



In association with



**Feast your eyes on these delicious
cruelty free recipes for your BearBQ**

Find enclosed within these pages some delicious food ideas from Frys' Family Foods to make your BearBQ a mouthwatering success!

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Tammy's Homemade Peanut Marinade

Ingredients

- 1/2 Tin coconut milk
- 100g Smooth peanut butter
- 1 Spring onion, chopped
- 2 tbsp. Red wine vinegar
- 1/2 tsp. Dried chilli flakes
- 1 Clove garlic, and finely chopped

Method

Combine all ingredients in a food processor and blend until smooth. Add a little water to thin it out to the desired consistency.

The Fry Family BBQ Sauce

Ingredients

- 2 cups ketchup
- 1/4-cup molasses
- 1/8-cup apple cider vinegar
- 2 tablespoons olive oil
- 1/4-cup maple syrup or agave
- 1-tablespoon soy sauce
- 2 cloves garlic – minced or pressed
- 1 tablespoon smoked paprika
- 1 tablespoon dried oregano
- Two dashes hot sauce

Method

Combine all ingredients in a food processor and blend until smooth.



Traditional Style Burger with Sweet Tomato Relish



Ingredients

- 1 box of Fry's Traditional Burgers
- 1/2 Can of tomato and onion mix
- 1 tbsp Chutney
- 1/2 Garlic clove, crushed
- 75ml Mustard
- 200ml barbecue sauce
- Salt and pepper
- 4 Seeded buns
- Olive oil for grilling
- 2 Medium gherkins, sliced
- 1 Red Onion, thinly sliced
- 1 Tomato, sliced
- Rocket

Method

1. Relish: Place tomato and onion mix in small barbecue cast iron pot, add chutney and garlic. Place pot on barbecue and simmer for 3 minutes. Season with salt and pepper.
2. Marinade: Combine barbecue sauce and mustard to create basting for burgers.
3. Grill the Traditional Burgers on the barbecue for 8 minutes, or until cooked through, basting and turning regularly.
4. Slice the buns in half, lightly brush with olive oil, toast lightly on the barbecue.
5. Assemble the burger: Layer with relish, sliced tomato and watercress. Add the burgers, gherkins, red onion and more relish.

Aubergine Salad



Ingredients

- 1 box of Fry's Chunky Strips
- 2 medium aubergines
- 3 tbsp olive oil
- 400g cherry tomatoes
- Pinch of ground cumin
- 1/3 cup of mint, coarsely chopped
- 1/3 cup of Flat-leaved parsley leaves, coarsely chopped

for the dressing:

- 1 tbsp olive oil
- Juice of half a melon
- 1 garlic clove, crushed

coffee & chilli marinade for the chunky strips:

- 1 tsp Chilli flakes
- 2 tbsp Instant coffee powder
- 1 Red chilli, deseeded and chopped
- 2 tbsp Cooking oil

Method

1. Preheat the oven to 180°C.
2. Cut the aubergines into pieces and arrange in a single layer in a baking dish.
3. Pour in water until it reaches two-thirds of the way up the sides of the pieces, bake at 180°C for 45 minutes.
4. Remove from oven and sauté the aubergine in olive oil in a non-stick frying pan until golden brown.
5. Remove the aubergine from the pan, add the tomatoes to the pan with a little olive oil and the cumin. Sauté the tomatoes until just soft and the skin begins to blister.
6. Mix the tomatoes with the aubergines and add the herbs.
7. To marinade the strips, mix the coffee powder, fresh chilli, chilli flakes and cooking oil together. Add a little boiling water and mix until coffee is dissolved.
8. Marinade the Fry's Strips in the mixture for 10 minutes. Thread the strips onto wooden skewers and barbecue for 5 minutes or until cooked through.
9. Combine dressing ingredients; toss through salad and serve.

Schnitzel Salad with Berry Glaze



Ingredients

- 1 box of Fry's Golden Crumbed Schnitzel
- 1/2 cup Pomegranate juice
- 50g Sugar
- 3 Star anises
- 2 tbsp Soy sauce
- 3 tbsp Red wine vinegar
- 100g Strawberries, chopped
- 200g Baby leaf salad
- 150g Sugar snap peas, blanched

Method

1. Combine the pomegranate juice, sugar, star anise and soy sauce in a small saucepan; simmer for 10–15 minutes until the sauce becomes sticky.
2. Barbecue the Schnitzels until golden brown, cut each schnitzel into 4 pieces.
3. Mix the chopped strawberries with the pomegranate sauce. Mix together the baby leaf salad, sugar snap peas and the Schnitzel pieces. Pour the strawberry mixture over the salad and serve.

Barbecue Hot-Dogs with Sweet Potato Fries



Ingredients

- 6 Fry's Original Hot Dogs, defrosted
- 6 Long hotdog rolls
- 3 Medium sized sweet potatoes, cut into thin fries
- 2 tsp Paprika
- Salt
- Pepper
- Olive oil

Method

1. Place the sweet potato fries on a baking tray with olive oil, salt, pepper and paprika and bake in oven on 180°C for 10-15 minutes.
2. Score the hot dogs diagonally along the top. Barbecue lightly until golden brown.
3. Cut the hotdog rolls lengthways along the top, being careful not to cut all the way through.
4. Toast the top of the hotdog rolls on the barbecue, remove when roll becomes golden brown.

Why not serve these with some of Tammy's homemade Peanut marinade on page 3 for an added nutty boost!

Prawn Style Skewers with Pistachio Dukkah



Ingredients

- 1 box of Fry's Battered Prawn Style Pieces, defrosted
- 1/4 cup Pistachios, finely chopped
- 2 tbsp Sesame seeds
- 1 tsp Ground coriander
- 1 tsp Ground cumin
- 1/2 tsp Sea salt
- Pinch of freshly ground black pepper
- Olive oil
- 3/4 Cup Peppadew™ pesto or Harissa sauce
- Lemon wedges
- Wooden skewers, soaked in water for 30 minutes

Method

1. Prepare the barbecue. Pistachio dukkah: Combine pistachio, sesame seeds, coriander, cumin, salt and pepper in a small bowl.
2. Thread the prawns onto wooden skewers, brush the prawns with olive oil and roll in the dukkah spice.
3. Cook the prawn skewers on a warm barbecue for 3-4 minutes, turning twice.
4. Serve the skewers with the Peppadew™ pesto, lemon wedges and remaining dukkah spice