



INTRODUCING HIGH-PROTEIN MEALS FROM PLANT-BASED ATHLETES AROUND THE WORLD



CREAMY AVOCADO & SAUSAGE PASTA

By Naturally Stefanie (Fitness Athlete)



@naturallystefanie (Scotland)

Ingredients (Serves: 1)

- 2 of your favourite Fry's Sausages
- 1 serving penne pasta
- Handful of spinach

For the Sauce:

- 1 ripe avocado
- 100g hummus
- 2 garlic cloves
- Juice of one lemon
- Bunch of basil
- 1 tbsp olive oil
- 2 chillies (optional)
- Salt and black pepper, to taste

Dash of water to achieve desired sauce consistency

Method

1. Cook the Fry's Sausages according to package instructions.
2. Boil the pasta according to package instructions.
3. Blend the sauce ingredients together until smooth, adding more or less water to desired consistency.
4. Steam the spinach.
5. Add pasta, spinach, Sausages and sauce to the pot and mix well.
6. Serve with extra lemon and black pepper.



THE MOST EPIC WRAP

By Anthony Mullally (Irish Rugby League Player)



@mullally91 (United Kingdom)

Ingredients (Serves: 2)

- 1 pack of Fry's Chicken-Style Strips
- 1 pack of mushrooms, sliced
- 1 large avocado
- 2 red peppers, sliced
- 1 tin of lentils, drained
- A few dashes of soy sauce

A few generous squeezes of sweet chilli sauce

- 1 tsp turmeric powder
- A handful of spinach
- Seeded tortillas

Hummus – as much as you want!

Method

1. In a pan, over high heat, add some water. Add the sliced mushrooms and red peppers and cook until soft.
2. Add the Fry's Chicken-Style Strips, soy sauce, turmeric, soy sauce and sweet chilli sauce. Cook for another 5 minutes.
3. Finally add the tin of lentils and mix together.
4. Lay out your wraps. Spread all the hummus, your Chicken-Strip mixture, fresh spinach and avocado.
5. And that's a wrap!



SCHNITZY BURGERS

By Chris Mayne (Australian Rules Football Player)



@cmayne23 (Australia)

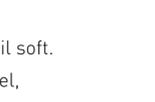
Ingredients (Serves: 2)

- 2-4 Fry's Golden Crumbed Schnitzels
- 1 avocado, sliced
- 2 large tomatoes, sliced
- A few slices of your favourite dairy-free cheese
- A handful of lettuce
- Gluten-free burger rolls
- Grilled onion and mushrooms



Method

1. Cook the Fry's Schnitzels according to package instruction.
2. In a pan, over a high heat, fry up some onions and mushrooms until soft.
3. Top the burger rolls with cheese, lettuce, and one Fry's Schnitzel, followed by the onion and mushroom mix, tomato slices, avocado slices, another Fry's Schnitzel and finally more cheese!



VEGAN MINCE LASAGNA

By Gary Te Roller (Endurance Athlete)



@gary_roller (South Africa)

Ingredients (Serves: 4)

- 12 gluten free lasagna sheets - any brand will work
- 200g homemade cashew cheese

For the Bolognese:

- 1 box Fry's Meat-Free Mince
- 2 tbsp extra virgin coconut oil
- 1 onion, chopped
- 1 celery stick, chopped
- 1 carrot, chopped
- 1 tbsp tomato paste
- 2 cans crushed tomatoes
- 1 tbsp dried oregano
- ½ tsp sea salt
- Ground black pepper, to taste

Vegan Béchamel Sauce:

- 4 tbsp extra virgin coconut oil
- ½ cup cassava flour
- 2 ¾ cups unsweetened plant milk
- 1 tsp sea salt
- ½ tsp ground nutmeg
- Ground black pepper, to taste



Method

For the Bolognese:

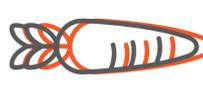
1. Heat the oil in a frying pan and cook the veggies (onion, celery and carrot) over medium-high heat until golden brown.
2. Add the Fry's Meat-Free Mince and tomato paste and cook for another 5 minutes.
3. Add the crushed tomatoes, oregano, salt and pepper, stir and cook over medium heat for about 20 minutes, until you have a rich sauce.
4. Once cooked, set aside and continue with the béchamel sauce.

For the Béchamel sauce:

1. Heat the oil in a saucepan.
2. Add the flour and cook over medium-high heat for about 1 - 2 minutes or until it starts to brown. Stir constantly.
3. Remove from heat and pour the milk gently, stirring with a whisk. You can use cold or warm milk, it's up to you. I prefer to add milk at room temperature.
4. Return to a low heat and stir constantly.
5. When the sauce thickens, stir in the salt, nutmeg, pepper, and set aside.

Assembling the Lasagna:

1. Preheat the oven to 200°C.
2. Spread a thin layer of white sauce on the bottom of a baking or casserole dish. Top with a layer of lasagna sheets.
3. Spread a third of the Bolognese, then about a third of the white sauce, and a third of the cashew cheese, and then top with another layer of lasagna sheets. Repeat these steps twice, but the second time you don't have to top with a layer of lasagna sheets.
4. Bake the lasagna, covered with foil at 200°C for 15 minutes, and then remove the foil. Turn the oven down to 180°C, and bake for a further 15 minutes (the temperature and the baking time can vary depending on your lasagna sheets).
5. Remove from the oven and let rest for at least 10 minutes before cutting and serving.



PRAWNLESS TERIYAKI STIR FRY

By Peter Siddle (Australian Test Cricketer)



@petersiddle403 (Australia)

Ingredients (Serves: 1)

- 1 box Fry's Battered Prawn-Style Pieces
- 200g egg-free noodles
- 3 tbsp oil
- 1 clove garlic, crushed
- 1 red chillies, seeds removed and finely chopped
- 2 cm piece ginger, finely chopped
- 3 cups of stir fried vegetables
- ½ cup bean sprouts
- 3 tbsp teriyaki sauce

A good handful of salted cashew nuts, lightly toasted & spring onions to garnish



Method

1. Place the noodles in boiling water and simmer for 2-3 minutes. Drain.
2. Heat a large wok on a medium heat with the oil and when hot add the garlic, chillies and ginger. Cook, stirring constantly and then add in the noodles with a little of the water. Turn up the heat.
3. Add the vegetables, followed by the bean sprouts. Stir well. Turn off the heat.
4. In a separate pan, lightly fry the Fry's Prawns in some oil until golden brown.
5. Toss the Prawns with the vegetables. Add the teriyaki sauce and mix well.
6. Top with cashew nuts and spring onions.

