



INDEX

PAGE	CONTENT
1	Malora Butternut and Chick Pea Curry & Malora Bean and Lentil Goulash
2	Malora Butter Bean and Spinach Bredie & Malora Mushroom Stroganoff
3	Malora Savoury Pancake & Malora Pot Barley Soup
4	Malora Red Kidney Bean Curry & Malora Vegetarian Chili
5	Malora Broad Bean Curry & Malora Potato Hash
6	Malora Cauliflower and Broccoli Au Gratin & Malora Cheesy Mini Pizzas
7	Malora Battered Egg Plant & Malora Egg Plant Parmigiana
8	Malora Vegan Butter Chicken & Malora Vegetarian Savoury Mince
9	Malora Tempura Onion Rings & Malora Tempura Vegetables
10	Malora Plant Based Chicken Flavoured ala King & Malora Plant Based Tomato Bredie
11	Malora Plant Based Beef Flavoured Bolognese Mince & Malora Plant Based Beef Flavoured Lasagne
12	Malora Plant Based Beef Flavoured Savoury Mince & Malora Hash Wrap
13	Malora Plant Based Pasta Bake & Malora Plant Based Chicken Flavoured Stew
14	Malora Plant Based Fried Rice & Malora Plant Based Chicken Flavoured Breyani
15	Malora Butter Chicken Chickpea & Cous Cous



MALORA BUTTERNUT AND CHICKPEA CURRY

A hearty and flavourful plant-based curry with Malora Traditional Cape Curry flavour.



INGREDIENTS

- 1,250kg Cut and Cubed Butternut
- 200g Chickpeas
- 200g Onions
- 150g Tomatoes
- 200g Malora Traditional Cape Curry premix
- 300ml water
- 100ml Oil
- 10g Paprika
- Coriander to Garnish
- 100g Malora Plant Based Chicken Flavoured Mince
- 300ml Water (For soaking PB Mince)



METHOD

- 1 Soak PB Mince until water absorbed – About 1 hour
- 2 Boil chickpeas and PB Mince in salted water till soft.
- 3 Add Cape Curry Premix to water and mix
- 4 Saute onions, tomatoes & paprika in oil.
- 5 Add butternut, chickpeas, PB Mince together and cook for 15 minutes.
- 6 Add Cape Curry Premix to the pot.
- 7 Cook until thick gravy is thick.
- 8 Garnish with coriander

Chef's Tip

Serve with steamed rice, warm flatbread or quinoa for a wholesome and satisfying meal.



MALORA
PLANT-BASED GOODNESS



MALORA BEAN & LENTIL GOULASH

Hearty, wholesome, and packed with flavor.
A comforting one-pot meal perfect for any day of the week.

INGREDIENTS

- 150g Brown Lentils
- 150g Red Kidney Beans
- 150g White Kidney Beans
- 250g Carrots
- 250g Tomato
- 250g Onions
- 500g Potatoes
- 200g Malora Hot Pot Premix
- 800ml Water
- 30ml Oil
- Parsley for garnish
- 100g Malora Plant Based Beef Flavoured Mince
- 300ml Water (For soaking of PB Mince)

METHOD

- 1 Soak PB Mince until water absorbed - About 1 hour
- 2 Boil and drain beans and PB Mince together. Boil and drain lentils
- 3 Add Malora Hot Pot Premix to water and whisk
- 4 Cover the base of pot with oil
- 5 Saute onions till soft
- 6 Add tomato, carrots and potatoes
- 7 Cook until soft
- 8 Add in beans, PB Mince and lentils and cook for 15 minutes on a medium heat.
- 9 Add goulash premix to pot and cook until gravy thickens. Garnish with parsley



CHEF'S TIP

Serve hot with crusty bread or over rice for a complete meal.



SERVES
4-6



PREP TIME
20 MIN



COOK TIME
45 MIN



MALORA BUTTER BEAN AND SPINACH • BREDIE •

A hearty and comforting South African bredie made with creamy butter beans, spinach, and tomatoes—perfect served with garlic bread.

INGREDIENTS

- 10g Paprika
- 1,75kg White Kidney Beans
- 1,75kg Cleaned & blanched spinach
- 750g Onions
- 750g Tomatoes
- 2,5 lt water
- 250g Simply Tomato & Onion Relish
- 50ml Oil
- Parsley to garnish

METHOD

1. Boil kidney beans in salted water till soft.
2. Mix relish with water and whisk.
3. Cook tomato and onion in a pot with oil & paprika.
4. Add butter beans and spinach to pot.
5. Cook for 5mins.
6. Add Tomato and Onion relish.
7. Cook until thick.
8. Garnish with fresh parsley and serve with garlic bread.



PREP TIME
15 mins



COOK TIME
45 mins



SERVES
6–8

♥ Made with love. Best enjoyed together.



MALORA MUSHROOM *Stroganoff*

A rich and creamy stroganoff with Malora Hearty Beef, earthy mushrooms, and a touch of garlic. Perfect with pasta for a comforting meal.



INGREDIENTS

- 1,2kg Mixed Mushrooms
- 50ml Oil
- 300g Onion
- 25 g crushed garlic
- 200g Malora Hearty Beef premix
- 800ml water
- 500g Cooked Pasta
- 50ml Fresh Cream
- Garnish: Parsley



TIP

Serve with your favorite pasta for a hearty and satisfying meal.



METHOD

- 1 Add Malora Hearty Beef Premix to water and mix.
- 2 Cover the base of pot with oil.
- 3 Saute onions till soft.
- 4 Add mushrooms and garlic.
- 5 Saute till brown.
- 6 Add Malora Hearty Beef premix and bring to boil.
- 7 Mix in cream once cooked.
- 8 Garnish with parsley.
- 9 Serve with cooked pasta.

Hearty, Creamy & Delicious



MALORA PLANT BASED BEEF FLAVOURED SAVOURY PANCAKE

INGREDIENTS

- 250g Malora Pancake Mix
- 500ml Water
- 35ml Oil (pancake mix)
- 300ml Water (for soaking PB Mince)
- 100g Malora Plant Based Beef Flavoured Mince
- 50g Chopped Onion
- 15ml Oil for frying
- 3g Seasoning of choice
- 100g Blanched spinach

METHOD

1. Add pancake mix to water and oil and mix till smooth
2. Add water to PB Mince and soak until water is absorbed
3. Prepare pancakes and set aside
4. Saute onions then add soya and seasoning
5. Cook on low heat for 15 minutes
6. Add in blanched spinach
7. Fill pancake and roll

*** PLEASE NOTE:** Malora Plant Based Chicken Flavoured Mince is also suitable for this recipe.



MALORA INSTANT POT BARLEY SOUP

INGREDIENTS

- 100g diced Onions
- 200g diced Carrots
- 100g diced Celery
- 200g chopped Tomatoes
- 300g Pearl Barley
- 50g Malora Plant Based Chicken Mince*
- 25g All Seasons Veg Stock
- 825ml Water
- 5g Parsley Rubbed
- 5g Garlic Powder
- 5g Medium Curry Powder
- 60ml Oil

*** Please note that Malora Plant Based Beef Flavoured Mince is also suitable for this recipe**

METHOD

1. Boil Barley in salted water for 20 minutes
2. Soak Cater Mince in boiling water for 30 minutes
3. Saute Onions, Carrots & Celery in Oil
4. Add Curry and Garlic Powder
5. Add Soya, Tomatoes and braise till Carrots cooked
6. Mix Veg Stock with water and add
7. Season to Taste
8. Allow to simmer for 20 minutes
9. Garnish with Parsley



Hearty. Nutritious. Delicious.



MALORA RED KIDNEY BEAN CURRY

A hearty and flavourful curry made with red kidney beans, potatoes, and aromatic spices. Perfect with rice or roti!



PREP TIME
15 mins



COOK TIME
45 mins



SERVINGS
4-5



SPICE LEVEL
Medium

INGREDIENTS

- 200g Kidney Beans (soaked)
- 400g Potatoes (peeled & cubed)
- 120g Onion (chopped)
- 2 Curry Leaves
- 10g Green Chillies (chopped)
- 20g Kashmiri Spice
- 20g Special Masala
- 3g Borrie (optional)
- 120g Tomatoes (chopped)
- 100ml Oil
- 20g Simply Tomato & Onion Relish
- 20g All Seasons Veg Stock
- 200g Malora Plant Based Beef Flavoured Mince
- 600ml Water (for soaking PB Mince)



METHOD

1. Soak PB Mince until water absorbed – about 1 hour.
2. Boil kidney beans and PB Mince in salted water till soft.
3. Braise onions with green chillies & curry leaves until golden.
4. Add spices and tomatoes. Cook until oil separates.
5. Mix stock powder with 200ml water and add to pot.
6. Add potatoes and cook till 3/4 done.
7. Add beans and PB Mince, cook for 15 minutes.
8. Mix tomato & onion relish with 150ml water and add.
9. Simmer for 10 minutes and season with salt.
10. Garnish with chopped coriander and serve hot.



TIP Tastes even better the next day!

♥ Made with love, served with joy. ♥



MALORA VEGETARIAN CHILLI

A hearty and flavourful vegetarian chilli packed with wholesome ingredients, bold spices, and a rich, comforting taste. Perfect with tortilla chips or roti.



Prep Time
15 mins



Cook Time
45 mins



Serves
4-5

INGREDIENTS

- 200g Malora Plant Based Chicken Flavoured Mince
- 200g Red Kidney Beans
- 150g Green Peppers
- 200g Tomato
- 15g Garlic
- 50g Simply Tomato and Onion Relish
- 10g Paprika
- 10g Cajun Spice
- 8g Jalapeno Chillies
- 100g Onion
- 100ml Oil



METHOD

1. Soak PB Chicken Mince in boiling water for 30 minutes
2. Boil Kidney Beans for 1 hour
3. Braise Onions, Tomatoes, Chillies, Garlic and Peppers
4. Add Spices, Soya and Kidney Beans
5. Cook on low heat for 30 minutes
6. Mix Tomato and Onion Relish with 200ml water and add
7. Cook further on low heat for 15 minutes
8. Garnish with pickled Pepperdews and Chopped Parsley
9. Serve with Tortilla Chips and Toasted Roti Chips



PLEASE NOTE:
Malora Plant Based Beef Flavoured Mince is also suitable for this recipe.

MALORA BROAD BEAN CURRY

A hearty & flavorful curry with broad beans, potatoes, and spices.



INGREDIENTS

- 300g White Kidney Beans
- 400g Potatoes
- 120g Onion
- 2 Curry Leaves
- 10g Green Chillies
- 20g Kashmiri Spice
- 20g Special Masala
- 3g Borrie
- 120g Tomatoes
- 100ml Oil
- 20g All Seasons Veg Stock
- 20g Simply Tomato and Onion Relish
- 100g Malora Plant Based Beef Flavoured Mince
- 300ml Water (For soaking PB Mince)

METHOD

- 1 Soak PB Mince until water is absorbed - about 1 hour
- 2 Boil kidney beans and PB Mince in salted water till soft.
- 3 Braise Onions with Green Chillies & Curry Leaves
- 4 Add Spices and Tomatoes
- 5 Mix Stock Powder with 200ml water and add to pot
- 6 Add Potatoes and cook till 3/4 done
- 7 Add Beans and PB Mince, cook for 15 minutes
- 8 Mix Tomato & Onion Relish with 150ml water and add
- 9 Simmer for 10 minutes and season with salt
- 10 Garnish with chopped coriander

 SERVES 4-6

MALORA POTATO HASH

A hearty, flavourful hash made with Malora Plant Based Mince, potatoes and vegetables.



INGREDIENTS

- 100g Potato diced
- 50g Mixed Peppers diced
- 50g Onion diced
- 50g Tomato diced
- 100g Malora Beef Flavoured Plant Based Mince
- 30ml Oil
- 5g Seasoning of choice
- 300ml of water (soaking PB Mince)



NOTE
Malora Plant Based
Chicken Flavoured Mince
is also suitable
for this recipe.

METHOD

- 1 Steam potato, strain and allow to cool.
- 2 Soak PB Mince until water is absorbed.
- 3 Sauté onion, tomatoes and peppers in pan or on flat top.
- 4 Add potatoes, PB Mince and seasoning and cook until potatoes are golden brown.



MALORA CAULIFLOWER & BROCCOLI AU GRATIN

A creamy, cheesy baked casserole with tender cauliflower and broccoli, topped with golden cheese, parsley, and breadcrumbs.



SERVES
4-6



PREP TIME
15 MIN



COOK TIME
30 MIN



DIFFICULTY
EASY

INGREDIENTS

- 1kg Broccoli and Cauliflower Florets
- 250g Malora Cheese Sauce Premix
- 1,5 lt water
- 100g Mozzarella
- 5g Rubbed Parsley
- 100g Malora Gourmet Coating

METHOD

- 1 Bring pot of salted water to boil and cook cauliflower and broccoli for 5 minutes.
- 2 Drain and rinse till cool.
- 3 Whisk water and Malora Cheese Sauce Premix.
- 4 Add sauce to sauce pan and bring to boil.
- 5 Allow to simmer till cooked.
- 6 Pour into baking dish along with cauli and broccoli.
- 7 Sprinkle over grated cheese, parsley and bread crumbs.
- 8 Bake at 160°C until golden brown.



CHEF'S TIP

For extra flavor, add a pinch of nutmeg to the cheese sauce. Let it rest for 5 minutes after baking for the best texture.

Comfort food that brings everyone to the table.



MALORA CHEESY MINI PIZZAS

Delicious mini pizzas topped with a flavorful Malora mince and creamy cheese sauce – perfect for any occasion!



INGREDIENTS

- 200g Malora Beef Flavoured Plant Based Mince
- 30g Malora Cheese sauce premix
- 50g Onions diced
- 75g Peppers diced
- 4 Tomatoes sliced
- 600ml Water (For soaking PB Mince)
- Seasoning of choice to taste
- 150ml Water (Cheese Sauce)
- 10 x Mini Pizza Bases



METHOD

- 1 Add water to PB Mince and soak until water is absorbed
- 2 Gently squeeze PB Mince to remove excess water
- 3 Add water to cheese sauce premix and stir till smooth
- 4 Cook cheese sauce on low heat until thick and cooked through
- 5 Mix PB Mince and seasoning into cheese sauce
- 6 Coat pizza base with the PB Mince and cheese sauce mixture
- 7 Top with peppers, onions and tomatoes and grill



Please note that Malora Plant Based Chicken Flavoured Mince is also suitable for this recipe



MALORA BATTERED *Egg Plant*

Crispy on the outside, tender on the inside! This simple and delicious battered egg plant recipe is perfect as an appetizer, snack, or side dish.



INGREDIENTS

- 900g Egg Plant
- Oil (dependant on fryer or pan size)
- 500g Malora Catering Battermix
- 750ml Water



TIP

For extra flavor, add a pinch of salt and pepper to the batter. Serve hot with your favorite dip!



METHOD

- 1 Add Malora Battermix with water and mix till smooth.
- 2 Allow to rest for 10 minutes.
- 3 Heat oil to medium heat.
- 4 Slice egg plant into rounds and dip into batter.
- 5 Deep fry till golden brown.
- 6 Drain on parchment paper.
- 7 Serve with a dip.

Simple. Delicious. Perfect.



MALORA EGG PLANT PARMIGIANA

A classic Italian-inspired dish featuring tender egg plant layers baked with rich tomato relish, mozzarella, and parmesan, finished with fresh basil.

INGREDIENTS

- 1,8kg Battered Egg Plant
- 250g Tomato
- 100g Onions
- 10g Garlic
- 125g Simply Tomato & Onion Relish
- 1,25lt Water
- 150g Parmesan
- 100g Malora Gourmet Coating
- 100g Mozzarella
- Basil to garnish

METHOD

1. Mix relish with water and whisk.
2. Add onion, garlic and fresh tomato to pot with oil.
3. Add in tomato & onion relish after 15 minutes.
4. Cook on low for 15–20 minutes.
5. Layer egg plant and tomato and onion relish in baking dish.
6. Sprinkle parmesan, mozz and coating over.
7. Bake for 25 minutes at 180°C or till golden.
8. Garnish with fresh basil.



CHEF'S TIP

Let the parmigiana rest for 5–10 minutes after baking for easier slicing and even better flavor.

MALORA
— GOURMET —



MALORA VEGAN BUTTER CHICKEN

A rich, creamy & comforting vegan twist on the classic butter chicken. Packed with chickpeas, spices and flavor – perfect with rice or naan!



INGREDIENTS

- 2 Tins of Chickpeas
- 200g Onion
- 30ml Oil
- 200g Malora Butter Chicken Curry premix
- 800ml water
- 100ml full cream yoghurt (Optional)



VEGAN

Dairy-free option:
Use coconut yoghurt instead of regular yoghurt.



CHEF'S TIP

For extra richness, add a splash of coconut cream or a dollop of vegan butter before serving.



METHOD

- 1 Add Butter Chicken Curry premix to water
- 2 Whisk till dissolved
- 3 Cover the base of pot with oil
- 4 Saute onions till soft
- 5 Drain and add chickpeas
- 6 Stir in Malora Butter Chicken premix
- 7 Cook until thick, stirring regularly
Allow to simmer
- 8 Serve with full cream yoghurt (optional)



MALORA PLANT BASED BEEF FLAVOURED SAVOURY MINCE



INGREDIENTS

- 500g Malora Plant Based Beef Flavoured Mince
- 30 ml Oil
- 200 g Onion
- 500 g potatoes
- 250 g stew mix vegetables
- 200 g Malora Savoury mince premix
- 800 ml water (for premix)
- 100g Peas
- 1,5lt Water (for PB Mince)



METHOD

- 1 Add Malora Savoury Mince Premix to water
- 2 Soak PB Mince in water until water absorbed
- 3 Cover the base of pot with oil
- 4 Saute onions till soft
- 5 Add PB mince, potatoes & premix and cook till soft stirring regularly
- 6 Add vegetables and cook for further 10 minutes
- 7 Allow to simmer for 5 minutes



* Please note that Malora Plant Based Chicken Flavoured Mince can be used for a Chicken Flavoured Savoury Mince dish



MALORA TEMPURA ONION RINGS

Crispy, golden onion rings in a light and crunchy Malora Tempura batter. Perfect as a snack, side dish, or party appetizer!

INGREDIENTS

- 1 onion sliced into rings
- 100g Malora Tempura Batter mix
- 300ml oil
- 140ml water

METHOD

- 1 Mix the tempura batter mix with water until smooth.
- 2 Allow to rest for 10 minutes.
- 3 Heat oil in pan to medium heat.
- 4 Coat onions with Tempura Batter mix.
- 5 Fry till golden brown.



TIP: Serve hot with your favorite dipping sauce.



CRISPY • FLAVORFUL • VEGGIE-PACKED

MALORA TEMPURA VEGETABLES

A delightful medley of vegetables coated in a light and crispy tempura batter. Perfect as a snack, appetizer, or side dish!



INGREDIENTS

- 500g mixed broccoli, cauliflower, zucchini, mushroom, carrots
- 150g Tempura Batter mix
- 210ml water
- 300ml oil



TIPS

Serve hot with your favorite dipping sauce such as soy sauce, sweet chili, or ponzu.



METHOD

- 1 Mix the tempura batter mix with water until smooth.
- 2 Allow to rest for 10 minutes.
- 3 Heat oil in pan to medium heat.
- 4 Slice carrots and zucchini into sticks.
- 5 Remove stalks from cauliflower and broccoli.
- 6 Coat with Tempura Batter mix.
- 7 Deep fry till golden brown.



VEGETARIAN
FRIENDLY



BEST SERVED
HOT



PREP TIME
30 MINS

Crispy outside. Tender inside. Simply irresistible! ♥



MALORA PLANT BASED CHICKEN FLAVOURED ALA KING

A creamy, savory classic made with Malora Plant Based Chicken for a delicious and satisfying meal.

INGREDIENTS

- 430g Malora Plant Based Chicken Flavoured Chunks
- 30 ml oil
- 800ml water (premix)
- 200g Malora Chicken ala King premix
- 200g onion
- 100 g pepper Green
- 150 g mushrooms
- 1,3lt Water (soaking chunks)

METHOD

- 1 Soak Plant Based chunks until water absorbed (about 1 hr)
- 2 Add Malora Chicken ala King Premix and mix
- 3 Cover the base of pot with oil
- 4 Saute onions till soft
- 5 Add peppers and mushrooms fry for 2 minutes
- 6 Add Plant Based Chunks & Malora chicken ala King premix
- 7 Bring to boil while stirring continuously
- 8 Simmer for 5 minutes



* Please note that Malora Plant Based Flavoured Chicken Mince can be used for a finer texture



MALORA PLANT BASED BEEF FLAVOURED TOMATO BREDIE

Hearty, flavourful. 100% plant-based. A comforting classic with a wholesome twist.

INGREDIENTS

- 430g Malora Plant Based Beef Flavoured Chunks
- 200 g Onions
- 1 lt water (premix)
- 100g Simply Cook in Tomato & Onion Relish
- 30 ml Oil
- 500g Potato
- 100g green peppers
- 50ml Fruit Chutney
- 20g Mixed Herbs
- 25g Crushed Garlic
- 1,3lt Water (soaking chunks)



METHOD

- 1 Soak Plant Based chunks until water absorbed (about 1 hr).
- 2 Mix relish with water and whisk.
- 3 Place peppers and onions in pot and brown.
- 4 Add in tomato & onion relish & soya.
- 5 Stir in chutney, add garlic and herbs.
- 6 Cook until meat becomes tender.
- 7 Add potatoes and cook for 15 - 20 minutes.
- 8 Allow to simmer until thick.



NOTE: Malora Plant Based Flavoured Beef Mince can be used for a finer texture.





MALORA PLANT BASED BEEF FLAVOURED BOLOGNAISE MINCE

INGREDIENTS

- 430g Malora Plant Based Beef Flavoured Mince
- 200 g Onion
- 30 ml oil
- 200 g Malora Bolognese Cooking Premix
- 800 ml water (premix)
- 20 g crushed garlic
- 1.3lt Water (soaking plant based mince)



Please note that Malora Plant Based Chicken Flavoured Mince can be used for a Chicken Flavoured Bolognese Mince Dish

METHOD

- 1 Soak PB Mince until water absorbed (about 1 hr)
- 2 Add Malora Bolognese to water and whisk
- 3 Cover the base of pot with oil
- 4 Saute onions & garlic till soft
- 5 Stir in Malora Bolognese premix & add PB Mince
- 6 Cook till starts thickening
- 7 Allow to simmer for 5 minutes

MALORA PLANT BASED BEEF FLAVOURED LASAGNE



A hearty and delicious plant-based lasagne made with Malora Plant Based Beef Flavoured Mince, layered with rich sauce, creamy cheese, and pasta sheets – baked to golden perfection.



PREP TIME
20 MIN



COOK TIME
40 MIN



SERVES
6

INGREDIENTS

- 430 g Malora Plant Based Beef Flavoured Mince
- 200 g Onion, finely chopped
- 30 ml Oil
- 200 g Malora Bolognese Cooking Premix
- 800 ml Water (premix)
- 20 g Crushed Garlic
- 1,3 lt Water (soaking plant based mince)
- 250 g Pasta Sheets
- 150 g Cheese
- 800 ml Water (for Pasta Sauce)
- 100 g Malora Creamy Pasta Sauce

PLEASE NOTE

Malora Plant Based Chicken Flavoured Mince is also suitable.

METHOD

- 1 Soak PB Mince until water absorbed (about 1 hr)
- 2 Add Malora Bolognese to water and whisk
- 3 Cover the base of pot with oil and saute onions and garlic until soft
- 4 Stir in Malora Bolognese premix & add PB Mince
- 5 Cook till starts thickening and allow to simmer for 5 minutes
- 6 Whisk water and Malora pasta sauce together
- 7 Add to saucepan and bring to boil
- 8 Allow to simmer until cooked and then divide into 3 equal parts
- 9 Soak pasta sheets in boiling water till al dente
- 10 Pour 1/3rd white sauce in dish base and layer with pasta sheets and layer with pasta sheets
- 11 Spread half mince over pasta sheets and layer with another 1/3rd pasta sauce. Layer rest of pasta sheets
- 12 Spread balance of mince and pour pasta sauce over mince
- 13 Sprinkle cheese and bake at 160°C until browned



MALORA PLANT BASED BEEF FLAVOURED SAVOURY MINCE

INGREDIENTS

- 500g Malora Plant Based Beef Flavoured Mince
- 30 ml Oil
- 200 g Onion
- 500 g potatoes
- 250 g stew mix vegetables
- 200 g Malora Savoury mince premix
- 800 ml water (for premix)
- 100g Peas
- 1,5lt Water (for PB Mince)

METHOD

- 1 Add Malora Savoury Mince Premix to water
- 2 Soak PB Mince in water until water absorbed
- 3 Cover the base of pot with oil
- 4 Saute onions till soft
- 5 Add PB mince, potatoes & premix and cook till soft stirring regularly
- 6 Add vegetables and cook for further 10 minutes
- 7 Allow to simmer for 5 minutes



* Please note that Malora Plant Based Chicken Flavoured Mince can be used for a Chicken Flavoured Savoury Mince dish



MALORA PLANT BASED BEEF FLAVOURED HASH WRAP

INGREDIENTS

- 100g Potato diced
- 50g Mixed Peppers diced
- 50g Onion diced
- 100g Malora Beef Flavoured Plant Based Mince*
- 30ml Oil
- 5g Seasoning of choice
- 300ml of water (soaking PB mince)
- 10 x Wraps toasted



METHOD

- 1 Steam potato, strain and allow to cool
- 2 Soak PB Mince until water is absorbed
- 3 Saute onion and peppers in pan or on flat top
- 4 Add potatoes, PB Mince and seasoning and cook until potatoes are golden brown
- 5 Add hash into toasted wraps
- 6 Serve warm and enjoy!



* Please note that Malora Plant Based Chicken Flavoured Mince is also suitable for this recipe



MALORA PLANT BASED BEEF FLAVOURED PASTA BAKE

INGREDIENTS

- 430g Malora Plant Based Flavoured Mince
- 30 ml oil
- 1lt water (cheese sauce)
- 200g Malora Cheese Sauce
- 200 g onion
- 100 g pepper Green
- 150 g mushrooms
- 1,3lt Water (soaking PB Mince)
- 500g Elbow Noodles cooked
- 100g Cheese Grated

METHOD

- 1 Soak PB Mince until water absorbed (about 1 hr)
- 2 Add Malora Cheese sauce to water & mix until smooth
- 3 Cover the base of pot with oil
- 4 Saute onions till soft
- 5 Add peppers and mushrooms fry for 2 minutes
- 6 Add PB Mince & Malora cheese sauce
- 7 Bring to boil while stirring continuously
- 8 Simmer for 5 minutes
- 9 Mix in cooked pasta and transfer to an oven proof dish
- 10 Sprinkle with grated cheese and bake until browned

* Please note that Malora Plant Based Chicken Flavoured Mince can be used for a Chicken Flavoured Bake

PLANT BASED. FULL OF FLAVOUR.

MALORA PLANT BASED CHICKEN FLAVOURED STEW



A hearty and nourishing plant-based stew packed with flavourful Malora plant based chicken, vegetables and herbs – perfect for a wholesome and satisfying meal.


PREP TIME
15 mins


COOK TIME
20 mins


SERVES
4-6

INGREDIENTS

- 430g Malora Plant Based Chicken Flavoured Chunks
- 200 g Onions
- 800ml water (premix)
- 200g Malora Chicken casserole premix
- 1,3lt Water (soaking Chunks)
- 30 ml Oil
- 500gr Potato
- 100g green peppers
- 25g Crushed Garlic
- 20g Mixed Herbs
- 200g Stewing Vegetables

Please note that Malora Plant Based Flavoured Chicken Mince can be used for a finer texture.

METHOD

- 1 Soak PB Chunks until water absorbed (about 1 hr)
- 2 Mix premix with water and whisk
- 3 Place peppers and onions in pot and brown
- 4 Add in casserole premix
- 5 Add garlic and herbs
- 6 Cook until PB chunks become tender
- 7 Add potatoes and cook for 15 – 20 minutes
- 8 Add vegetables and allow to simmer until thick

Wholesome. Delicious. Plant-Based Goodness.



MALORA PLANT BASED FRIED RICE

*A flavourful, wholesome
plant-based twist on a classic!*

INGREDIENTS

- 430g Malora Plant Based Chicken or Beef Flavoured Mince
- 50 ml oil
- 100g Spring onion chopped
- 2 garlic cloves crushed
- 1 medium carrot
- 1 small onion
- 70ml soy sauce
- 70ml Vinegar
- 300g Cooked rice
- 35ml chilli sauce
- Salt & Pepper to taste
- 1,3lt Water (soaking PB Mince)



TIP

For extra flavour, add a dash of sesame oil or your favourite hot sauce.

METHOD

- 1 Soak PB Mince until water absorbed (about 1 hr)
- 2 Boil PB Mince until cooked
- 3 Remove from water and squeeze gently to remove excess water
- 4 Oil pan and saute carrot, onions and garlic
- 5 Add Sauces, PB Mince, Cooked rice to pan, season with salt and pepper and stir fry until done

*Enjoy your delicious
plant-based meal!*



MALORA PLANT BASED CHICKEN FLAVOURED BREYANI

A fragrant and flavourful plant-based biryani made with Malora Plant Based Chicken Flavoured Chunks.

INGREDIENTS

- 430g Malora Plant Based Chicken Flavoured Chunks
- 2 Onions chopped
- 3 Garlic cloves crushed
- 15g fresh ginger finely chopped
- 1.3lt Water (soaking Chunks)
- 30 ml Oil
- 2 Tomatoes diced
- 1 deseeded green chilli
- 30g Malora Breyani Masala
- 15g Malora Borrie
- 150g Plain Yoghurt
- Salt & Pepper to taste
- Fresh Coriander to garnish
- 500g Cooked Rice



PLEASE NOTE: Malora Plant Based Flavoured Chicken Mince can be used for a finer texture.

METHOD

- 1 Soak PB Chunks until water absorbed (about 1 hr).
- 2 Marinade PB Chunks in yoghurt, Breyani Masala and Salt & Pepper.
- 3 Oil pot and saute garlic, ginger and chilli.
- 4 Add in marinated PB Chunks and brown.
- 5 Stir in tomato and Borrie, bring to boil.
- 6 Reduce heat and allow to simmer, around 20 - 30 minutes.
- 7 Add rice and half of chopped coriander.
- 8 Allow to simmer on low heat for around 10 - 15 minutes.
- 9 Garnish with remaining coriander and serve.



SERVES
4-5



PREP TIME
20 mins



COOK TIME
45 mins



DIFFICULTY
Medium



MALORA BUTTER CHICKPEA & COUS COUS

A hearty and flavorful blend of Malora Butter Chicken seasoning, chickpeas, onions, and cous cous – perfect for a wholesome meal.

INGREDIENTS

- 400g Cous Cous
- 100g Onions
- 100ml Oil
- Salt & Black Pepper to taste
- 400g Chick Peas
- 100g **Malora** Butter Chicken Premix
- 8g Dried Chillies
- 50ml Yoghurt
- 30g Fresh Coriander
- 400ml Water
- 2g Jeera Seeds
- 20g Kashmiri Spice
- 2 Curry Leaves
- 50g Tomatoes

METHOD

- 1 Soak Chickpeas in water overnight
- 2 Rinse Chickpeas and boil until soft
- 3 Boil 1lt water with All Seasons Stock
- 4 Saute onions with Chillies, Jeera & Curry Leaves
- 5 Add Cous Cous & braise for 5 minutes. Turn Off
- 6 Add Tomatoes, Kashmiri & Chickpeas. Braise
- 7 Mix Butter Chicken Premix with water and add
- 8 Allow to simmer for 15 minutes
- 9 Finish with Yoghurt and Coriander



Chef's Tip: Garnish with fresh coriander and serve warm for the best experience.

