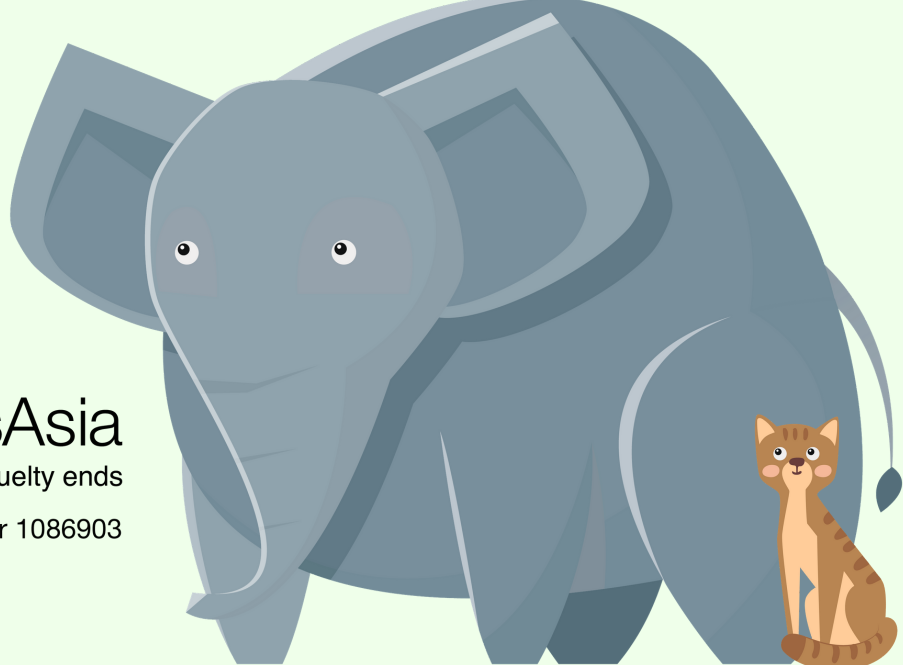


Teddy Bears Picnic

Recipes to create the
best picnic for your
little cubs



AnimalsAsia

Until the cruelty ends

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Teddy Bears Picnic

Prawn style sushi wraps

INGREDIENTS:

- 2 Cups of Sushi Rice
- 1/2 Cucumber
- 1/2 Red Bell Pepper
- 1 Avocado
- 8 Nori Seaweed Sushi Sheets
- Fry's Battered Prawn-Style Pieces

DIRECTIONS:

- Cook rice and prawns as instructed on their respective packaging
- Chop up the avocado, cucumber and pepper into thin finger length pieces
- Lay out nori seaweed sushi sheet onto sushi mat (if applicable, though not a necessity)
- Once the rice is ready, spread it across the sheet so that it covers the majority of the sheet, leaving a gap at the top and the bottom
- Add 2 prawn-style pieces to the middle of the sheet end to end, on top of the rice
- Add 2 avocado, 2 cucumber and 2 pepper pieces to same position in the middle
- Grabbing from the bottom edge, carefully roll up the nori sheet, wrapping over the ingredients in the middle, and tucking it all under, leaving the top edge of the sheet visible
- Brush the top edge of the sheet with water, and then finish rolling the sheet round so that the top edge connects
- Carefully slice the finished rolled sushi with a serrated knife into approximately 2cm thick pieces
- Repeat until all remaining ingredients have been used



Teddy Bears Picnic

Schnitzel & Caesar Salad Wraps

INGREDIENTS:

Fry's Golden Crumbed Schnitzels
4 Tortilla Wraps
2 Tomatoes
1 Lettuce
2 Tbsps. Nutritional yeast
1 Clove of Pickled Garlic
Pinch of Salt
Pinch of Pepper
1 Tbsps. Lemon Juice
1/2 Tbsps. Dijon Mustard
1 Cup of Cashew Nuts
1 Cup of Plant Based Milk

DIRECTIONS:

- Cook Golden Crumb Schnitzels as instructed on packaging
- For creating the Caesar salad dressing, place the cashew nuts and plant milk into a blender
- Add the nutritional yeast, pickled garlic, salt, pepper, lemon juice and mustard and blend until smooth to complete the dressing
- Chop up the lettuce and mix into a bowl with Caesar salad dressing
- Slice up tomatoes and the cooked schnitzels into thin finger sized pieces
- Lay out a tortilla wrap onto a flat surface (can be lightly cooked on a pan if preferred)
- Spread the Caesar salad and lettuce mixture across the centre of the wrap
- Add 3 pieces of chopped tomato, and 3 pieces of schnitzels to the middle on top of the lettuce
- Fold over wrap from the bottom, covering all ingredients within, then fold in from one side, before continuing to roll to the top, completing the wrap



Teddy Bears Picnic

Hearty healthy bear-rittos

INGREDIENTS: (makes 8)

1 large red onion
oil to fry (optional)
1 380g pack Fry's Mince
1 can chopped tomatoes
1 can black beans
1 can baked beans
1/4 cup tomato paste
1tsp cumin
1 tbsp. smoked paprika
1 vegan gravy granules
Salt & pepper to taste
1-pack corn tortillas
Vegan cheese
1 pack of spinach
2 avocado
1 Lime



DIRECTIONS:

- Cook off the onions until soft
- Add the Fry's mince and mix together
- Add baked beans, black beans and chopped tomatoes and combine
- Sprinkle all spices and mix
- Mash the avocado add lime and salt for flavour
- Grill the tortillas
- Lay on top of tin foil and layer the mince, spinach, vegan cheese and avocado on the tortilla and wrap.
- Enjoy!



Teddy Bears Picnic

Sun bear smoothie

INGREDIENTS: (makes 8)

½ cup blueberries

1 scoop Frys Vanilla Bean Coconut Ice Cream

½ mango, peeled and chopped

½ cup finely chopped kale

1 kiwi fruit, sliced

Berries and chia seeds, to garnish

Extra kiwi slices for garnish, optional

DIRECTIONS:

- Blend the blueberries and coconut ice cream together. Set aside
- Mix the mango and coconut ice cream together. Set aside
- Blend the kale, kiwi and coconut ice cream together and set aside.
- To assemble: decorate the glass with a few kiwi slices by placing them firmly against the glass. This is optional.
- Pour the blueberry smoothie into a glass, carefully pour over the mango smoothie and layer carefully with the kale and kiwi smoothie.
- Garnish with berries and chia seeds and enjoy.

