



Harvest B[®]

PLANT PROTEIN RECIPE INSPIRATIONS

With Harvest B Plant Proteins, we've made it simple for anyone to create the dishes that they love. We've put together a range of recipes for inspiration that showcases how versatile our proteins are across cuisines, cooking methods and styles. Enjoy!

YELLOW CURRY

4

SERVINGS

15

MINUTES TO PREPARE

B CHICKENLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 500g hydrated Harvest B Chickenless Pieces
- 240g yellow curry paste
- 2 tbsp lemongrass paste or 2 sticks lemongrass crushed into 10cm lengths
- 8 kaffir lime leaves
- 4 limes zested and juiced
- 1 pack or can baby corn
- 1 carrot (chopped into thin half moons)
- 2 cans coconut milk
- 8 spring onions cut in 10cm lengths
- 2 tbsp vegan fish sauce
- 30g palm sugar/normal sugar
- Coriander to serve

INSTRUCTIONS

1. Heat 4 tablespoons of oil to pan.
2. Add hydrated Chickenless Pieces to hot pan and seal for 3-4 minutes until golden brown. Remove from heat and place to the side.
3. Fry curry paste and lemongrass on medium to low heat for 5 minutes until aromatic.
4. Add Chickenless Pieces, carrots, baby corn lime zest, and kaffir lime leaves on simmer for 12 minutes.
5. Add shallots and season with vegan fish sauce, sugar, and lime juice.
6. Serve with rice and top with coriander leaves.



BUTTER CHICKENLESS

1

SERVINGS

15

MINUTES TO PREPARE

B CHICKENLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 300g hydrated Harvest B Chickenless Pieces
- 2 tbsp olive oil
- 2 tbsp cornstarch
- ½ tsp salt
- 1 tbsp grated fresh ginger
- 2 cloves garlic, minced
- 1 tbsp garam masala
- 1 tsp curry powder
- 1 tsp ground coriander
- ¼ tsp cayenne pepper
- 1 tsp salt
- 85g tomato paste
- 1 canned full fat coconut milk

Sauce

- 2 tbsp vegan butter (or olive oil)
- 1 large onion, diced small

INSTRUCTIONS

1. Preheat air fryer and line a baking sheet with parchment paper.
2. Add hydrated Chickenless Pieces to a large ziplock bag, along with olive oil, cornstarch and salt. Close bag, and shake gently to coat.
3. Arrange Chickenless Pieces evenly on prepared pan, and air fry for 10-20 minutes, until golden and crispy.

For Sauce

1. Melt 2 tablespoons of vegan butter in large pan over medium-high heat.
2. Sauté onions for 3-4 minutes in butter, then add ginger and garlic and cook for 1 more minute.
3. Add spices, salt, tomato paste and coconut milk. Stir until smooth and combined, then simmer for 5-10 minutes, stirring frequently.
4. When Chickenless Pieces are done, add to sauce and stir to coat pieces. Serve over rice or naan. Garnish with chopped fresh coriander.



HEARTY STEW

4

SERVINGS

20

MINUTES TO PREPARE

B BEEFLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 500g hydrated Harvest B Beefless Pieces
- 3 tbsps vegetable oil
- 4 carrots, small dices
- 1 medium onion, finely diced
- 5 garlic cloves, finely diced
- 1 cup leeks, finely diced
- 3 tsp Massel plant-based jus rich sauce mix
- 3 cups water
- 1 tsp dried rosemary
- 1 tsp dried parsley
- ½ tsp ground black pepper

INSTRUCTIONS

1. Wash, peel, and cut vegetables ready to cook.
2. Add oil to a pot. Cook hydrated Beefless Pieces in batches over medium heat until brown. Ensure to cook on all sides and move to a plate while cooking the rest. Be careful not to overcrowd pot.
3. Add 2 tablespoons of oil into pot to allow to heat.
4. Add onion, carrots and leek to pot and cook until onions are translucent. Then add diced garlic until aromatics come through (about 30 seconds). Add rosemary, black pepper and dried parsley mix through.
5. Dissolve plant-based jus in 3 cups water and then add to pot. Allow to simmer for 5 minutes. Carefully place Beefless Pieces back into pot, with liquid and seasonings.
6. Bring to simmer before reducing heat to low simmer and cover with lid.
7. Leave Beefless Pieces to simmer for 10 minutes, checking occasionally. Stir to prevent anything from sticking, if too thick add a small quantity of water. Season well with salt and pepper.
8. Serve in a big bowl with crusty French bread.



FRIED RICE

4

SERVINGS

20

MINUTES TO PREPARE

B CHICKENLESS
SHRED

DESIGNED FOR

INGREDIENTS

- 250g hydrated Harvest B Chickenless Shred
 - Vegetable oil, as needed
 - ½ onion, finely sliced
 - 4 cloves of garlic, chopped
 - 5cm length of ginger, grated
 - 750g rice, cooked and cooled
 - 2 eggs (vegan or animal), beaten
 - 150g mixed vegetables, frozen
 - 1 bunch of spring onions, finely sliced
- Sauce**
- 1 tbsp Chinese cooking wine or dry sherry
 - 1 tbsp Oyster Sauce
 - 1 tbsp light soy sauce
 - 1 tsp sesame oil

INSTRUCTIONS

1. Preheat skillet or wok over medium heat. Pour a drizzle of oil and heat up.
2. Add 2 tablespoons of oil and heat to medium add garlic, ginger and sliced onion. Cook for 1 minute stirring well.
3. Add hydrated Chickenless Shred and cook for 1-2 minutes.
4. Add frozen mixed vegetable and continue cook for a further minute.
5. Stir in cold rice & sauce to heat up in the pan. Make a hole in middle of rice and pour in eggs. Fry rice and eggs together, breaking up any egg chunks with a spatula for a for a further 2-3 minutes until the eggs are scrambled firm.
6. Add spring onions, stir and serve immediately.



SWEET & SOUR STIRFRY

4

SERVINGS

20

MINUTES TO PREPARE

B PORKLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 400g hydrated Harvest B porkless pieces
 - 3 tsp finely grated ginger
 - 2 tsp finely grated garlic
 - 1 cup pineapple pieces
 - ½ red capsicum - diced
 - ½ green capsicum - diced
 - 1 onion cut into 2.5cm cubes
 - ½ cup spring onions sliced
- Sweet & Sour Sauce**
- ⅓ cup white sugar
 - ⅓ cup apple cider vinegar
 - 3 tbsp pineapple juice
 - 3 tbsp tomato ketchup
 - 4 tsp cornstarch
 - 1 tbsp soy sauce
 - 1 tsp oyster sauce
 - ½ cup water

INSTRUCTIONS

Fried Porkless Pieces

1. Add hydrated Porkless Pieces, soy sauce, 1 tablespoon grated garlic & ginger in a bowl.
2. Mix well and rest for 10 minutes.
3. Coat Porkless Pieces with cornstarch well and shake off the excess.
4. Deep fry for 3-4 minutes until golden brown or air fry at 180°C for 8-10 minutes until crispy.
5. For Sweet & Sour Sauce, mix all ingredients except water until combined and then add water and mix well.

Stir Fry Preparation

1. Add 1-2 tablespoon of vegetable oil to frying pan.
2. Once hot, sauté onion, garlic, and ginger for 1-2 minutes until onions are cooked. Add capsicum and cook for 2 minutes.
3. Add in pineapple pieces and cook for 2 minutes until sauce thickens.
4. Add in crispy Porkless Pieces & spring onions mix well and quickly aiming for 10 seconds. Serve immediately.



MEXICAN TACO

4

SERVINGS

15

MINUTES TO PREPARE

B CHICKENLESS STRIPS

DESIGNED FOR

INGREDIENTS

- 500g hydrated Harvest B Chickenless Strips
- Vegetable oil
- 2 tbsp apple cider vinegar (or rice vinegar)
- 1 ½ tbsp lime juice
- 3 garlic cloves , minced
- 1 ½ tbsp chipotle or ancho chilli powder
- 2 tsp dried oregano
- 2 tsp smoked paprika powder
- ⅛ tsp all spice
- ¼ tsp cinnamon powder
- ½ tsp cayenne pepper (optional - for spiciness)
- 1 tsp salt
- 1 tsp black pepper
- 1 red capsicum finely sliced
- 1 onion finely sliced

To serve

- 12 tacos
- Salsa

INSTRUCTIONS

1. Place all ingredients except the capsicum and onion together mix well. Marinate for at least 3 hours, preferably overnight.
2. Heat oil in skillet over medium-high heat and cook hydrated Chickenless Strips with sliced capsicum and onion for 5-6 minutes.
3. Remove protein strips onto plate, cover loosely with foil and rest for 3 minutes.
4. Warm your tacos as per the pack instructions, serve with Chickenless Strips and top with salsa.



BBQ CHICKENLESS PIZZA

4

SERVINGS

15

MINUTES TO PREPARE

B CHICKENLESS
STRIPS

DESIGNED FOR

INGREDIENTS

- 150g hydrated Harvest B Chickenless Strips
- 450g of homemade pizza dough
- 2 tbsp olive oil
- 1/3 cup BBQ sauce
- 1 1/2 cups shredded mozzarella
- 1/2 red onion thinly sliced

INSTRUCTIONS

1. Cook pizza crust as instructed on packaging.
2. Brush olive oil over the crust and spread BBQ sauce over the pizza. Toss plant-based strips in any leftover BBQ sauce.
3. Scatter hydrated Chickenless Strips, sliced red onion and top with shredded mozzarella.
4. Place into oven until crust is golden brown for 10-15 minutes until crust is golden brown and cheese is bubbly.



GREEK GYROS

4

SERVINGS

15

MINUTES TO PREPARE

B LAMBLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 400g hydrated Harvest B Lambless Pieces
- 3 cloves garlic, crushed
- 1 large sprig rosemary, leaves picked
- 1 tbsp dried oregano
- ½ onion sliced thinly
- 3 tbsp extra virgin olive oil
- Vegetable oil
- Pita bread/flatbread
- Tzatziki
- Mixed salad
- Sliced tomatoes
- Chopped parsley to garnish
- Salt and pepper

INSTRUCTIONS

1. Mix hydrated Lambless Pieces, crushed garlic, rosemary, sliced onion, olive oil and salt and pepper together. Leave to marinate for 30 minutes or longer if possible.
2. Heat pan on medium to high heat, add the vegetable oil and fry marinated Lambless Pieces up for 6 to 8 minutes until well caramelised. Season with salt and pepper. Put to the side.
3. Take pita bread or flatbread (preferably warmed) and place on baking paper or foil.
4. Place some salad & sliced tomatoes down the middle of the bread, then top with Lambless Pieces and Tzatziki, scatter with chopped parsley.
5. Roll the wrap up, enclosing it with the paper or foil. Twist the end with the excess paper or foil to secure it and cut if desired.

POPCORN CHICKENLESS

4

SERVINGS

15

MINUTES TO PREPARE

B CHICKENLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 300g hydrated Harvest B Chickenless Pieces
- Salt & pepper
- ½ cup plain flour
- Vegetable oil

Wet ingredients

- ½ cup plant-based milk e.g. soy milk
- ½ tbsp apple cider vinegar

Crunchy crumb

- 100g paprika-flavoured crisps, or similar spiced crisps
- 4 tbsp plain flour
- 2 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder

INSTRUCTIONS

Prepare

1. To make the crunchy crumb, crush paprika crisps and transfer to a bowl along with remaining dry ingredients, and a pinch of salt and pepper, mix well.
2. Combine soy milk and vinegar in a separate bowl and allow to sit for 1-2 minutes.
3. Season hydrated Chickenless Pieces evenly with salt and pepper, then dip it into flour, followed by milk mixture, then finally crumb mixture ensuring the pieces are well coated.
4. Repeat until all pieces have been coated.

Cooking

1. Deep fry in hot oil at 180°C or approximately 2 minutes on each side or until pieces begin to brown and is extra crispy. It is important not to overcrowd the pan as it can lower the temperature of the oil.
2. Alternatively to air fry heat in an air fryer and place in a single layer ensuring not to overcrowd pieces. Spray with oil and cook for 12 minutes, turning the pieces at 6 minutes.

Serve with your favourite sauces like mayonnaise or hot sauce.



Harvest B

CHICKENLESS SPAGHETTI

4

SERVINGS

30

MINUTES TO PREPARE

B CHICKENLESS
PIECES

DESIGNED FOR

INGREDIENTS

- 500g hydrated Harvest B Chickenless Pieces
- 1 jar spaghetti sauce
- ¼ cup water
- 1 can sliced mushrooms, undrained
- 4 tbsp oil
- 1 tsp dried Italian seasoning
- Kosher salt
- 340g spaghetti pasta
- ½ cup shredded Parmesan cheese

INSTRUCTIONS

1. Heat 4 tablespoons of oil to pan.
2. Add hydrated Chickenless Pieces to hot pan and seal for 3-4 minutes until golden brown. Remove from heat and place to the side.
3. Add spaghetti sauce, water, undrained mushrooms, and Italian seasoning to a large saucepan.
4. Bring to boil, then reduce heat to low and simmer for 15 to 20 minutes.
5. Meanwhile, bring a large pot of salted water to a rolling boil.
6. Cook spaghetti according to package directions in salted water until al dente and drain.
7. Ladle sauce over Chickenless Pieces, cooked and drained spaghetti and sprinkle with the Parmesan cheese. Serve hot.



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