



# PLANT POWERED PLATES

PLANT-BASED RECIPES FOR EVERYONE



# ABOUT PLANTAWAY

Hello! Welcome to Plantaway's cookbook, you will embark on a culinary journey filled with flavours, techniques, and stories that celebrate the joy of cooking. We at Plantaway aim to advance ahead with a vision of being able to embrace a plant-based lifestyle that is high in quality, great in taste, and good for health.

Our in-house team of brilliant chefs have crafted these recipes to inspire & delight, offering a blend of traditional favourites and innovative dishes that reflect diverse tastes from around the world. You will find Plantaway's one-of-a-kind range, seamlessly blending in our recipes to demystify the enigma around plant-based products.

From quick evening snacks to wholesome dinners, we invite you to explore, experiment, and create memorable dining experiences with every dish you prepare.

So, sharpen your knives, gather your ingredients, and let's begin this delicious adventure together. Here's to good food, shared moments, and the joy of cooking!



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# BREAKFAST





# Blueberry Banana Smoothie Bowl

## Ingredients

- 1/4 cup Frozen blueberries
- 1 small Frozen banana (Can use fresh bananas as well)
- 1 tbsp Maple Syrup
- 150 ml Plantaway Oat Mylk

## Garnish with

- Seeds
- Granola
- Fresh blueberry
- Fresh sliced banana



egg  
free



dairy  
free



lactose  
free



Prep Time  
5 Mins



Cooking Time  
5 Mins



Servings  
1



Difficulty Level  
Simple

## Preparation

### Step 1

Cut the banana into slices of 1 inch each

### Step 2

Add all ingredients with 3 to 4 cubes of ice into a blender jar

### Step 3

Blend it until creamy and smooth, stopping and scraping down the sides

### Step 4

Add more Plantaway Oat Mylk as required

### Step 5

Add maple syrup

### Step 6

Garnish with seeds, granola, fresh blueberries, and sliced banana

### Step 7

Serve cold

Plantaway Product used in this Recipe:  
**OAT MYLK**



# Pesto Panini Sandwich



Prep Time  
20 Mins



Cooking Time  
8 Mins



Servings  
2



Difficulty Level  
Simple

## Ingredients

2 tbsp	Plantaway Classic Mayonnaise
1 tbsp	Plantaway BTTR
2 slice	Plantaway Cheddar Cheese
4 tbsp	Pesto Sauce
10	Arugula lettuce
8	Tomato slices
2	Panini bread slices
6	Avocado slices
	Salt and pepper to taste

## Preparation

### Step 1

In a bowl add 2 tbsp of Plantaway Classic Mayonnaise and 4 tbsp of pesto and mix well

### Step 2

Apply Plantaway BTTR on each side of the panini bread slices

### Step 3

Apply pesto mayonnaise mixture

### Step 4

Add arugula leaves, tomato slices, avocado slices on one bread slice

### Step 5

Sprinkle salt and pepper as per your taste

### Step 6

Add shredded/sliced Plantaway Cheddar Cheese to your sandwich

### Step 7

Sprinkle salt and pepper as per your taste and close it with another bread slice

### Step 8

For grilling, place it on a skillet or in a panini maker



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:

**CLASSIC MAYONNAISE, BTTR, CHEDDAR CHEESE**



# Strawberry Banana Smoothie



Prep time  
2-3 Hrs  
(to freeze  
fruits)



Cooking Time  
5 Mins



Servings  
1



Difficulty Level  
Simple

## Ingredients

- 1 Cup Plantaway Almond Mylk / Oat Mylk
- 1 Cup TBC Vegan Banoffee Pie Edible Ice Tub
- 1 Frozen banana
- 1 Cup Frozen strawberry

## Preparation

### Step 1

Add all ingredients in a high-powered blender and blend until smooth

### Step 2

Serve cold and garnish with fresh strawberry and mint leaves



egg  
free



dairy  
free



lactose  
free



gluten  
free

Plantaway Products used in this Recipe:  
**OAT MYLK/ALMOND MYLK**



# MAIN SAVOURIES





# Vegan Thai Kaprow Bowl



Prep Time  
7-8 Mins



Cooking Time  
10 Mins



Servings  
1



Difficulty Level  
Medium

## Ingredients

200 g	Plantaway Chick'n Keema Masala
2 tbsp	Olive Oil
1 tbsp	Sliced Thai Red Chillies
2 tbsp	Chopped Shallots
2 tsp	Chopped Garlic
1 tsp	Sugar
2 tbsp	Light Soya Sauce
2 tbsp	Dark Soya Sauce
2 tbsp	Black Pepper Sauce
1 tbsp	Veg Oyster Sauce
1 tsp	Holy Basil
1 cup	Cooked Jasmine Rice
¼ cup	Water (for deglazing wok)

## Garnish with

1 Fresh Lime



egg  
free



lactose  
free



gluten  
free

## Preparation

### Step 1

Heat the Plantaway Chick'n Keema Masala by placing the pack in boiling water for 5-10 mins on medium flame

### Step 2

Heat the wok over high flame. Add the olive oil, chopped chillies, shallots, garlic and fry for 1-2 minutes

### Step 3

Add the Plantaway Chick'n Keema and stir-fry for 30 seconds (stirring occasionally to sear it evenly)

### Step 4

Add sugar, light soya sauce, dark soya sauce, black pepper sauce and veg oyster sauce

### Step 5

Stir-fry for another minute and add ¼ cup of water. (Because the wok is enduring high flame, the liquid will cook very quickly)

### Step 6

Add the basil and stir-fry until soft.

### Step 7

Finish with a squeeze of fresh lime juice.

### Step 8

Serve with jasmine steamed rice

Plantaway Products used in this Recipe:  
**CHICK'N KEEMA MASALA**



# Chick'n Kathi Roll



Prep Time  
15 Mins



Cooking Time  
15 Mins



Servings  
1



Difficulty Level  
Medium

## Ingredients

- 2 tbsp Plantaway BTTR
- 2 Plantaway Chick'n Seekh Kebabs
- 1 tbsp Plantaway Classic Mayonnaise
- 1 Roomali Roti
- 2 tbsp Coriander Mint Chutney
- Few Fresh Coriander Sprigs
- Few Fresh Mint Sprigs
- 1 tsp Chaat Masala
- 2 tbsp Laccha Onion

## Preparation

### Step 1

Heat a pan and add Plantaway BTTR, followed by adding some defrosted Plantaway Chick'n Seekh Kebabs. Sear the kebabs for 2-3 minutes on each side

### Step 2

While turning the Kebabs you will see each side becoming golden-brown

### Step 3

Apply Plantaway BTTR and coriander chutney on one side of the roomali roti

### Step 4

Place laccha onions, fresh mint and coriander sprigs on the Roti

### Step 5

Sprinkle some chaat masala on top

### Step 6

Place the hot Plantaway Chick'n Seekh Kebab on top of the roomali roti

### Step 7

Spread some Plantaway Plain Mayonnaise

### Step 8

Wrap the roomali roti, tuck and seal the roll tightly

### Step 9

In a pan, add the Plantaway BTTR and lightly toast the Kathi Roll from all sides

### Step 10

Garnish with coriander and serve hot with some mint chutney



egg  
free



dairy  
free



lactose  
free



protein  
rich

Plantaway Products used in this Recipe:

**BTTR, CHICK'N SEEKH KEBAB, MAYONNAISE**



# Vegan Chick'n Arayes with Garlic Dip



Prep Time  
10 Mins



Cooking Time  
20 Mins



Servings  
1-2



Difficulty Level  
Medium

## Preparation

### Step 1

In a skillet, add chopped onion and garlic in 2 tbsp of heated vegetable oil and sauté until golden brown

### Step 2

Add the tomato paste and mix well. Add the Plantaway Chick'n Keema Masala in the skillet & cook until heated and mixed properly

### Step 3

Add smoked paprika, black pepper, 7 spice mix & salt in the skillet (as per taste). Add chopped parsley

### Step 4

Cut Pita breads in half to form pockets. Add  $\frac{3}{4}$  tbsp filling and shredded Plantaway Cheddar Cheese into each Pita pockets

### Step 5

Apply some of the Plantaway BTTT onto both sides of the Pita pockets

### Step 6

Brush a cast iron grill with oil, then sear the Pita pockets for 1 minute on each side, on medium-high heat

### Step 7

Place the seared Pita pockets on a baking sheet and bake in the oven for approximately 7-8 minutes, turning them halfway through to make them crispy

### Step 8

Prepare Vegan Garlic Aioli Dip by blending minced garlic into Plantaway Classic Mayonnaise

### Step 9

Serve Vegan Arayes with the Vegan Garlic Aioli Dip

## Ingredients For Arayes

200 g	Plantaway Chick'n Keema Masala
2 tbsp	Vegetable Oil
$\frac{1}{2}$ cup	Chopped Onion
4 or 5	Chopped Garlic
2 tbsp	Parsley Leaves
2 tbsp	Tomato Paste
1 tsp	Smoked Paprika
1 tsp	Black Pepper
$\frac{1}{2}$ tsp	Lebanese 7 Spice Mix
	Salt as per taste
2 pcs	Pita bread (5-6 Inches)
2 tbsp	Plantaway BTTT
3 tbsp	Plantaway Cheddar Cheese

## Ingredients For Garlic Aioli

2 tbsp	Plantaway Classic Mayonnaise
$\frac{1}{2}$ tsp	Minced Garlic

### Note:

Lebanese 7 spice, or 'Baharat' is made of allspice, black pepper, cinnamon, ground cloves, coriander, cumin, and nutmeg



egg free



dairy free



lactose free

Plantaway Products used in this Recipe:

**CHICK'N KEEMA MASALA, CHEDDAR CHEESE, CLASSIC MAYONNAISE**



# Mutt'n Seekh Kebab Pizza



Prep Time  
7-8 Mins



Cooking Time  
12 Mins



Servings  
2



Difficulty Level  
Simple

## Ingredients

250 g	Pizza Dough/ Pizza Base
1 cup	Neapolitan Pizza sauce
100 g	Plantaway Mozzarella
30 g	Plantaway Mutt'n Seekh Kebab
30 g	Toasted Onions
30 g	Jalapenos

## Garnish with

Dried Herbs  
Chilli Flakes

## Preparation

### Step 1

Take out one dough ball from the dough box and roll out the dough to form a 10-11 inch round disc

OR

Take pre-made pizza base available in the market

### Step 2

Make sure to leave around 1/2 inch (1cm) around the edge of the dough to form the crust

### Step 3

Add 60-80g of Neapolitan Pizza sauce in the centre of the disc, and spread it evenly

### Step 4

Add Plantaway Mozzarella Cheese, Mutt'n Seekh Kebab and other toppings

### Step 5

Put the pizza into the oven and bake at 200°C for 10 to 12 minutes

### Step 6

Using the Pizza peel, remove the pizza from the oven, and transfer it to a serving plate. Serve hot with dried herbs & chilli flakes



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:  
**MUTT'N SEEKH KEBAB, MOZZARELLA**



# Hot Dog



Prep Time  
5 Mins



Cooking Time  
5 Mins



Servings  
1



Difficulty Level  
Simple

## Ingredients

- 1 tbsp Plantaway BTTR
- 1 Plantaway Sausage
- 2 tbsp Plantaway Chipotle Mayonnaise
- 2 tbsp Plantaway Honey Mustard Mayonnaise
- 1 Hot Dog Bread
- 1 tsp Caramelised Onions
- 1 tsp Peri Peri Powder

## Accompaniments

- Side Salad
- French Fries

## Preparation

### Step 1

Heat a pan, add Plantaway BTTR and then add defrosted Plantaway Sausage onto the pan

### Step 2

Sear the sausages for 2-3 minutes on each side. Keep turning the sausage till you see each side changing colour

### Step 3

Slice the hot dog bread in the center. Spread Plantaway Spicy Chipotle Mayonnaise in the centre

### Step 4

Place the seared sausage in the center of the bread

### Step 5

Drizzle Plantaway Spicy Chipotle and Honey Mustard Mayonnaise on top of the Plantaway Sausage

### Step 6

Sprinkle some peri peri powder on top

### Step 7

Serve hot with side salad and french fries



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe: **MUTT'N/ CHICK'N SEEKH KEBAB, CHIPOTLE MAYONNAISE, HONEY MUSTARD MAYONNAISE, BTTR**



# Mutt'n Keema Croquettes



Prep Time  
15 Mins



Cooking Time  
5 Mins



Servings  
4-5



Difficulty Level  
Medium

## Ingredients

200 g	Plantaway Mutt'n Keema
50 g	Plantaway Cheddar Cheese
2 tbsp	Chopped Coriander
2 tbsp	Chopped Mint
¼ tsp	Salt
1 tsp	Paprika
1 tsp	Green Chillies
¼ tsp	Knorr Aromat powder
¼ tsp	Black Pepper

## For Croquettes:

1 cup	Cornflour Slurry
2 cups	Breadt Crumbs

## Accompaniments

Plantaway Chipotle Mayonnaise



egg  
free



dairy  
free



lactose  
free

## Preparation

### Step 1

Grate the Plantaway Cheddar Cheese in a mixing bowl

### Step 2

Mix Plantaway Mutt'n Keema and grated Plantaway Cheddar Cheese & all the ingredients

## To make Croquettes

### Step 3

Shape the mixture into round shapes

### Step 4

Dip in the slurry and coat with the breadcrumbs

### Step 5

Deep fry croquettes in hot oil until nicely golden brown

### Step 6

Serve them with Plantaway Chipotle Mayonnaise

Plantaway Products used in this Recipe:

**CHIPOTLE MAYONNAISE, MUTT'N KEEMA, CHEDDAR CHEESE**



# Chick'n Keema Paratha



Prep Time  
7 Mins



Cooking Time  
10 Mins



Servings  
2



Difficulty Level  
Medium

## Ingredients

2 tbsp	Vegetable Oil
1/2 cup	Chopped Onion
1 tsp	Ginger Garlic Paste
200 g	Plantaway Chick'n Keema Masala
1 tsp	Coriander Powder
1 tsp	Red Chilli Powder
1/2 tsp	Turmeric Powder
1/2 tsp	Garam Masala Powder
1/2 tsp	Roasted Cumin Powder
1 tbsp	Lime Juice
	Salt to taste
1 tbsp	Chopped Coriander
200 g	Soft dough
100 g	Plantaway Spread

## Garnish with

Mango/Chilli pickle

## Preparation

### Step 1

Heat vegetable oil in a heavy-bottom pan

### Step 2

Add chopped onion and fry till it is translucent (2-3 mins)

### Step 3

Add ginger and garlic paste and fry for a minute more

### Step 4

Add coriander powder, red chilli powder, turmeric powder, garam masala powder, roasted cumin powder & salt

### Step 5

Add Plantaway Chick'n Keema masala, 1/2 cup of water and cover the pan

### Step 6

Cook on a low heat for 5-7 minutes. Remove the lid. Cook the Plantaway Chick'n Keema Masala on medium heat till it is completely dry

### Step 7

Add lime juice and fresh coriander and mix well

## Assembly

### Step 1

Make soft dough with available atta

### Step 2

Divide the dough into lemon-sized balls. Dust the balls with some dry flour and roll them to make a 4-inch circle

### Step 3

Keep 2 tbsp of Plantaway Chick'n Keema Masala filling in the centre and bring the ends together

### Step 4

Dust with dry flour and roll the balls with very light hands to make a 5-6 inch circle

### Step 5

Heat a pan. Put the paratha on the hot pan. Flip the paratha once light brown spots appear on the bottom surface

### Step 6

Apply Plantaway BTTT on both sides. Fry from both sides till brown spots appear. Keep pressing using a flat ladle while frying

### Step 7

Serve hot with homemade chilli or mango pickle



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:

**BTTT, CHICK'N KEEMA MASALA, MOZZARELLA CHEESE**





# Chick'n Lasagna



Prep Time  
20 Mins



Cooking Time  
45 Mins



Servings  
5



Difficulty Level  
Medium

## Ingredients

- 1 tsp Olive Oil (for coating the baking dish)
- 9 to 12 Lasagna Sheets
- 2 cup Grated Plantaway Cheddar Cheese
- 1 tsp Lemon Zest
- 1/2 tbsp Sea Salt
- Fresh Cracked Black Pepper
- 4 cups Tomato Sauce/ Puree
- 400 g Plantaway Chick'n Keema Masala
- 2 cups Plantaway Shredded Mozzarella Cheese

## Preparation

### Step 1

Preheat oven to 375°F. Lightly coat a baking dish with olive oil and set aside

### Step 2

Cook lasagna sheets until almost cooked

### Step 3

Rinse under cold water until cool. Lay the cooked sheets flat and set them aside

### Step 4

In a medium bowl, combine the grated Plantaway Cheddar Cheese, lemon zest, sea salt, black pepper & set aside

### Step 5

Spread a light layer of tomato sauce on the bottom of the baking dish. Lay 3 to 4 lasagna sheets lengthwise over the sauce

### Step 6

Layer one-third of the remaining tomato sauce over the lasagna sheets, then layer half of the cheddar mixture

### Step 7

Layer half of the Plantaway Chick'n Keema over the grated Plantaway Cheddar Cheese and then spread one-third of the Plantaway Mozzarella Cheese

### Step 8

Repeat this pattern: pasta, sauce, Plantaway Cheddar Cheese, Plantaway Chick'n Keema Masala and Plantaway Mozzarella cheese

### Step 9

Add a final layer of lasagna sheet, then add tomato sauce and Mozzarella cheese on top

### Step 10

Bake lasagna for about 30 minutes or until the top cheese is melted and golden

### Step 11

Remove from oven; allow to cool for about 10-15 minutes before serving



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:

**CHEDDAR CHEESE, CHICK'N KEEMA MASALA, MOZZARELLA CHEESE**



# Paprika Pasta



Prep Time  
7 mins



Cooking Time  
15 Mins



Servings  
2



Difficulty Level  
Medium

## Ingredients

2 tbsp Plantaway Oat Mylk  
2 tbsp Plantaway BTRR  
1 tbsp Chopped Garlic  
1 tbsp Chopped Onion  
1 tbsp Chopped Celery  
2 tbsp Oregano  
1 tbsp Chilli flakes  
3 tbsp Tomato Sauce  
1 cup Penne Pasta  
5 Cherry Tomatoes  
4 Asparagus  
1 Broccoli  
Salt and Pepper to taste

## Garnish

1 tbsp Olive Oil  
Few Basil Leaves

## Preparation

### Step 1

Heat olive oil in frying pan. Add half of the chopped garlic, onion and celery

### Step 2

Add Plantaway BTRR, chilli flakes & oregano. Cook until the ingredients are light brown

### Step 3

Add Plantaway Oat Mylk, mix well and add seasoning as per taste. Add some tomato sauce to give it a nice pink color

### Step 4

Add the boiled al-dente pasta to the sauce and mix well

### Step 5

In another pan add some olive oil, remaining garlic, onion and cherry tomatoes. Add blanched broccoli and asparagus and cook until light brown in colour

### Step 6

In pasta bowl, add pasta & place the tossed vegetables over pasta

### Step 7

Garnish with basil leaves and olive oil dressing



egg free



dairy free



lactose free

Plantaway Products used in this Recipe:  
**OAT MYLK, BTRR**



# Chilaquiles



Prep Time  
5 Mins



Cooking Time  
15 Mins



Servings  
2



Difficulty Level  
Medium

## Ingredients

- 200 g Plantaway Mutt'n Seekh Kebab
- 2 tbsp Olive Oil
- 1 tbsp Chopped Garlic
- 1 large Chopped Onion
- 1 tbsp Chopped Celery
- 1 tsp Chilli Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tsp Crushed Red Peppers
- 1 tsp Salt & Pepper
- 1 cup Tomato Pelati Sauce
- 1 tbsp Chipotles in Adobo Sauce
- 250 g Corn chips
- 1 can Vegetarian Refried Beans

## Pico De Gallo

- 1 cup Chopped Onion
- 1 cup Chopped Tomato
- 2 tbsp Chopped Jalapeno
- 2 tbsp Chopped Cilantro
- 2 tbsp Lime Juice
- Salt and pepper to taste

## Garnish with

- 1 Avocado
- Plantaway Classic Mayonnaise
- Plantaway Cheddar Cheese

## Preparation

### Step 1

Toast the Plantaway Mutt'n Seekh kebab and slice it

### Step 2

Heat oil in a pan, add chopped onion garlic, celery & sauté. Add the chilli powder, paprika, cumin, crushed red pepper, salt & pepper. Stir to combine

### Step 3

Add tomato pelati sauce & chipotles in Adobo sauce and stir. Simmer the heat. Add the sliced Plantaway Mutt'n Seekh Kebab

### Step 4

Cook for 1-2 minutes. Turn off the heat, add the corn chips in a pan and toss to coat the chips in sauce

### Step 5

To make the pico de gallo, combine the other half of the diced onion with the chopped tomato, jalapeño, cilantro, lime juice, and 1/2 teaspoon salt and pepper as per taste. Stir it together and set it aside

### Step 6

Place the refried beans in a serving plate. Add the spicy tossed Mutt'n Seekh & chips. Garnish with pico de gallo & avocado, Plantaway Classic Mayo & melted Plantaway Cheddar Cheese

### Step 7

In a pan add the grated Plantaway Cheddar cheese and cook until melt and add chilli flakes



egg  
free



dairy  
free



lactose  
free



gluten  
free

Plantaway Products used in this Recipe:

**MUTT'N SEEKH KEBAB, CLASSIC MAYONNAISE, CHEDDAR CHEESE**

# SNACKS





# Vegan Chick'n Kibbeh



Prep Time  
30 Mins



Cooking Time  
10-12 Mins



Servings  
2-3



Difficulty Level  
Medium

## Ingredients

### For the Filling

200 g Plantaway Chick'n  
Keema Masala  
50 g Plantaway Cheddar Cheese  
1/2 tsp Kamouneh Spice Mix  
30 g Walnuts or Pine Nuts  
1 chopped onion

### For the Casing

200 g Fine Bulgur Wheat  
1 Chopped Onion  
1 tsp Kamouneh Spice Mix  
1 tbsp Cornflour  
Vegetable Oil

## Preparation

### Step 1

Soak the bulgur wheat in water and set aside

### For the Filling:

### Step 2

In a pan, sauté onions in oil until golden

### Step 3

Add Plantaway Chick'n Keema Masala and cook on medium heat

### Step 4

Add the kamouneh spices and mix well. Remove from heat

### Step 5

Once cooled, add chopped walnuts & grated Plantaway Cheddar Cheese and set aside

## For casing/kibbeh:

### Step 1

Drain the soaked bulgur wheat, and add to a food processor

### Step 2

Roll the mix into a small ball, indent the middle then hollow out the inside so you have a half shell

### Step 3

Add a spoon of filling and close the casing

### Step 4

Compress well and shape into classic kibbeh bites

### Step 5

Deep fry the kibbeh bites in oil and serve with Plantaway Spicy Chipotle Mayonnaise



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:  
**CHICK'N MASALA, CHEDDAR CHEESE**



# Pizza Bagels



Prep Time  
**5 Mins**



Cooking Time  
**6 Mins**



Servings  
**2**



Difficulty Level  
**Simple**

## Ingredients

### Spicy Tomato Sauce

- 1 cup Cherry Tomatoes
- 4 cloves Garlic
- 2 Sprigs Fresh basil
- 2 Calabrian chilies
- 1tbsp Black Pepper
- 1 tsp Sugar
- Plantaway BTTR
- Salt as per taste

### Additional Ingredients

- 2 Bagels - hollowed out, reserve bread
- 1/2 cup Plantaway Mozzarella Shreds
- 2 heaped tbsp Plantaway BTTR

## Preparation

### Step 1

Place all ingredients for the sauce in a pan with Plantaway BTTR. Mix and cover for 5-8 minutes until the tomatoes burst and the sauce starts becoming juicy

### Step 2

Mash the tomatoes in the pan

### Step 3

Once combined and cooked together, after another 5 minutes, remove from heat and set aside to cool

### Step 4

Chop up the hollowed-out bagel portion and toss in a dry skillet over medium heat until golden brown & crispy

### Step 5

Spread Plantaway BTTR on each bagel half. Top with sauce and Plantaway Mozzarella-style shreds

### Step 6

Air fry for 5-8 minutes at 350 degrees until cheese is melted. Garnish with bagel breadcrumbs and basil



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:  
**BTTR, MOZZARELLA CHEESE**



# Keema Nachos



prep time  
5 mins



cooking time  
10 Mins



servings  
1



difficulty level  
simple

## Ingredients

200 g	Plantaway Mutt'n Keema
1 tbsp	Chopped Garlic
1 Cup	Chopped Onion
1/2 Cup	Chopped Celery
1 tsp	Chilli Powder
1 tsp	Paprika
1 tsp	Cumin
1 tsp	Crushed Red Peppers
1 tsp	Salt & Pepper
1 cup	Baked Beans
3 tbsp	Tomato Sauce

## Pico de gallo

1 cup	Chopped Onion
2 tbsp	Chopped Tomato
2 tbsp	Chopped jalapeno
2 tbsp	Chopped Cilantro
2 tbsp	Lime Juice
	Salt and Pepper to taste

## Garnish with

Plantaway Cheddar Cheese, grated  
Chilli Flakes  
Tortilla Chips  
Diced Avocado

## Preparation

### Step 1

Heat oil in pan. Add chopped onion, garlic & celery and cook till brown. Add the chilli powder, paprika, cumin, crushed red peppers, salt, and pepper and stir to combin.

### Step 2

Add the cooked beans, Plantaway Mutt'n Keema, tomato sauce and stir. Reduce the heat to low and simmer

### Step 3

To make the pico de gallo, combine the other half of the chopped onion, tomato, jalapeño, cilantro, lime juice, and 1/2 teaspoon salt and pepper. Stir it together and set it aside

### Step 4

In a pan add the grated Plantaway Cheddar Cheese and cook until melt and add chilli flakes

### Step 5

To build the nachos, place a layer of tortilla chips on a platter. Top with a layer of the Plantaway Keema mixture, then drizzle the melted Plantaway Cheddar Cheese. Add another layer of chips, another layer of the Plantaway Keema mixture

### Step 6

Immediately sprinkle on the diced avocado and plenty of pico de gallo and drizzle some melted Plantaway Cheddar Cheese and serve



egg  
free



dairy  
free



lactose  
free



gluten  
free

Plantaway Products used in this Recipe:  
**MUTT'N KEEMA, CHEDDAR CHEESE**

# DESSERTS







# Kheer



Prep Time  
35 Mins



Cooking Time  
25 Mins



Servings  
3



Difficulty Level  
Simple

## Ingredients

- 1 litre Plantaway Almond Mylk
- 1/3 cup Basmati Rice
- 1/3 cup Sugar
- 3-4 Strands of Saffron
- 1/4 tsp Green Cardamom Seeds Powder
- 1 tbsp Chopped Cashew Nuts
- 1 tbsp Chopped Almonds

## Preparation

### Step 1

Wash the basmati rice under running cold water until the water does not have any starch content in it

### Step 2

Soak the washed rice in water for 20-30 minutes. After that, discard the soaking water

### Step 3

Take Plantaway Almond Mylk in a heavy bottom pan

### Step 4

Turn the heat on medium-low flame

### Step 5

Keep stirring at regular intervals to avoid scorching of mylk or lump formation

### Step 6

Once it starts boiling, add soaked and drained rice. Let it simmer for 10-15 minutes or until the rice is cooked (stir occasionally to avoid rice sticking to pan)

### Step 7

Now add sugar and saffron strands. Mix well. Let it simmer for 6-7 minutes

### Step 8

Now add chopped nuts, cardamom powder and stir well

### Step 9

Serve warm or chilled



egg  
free



dairy  
free



lactose  
free



gluten  
free

Plantaway Products used in this Recipe:  
**ALMOND MILK**



# Levantine Rose & Pistachio Bread Pudding



Prep Time  
30 Mins



Cooking Time  
12 Mins



Servings  
4



Difficulty Level  
Medium

## Preparation

### For Sugar Syrup

#### Step 1

Heat a small saucepan and add sugar, water, and lemon juice. Once the sugar has completely dissolved, add rose water and orange zest

#### Step 2

Stir well and bring to a steady boil & switch off the flame later

#### Step 3

Let it cool down

### For Custard

#### Step 1

In a heated saucepan, combine the mylk, sugar, rose water, and cornflour on medium flame. Keep stirring to avoid any lumps

#### Step 2

The custard will start to thicken. Keep stirring to maintain a pouring consistency. Let the custard cool for a few minutes

### Assembly

#### Step 1

Preheat the oven at 250°F

#### Step 2

Line a double layer of bread

#### Step 3

Pour the sugar syrup over the bread and allow to soak. Pour the cooled custard over the soaked bread by spreading it evenly

#### Step 4

Bake the custard in the pre-heated oven for 15-20 minutes until the bread turns golden brown

#### Step 5

Sprinkle crushed pistachios on top along with dried rose petals as garnish

## Ingredients

6/7 slices Bread

### For Sugar Syrup

1 cup Water  
1 cup Sugar  
1 tsp Lemon Juice  
1 tsp Rose Water  
¼ tsp Orange Zest

### For Custard

½ cup Plantaway Oat Mylk  
5 tbsp Cornflour  
2 tsp Rose Water  
90 g Sugar

### For Garnish:

1 cup Crushed Pistachios  
1 tbsp Dry Rose Petals



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:  
**OAT MYLK**



# Sago Payasam



Prep Time  
30 Mins



Cooking Time  
15 Mins



Servings  
3



Difficulty Level  
Simple

## Ingredients

- 1 ltr Plantaway Almond Mylk
- 1 cup Soaked Sago (30 mins)
- 1 cup Soaked Dry Fruits  
(cashew, almond, pistachio)
- 1 cup Jaggery
- 1 tsp Cardamom

## For Garnish:

Dry Rose Petals

## Preparation

### Step 1

Pour the Plantaway Almond Mylk in a sauce pan and bring it a boil

### Step 2

Add the soaked sago and let it boil

### Step 3

Once the sago becomes soft and translucent, add jaggery and let it melt. Simmer until all the sago is well cooked and the payasam is thick in consistency

### Step 4

Add cardamom powder

### Step 5

Serve warm and garnish with rose petals



egg  
free



dairy  
free



lactose  
free



gluten  
free

Plantaway Products used in this Recipe:  
**OAT MILK**



# Pancakes



Prep Time  
5 Mins



Cooking Time  
10 Mins



Servings  
1



Difficulty Level  
Simple

## Ingredients

- 1 cup Refined Flour (125 g)
- 240 ml Plantaway Almond Mylk
- 1 tbsp Baking Powder
- 1 tsp Salt
- 2 tbsp Sugar
- 1 tsp Vanilla Essence

## Accompaniments

Maple Syrup

## Preparation

### Step 1

In a medium bowl, add the flour, sugar, baking powder, salt, and stir well

### Step 2

In a separate bowl, add Plantaway Almond Mylk, and vanilla essence, and stir well

### Step 3

Pour the liquid mixture into the dry mixture and whisk until smooth

### Step 4

Let the batter rest for 5 minutes

### Step 5

Pour about 1/2 cup (65 grams) of batter onto a nonstick pan on medium heat

### Step 6

When the top begins to bubble, flip the pancake and cook until it turns golden in colour

### Step 7

Serve warm with maple syrup



egg  
free



dairy  
free



lactose  
free

Plantaway Products used in this Recipe:  
**ALMOND MILK**