • OILRAPCHI250ML

Sarnie

celebration

British Sandwich Week, 16th-22nd of May

Nearly 3 billion sandwiches were chomped through last year in Britain, so get a bite of the action with these plant-based takes on some classics!

Explore the full range here



🌱 Club Sandwich

One of the nation's favourites. Here we use layers of plant-based 'bacon' and 'chicken' with crispy lettuce, juicy tomatoes, and creamy mayo to reimagine this classic.

Plant-based 'Chicken' Block

🌱🌾 8x500g • BLOCCHIC

La Vie Pre-Cooked Vegan

Streaky 'Bacon' Rashers

🌱🌾🌿 300g • LVBAC

Plant-based Mayonnaise

🌱🌿 1ltr • MAYVEGIL

🌱🌿 6x1ltr • MAYVEG6XIL

🌱 'Egg' and Cress Sandwich

The simple and understated made extraordinary with our incredible plant-based liquid 'egg'. Simply defrost, pour into a pan and cook for 2 mins then refrigerate.

Plant-based Liquid 'Egg'

🌱🌾🌿 1kg • EGGLIQ



find all our recipes and more on
seed-bank



Secret sauce

Make it your way with our chutneys, pickles and sauces!



Piccalilli

🌱🌿 3kg • PIC3KG

Tomato Chutney

🌱🌿 1kg • CHUTOM

Horseradish Sauce

🌱🌿 3kg • SAUHORSE3KG

Spicy Gooseberry & Fresh Coriander

🌱🌿 1.3kg • CHUGOOSPI

Plant-based Pink Garlic Mayonnaise

🌱🌿 1ltr • MAYPGAR | 6x1ltr • MAYPGARB

Spicy Red Onion Marmalade

🌱🌿 3kg • MARREDON3K

**☞ Eat Curious Coronation
'Chicken' Sandwich**

We've recreated this majestic sandwich with Eat Curious Hot & Spicy Pieces to enhance the quintessential curry flavours.

**Eat Curious Hot
& Spicy Pieces**

🌱🌶️🌶️ 4x500g • ECURHOTP

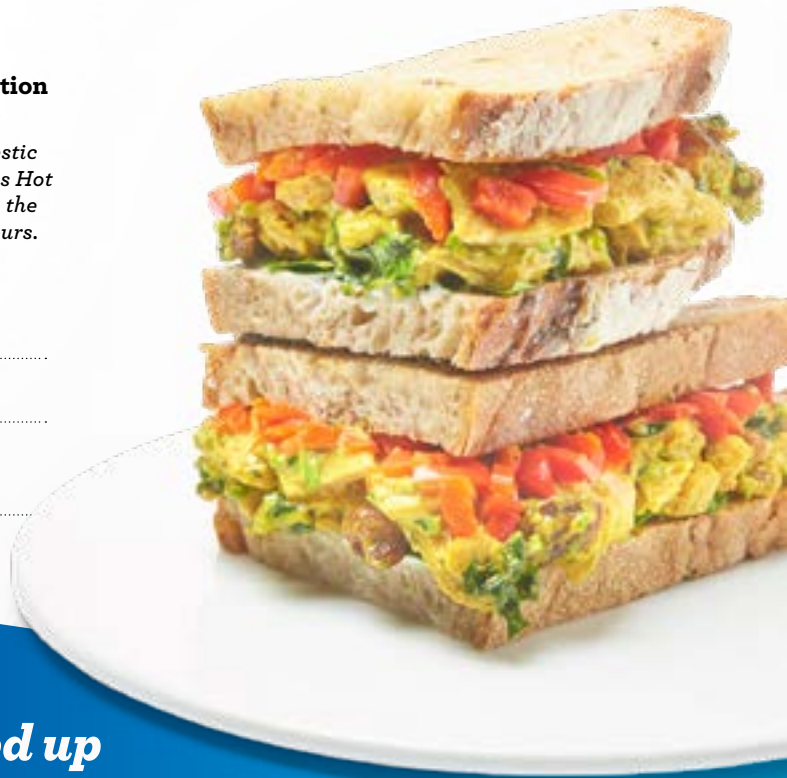
Korma Paste

🌱🌶️ 1kg • PASTEKORI

Raisins

🌱🌶️ 1kg • RAICALIKG

🌱🌶️ 3kg • RAICALSKG



All wrapped up

Looking for something a little different for your sandwich specials? The carrier can make all the difference.

Paratha
🌱🌶️ 5x70g • BREPARA

Khobez 12 inch
🌱🌶️ 100x116g • BREKHO

**Vegan Brioche
Style Bun**
🌱🌶️ 40x90g • BUNBRIO

**Pumpernickel
Bread**
🌱🌶️ 9x500g • BREPUMP

**White GF
Ciabatta Rolls**
🌱🌶️ 4 x 50g • ROLGFCIAWHI4PK

**Brown GF
Ciabatta Rolls**
🌱🌶️ 4 x 50g • ROLGFCIABRO4PK

Green GF Wraps
🌱🌶️ 72x75g • WRAGFGR

Red GF Wraps
🌱🌶️ 72x75g • WRAGFRE

SAY
'CHEESE'

No more compromises. No more missing out. Get creamy, melty, cheesy goodness without any dairy. From 'cheddars' to 'fetas' we've got a plant-based 'cheese' for every dish.

Violife Original Style Sliced 'Cheese'

🌱🌶️🌶️ 200g • CHEVEGSLI200G

🌱🌶️🌶️ 12x200g • CHEVEGSLI2X200G

Violife Mature Style Block 'Cheese'

🌱🌶️🌶️ 2.5kg • CHEVEGMAT2.5KG

Violife Grated Mature Cheddar Style 'Cheese'

🌱🌶️🌶️ 500g • CHEVEGGRACHE500G

Violife Greek White Feta Style 'Cheese'

🌱🌶️🌶️ 200g • CHEVEGFETA200G

🌱🌶️🌶️ 12x200g • CHEVEGFETA12X200G

Violife Parmesan Style 'Cheese' Wedge

🌱🌶️🌶️ 150g • CHEVEGPARI150G

Violife Halloumi Style 'Cheese'

🌱🌶️🌶️ 200g • CHEVEGHAL200G

🌱🌶️🌶️ 8x200g • CHEVEGHAL8X200G

Violife Cream Style Vegan 'Cheese'

🌱🌶️🌶️ 200g • CHEVEGCRE200G

🌱🌶️🌶️ 8x200g • CHEVEGCRE8X200G

🌱🌶️🌶️ 5kg • CHEVEGCRE5KG

☞ Heura 'Chicken' Caesar Salad - With Violife Parmesan Style 'Cheese' Wedge



Getting creative with our plant-based 'pork' block



Plant-based 'Pork' Block

🌱🌿 8x500g • BLOCPOR

With a mild, herby 'pork' flavour, this versatile plant-based 'pork' block is perfect for being shaped into fillets, meatballs, 'pork' burgers – the ways you can use it are limitless!



🌱🌿 Pork Salimbocca



🌱🌿 'N'duja' Sausage Roll

Here's a great idea. Simply mix some 'n'duja' in with our 'pork' block, then pipe into our plant-based puff pastry for a spicy smokey sausage roll.

Symlicity Plant-based 'N'duja'

🌱🌿🌿 1kg • SYMNDUJA

Vegan Puff Pastry

🌱🌿 1kg • PUFFPAS

RISE TO THE OCCASION

In-house bread making can not only be cost effective but is also a great way to differentiate yourself with signature recipes. Our larder is ready with all the varieties you need.



Malthouse Flour

🌱🌿 5 x 1kg • FLOMAL5X1KG



Wholemeal Spelt Flour

🌱🌿 5 x 1kg • FLOSP5X1KG



Wholemeal Rye Flour

🌱🌿 5 x 1kg • FLORY5X1KG



Wholemeal Buckwheat Flour

🌱🌿🌿 5 x 1kg • FLOBUC5X1KG



Doves Farm Quick Yeast

🌱🌿 125g • YEAST
🌱🌿 8x125g • YEAST8X125G



Corn Flour

🌱🌿 3kg • FLOCOR3KG



Polenta 🌱🌿

1kg • POL1KG | 5kg • POL5K

Explore the full range here



#ShineALightOnCoeliac with SEED-BANK

The easy way to get **gluten free** recipes on your menu...

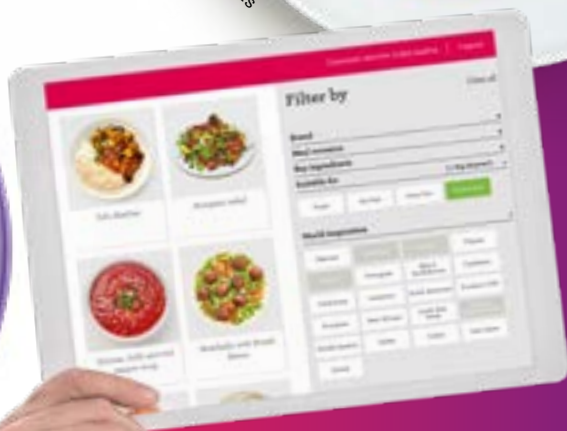
With demand rising, you're always going to need a gluten free dish on your menu. With tons to choose from all under a handy filter, seed-bank is the perfect place to find the right one for you. From simple favourites to dishes you would never imagine being gluten free, we've got you covered!

 Heura Rogan Josh



Chef says: With even the naan bread made from gluten free dough balls what's not to like about this dish, it's a win-win all round.

 Spaghetti & Meatballs



70+ Recipes
with non gluten
containing ingredients
at seed-bank.co.uk

Get great plant-based
food on your menu today:


01923 249 714

vegetarianexpress.co.uk seed-bank.co.uk

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.



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seed-bank

 Vegan  Does not contain gluten
 Organic  Frozen  Chilled



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