

30 VEGGIE RECIPES



**DELICIOUS
PLANT-BASED
PRODUCTS**



ensemble™



A RANGE OF CLEAN, SIMPLE AND VERSATILE DELICIOUS PLANT-BASED PRODUCTS.

HEALTHY

At Ensemble™, we offer healthy plant-based products, made of **5 simple main ingredients**.

Rich in protein, a source of fibre and low in saturated fat, Ensemble™ products can be easily and quickly prepared. Here are some delicious examples of recipes that you can prepare and enjoy with your loved ones!

CUSTOMIZABLE

Choose from a variety of shapes, sizes, packaging and tastes!



TASTERS

- 04 Mediterranean kebabs
- 05 Traditional-style
- 06 Curried

BITES

- 07 Caesar salad
- 08 Italian-style
- 09 Tikka masala

TENDERS

- 10 Orzo pasta salad
- 11 Thai soup
- 12 Basquaise
- 13 Tajine

MEDALLIONS

- 14 On grilled aubergines
- 15 With spices and carrot salad
- 16 Tian
- 17 With smoked BBQ sauce

STRIPS

- 18 With thyme flowers
- 19 Mixed bell peppers with Provence herbs, grilled tomatoes
- 20 Teriyaki Strips with sesame seeds
- 21 Spicy breaded Strips

SLICES

- 22 In panko breadcrumbs
- 23 Cream of mushroom Spaetzle
- 24 Sweet & sour slices with steamed vegetables

SNACK RECIPES

- 25 Tapas
- 26 Burger
- 27 Burrito with Tenders and dragon fruit
- 28 Sandwich
- 29 Tenders & crunchy vegetable wrap
- 30 Panini
- 31 Rustic sandwich
- 32 Wrap
- 33 Summer rolls



SIX DIFFERENT SHAPES & SIZES BURSTING WITH FLAVOUR

5 MAIN INGREDIENTS

Wheat protein, chickpeas,
sunflower oil, fibres, stock

TASTERS



WHEAT, CHICKPEAS, WATER,
OIL, FIBRES, STOCK.

BITES



WHEAT, CHICKPEAS, WATER,
OIL, FIBRES, STOCK.

TENDERS



WHEAT, CHICKPEAS, WATER,
OIL, FIBRES, STOCK.

MEDALLIONS



WHEAT, CHICKPEAS, SUNFLOWER SEEDS,
WATER, OIL, FIBRES, STOCK.

STRIPS



WHEAT, CHICKPEAS, PUMPKIN SEEDS,
LENTILS, WATER, OIL, FIBRES, STOCK.

SLICES



WHEAT, CHICKPEAS, HEMP SEEDS, BELL
PEPPERS, WATER, OIL, FIBRES, STOCK.



**EASY
TO
COOK**



**ALSO IN
ORGANIC
VERSIONS**



In a frying pan/saucepan

Drain then brown the veggie pieces in a frying pan or saucepan with a little oil over a medium heat for about 5 minutes.



In the oven

Heat with or without the juice for a few minutes depending on the accompaniment or sauce.





TASTERS

Mediterranean kebabs



INGREDIENTS

Tasters.....	1 kg	For the marinade:	Nutmeg	4 g
Red onions	200 g	Lemon juice	Hot smoked paprika	3 g
Bell peppers	500 g	Olive oil	Cardamom	5 g
Yoghurt sauce with garlic, lemon and dill		Crushed garlic.....	Salt.....	4 g
BBQ sauce		Paprika.....		
		Italian spice blend.....		4 g

PREPARATION

1. Place the Tasters along with the bell peppers and onions chopped into large pieces in a large bowl. Add in all the marinade ingredients and mix. Keep in the refrigerator for at least 30 minutes.
2. Make the kebabs with the onions, Tasters and bell peppers. Brush the BBQ sauce onto both sides of the kebabs. Place them on a baking tray.
3. Bake the kebabs in a convection oven at 180°C for approximately 15 minutes, turning them over regularly, or grill them. Serve the kebabs with the yoghurt sauce.

**For a 100 %
plant-based
recipe**

Replace yoghurt sauce
with soy yoghurt.



TASTERS

Traditional-style



INGREDIENTS

Tasters.....	1 kg	Button mushrooms...	100 g	Olive oil	10 cl
Leeks.....	300 g	White wine	15 cl	Salt and pepper	
Carrots	200 g	Plant-based cream	1 l		
Shallots.....	100 g	Lime zest			

PREPARATION

1. Finely dice the carrots.
2. Thinly slice the leeks and the shallots.
3. Cut the button mushrooms in two or three according to their size.
4. In a high-sided frying pan, heat the olive oil then brown the Tasters with the shallots.
5. After two minutes, add the carrots and leeks and allow to sweat.
6. Add the mushrooms, stir for 2 to 3 minutes over a high heat.
7. Pour over the white wine, reduce by half, then add the plant-based cream.
8. Simmer for 5 minutes.
9. Adjust seasoning if necessary.
10. Just before serving, garnish with lime zest.



Chef's tip

Lime zest provides a really fresh flavour.



TASTERS

Curried



INGREDIENTS

Tasters.....	1 kg	Coconut milk	30 cl	Cumin powder.....	1 g
Pineapple	400 g	Vegetable stock	20 cl	Chopped fresh coriander	
Powdered coconut.....	50 g	Garlic.....	3 cloves	Lime zest	
Raisins	50 g	Olive oil	5 cl	Salt and pepper	
Peanuts.....	50 g	Curry powder.....	3 g		

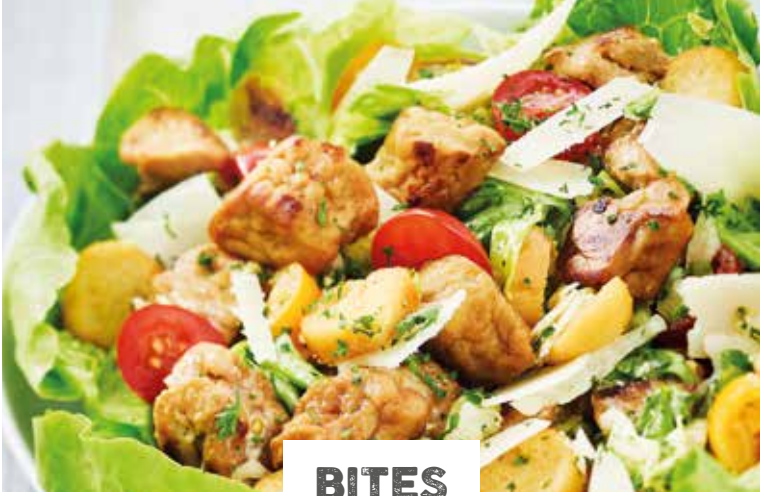
PREPARATION

1. Dry fry the coconut and set aside.
2. Prepare the vegetable stock.
3. Peel and crush the garlic. Peel the pineapple and chop it into small chunks.
4. In a casserole dish, heat the olive oil and brown the Tasters.
5. Add the curry powder, cumin and crushed garlic.
6. Mix and add the coconut milk and vegetable stock. Cover and leave to simmer for 10 minutes.
7. Finally add the pineapple, coconut, peanuts and raisins. Stir, then cover and simmer for 20 minutes.
8. Season with salt and pepper. Garnish with chopped fresh coriander and lime zest before serving.



Chef's tip

The grilled coconut enhances the curry flavour.



BITES

Caesar salad



INGREDIENTS

Bites.....	1 kg	Parmesan shavings...	300 g	Vinegar.....	5 cl
Lettuce.....	700 g	Mustard.....	70 g	Salt and pepper	
Garlic croutons.....	300 g	Olive oil.....	20 cl	Butter	
Cherry tomatoes.....	400 g	Lemon juice.....	125 ml		

PREPARATION

1. Wash and spin the lettuce.
2. Wash and halve the cherry tomatoes.
3. In a bowl, mix the mustard with the lemon juice, oil and vinegar.
4. Season with salt and pepper.
5. Pour over the salad and toss to combine.
6. Brown the drained Bites in a frying pan with a knob of butter for about 5 minutes. Mix the cooked Bites into the salad with the croutons and sprinkle with parmesan shavings.

**For a 100 %
plant-based
recipe**

Replace the parmesan with roughly crushed cashew nuts and the butter with vegetable oil.



BITES

Italian-style



INGREDIENTS

Bites.....	1 kg	White wine.....	40 cl
Shallots.....	250 g	Tomato sauce.....	80 cl
Carrots.....	250 g	Olive oil	
Curly-leaf parsley.....	80 g	Salt and pepper	

PREPARATION

1. Peel and finely chop the shallots.
2. Peel and finely dice the carrots.
3. Chop the parsley.
4. Sweat the shallots in the olive oil in a high-sided frying pan for 1 minute.
5. Add the carrots and sweat for another 2 minutes.
6. Pour over the white wine and leave to reduce by half.
7. Add the tomato sauce and the Bites, leave to simmer for 20 to 25 minutes.
8. Adjust the seasoning.
9. Sprinkle with chopped parsley just before serving accompanied with rice or tagliatelle.



Chef's tip

Adding just a touch of sugar will reduce the acidity of the tomato sauce.

OTHER RECIPE IDEAS ON
ensemble-foods.com





BITES

Tikka masala



INGREDIENTS

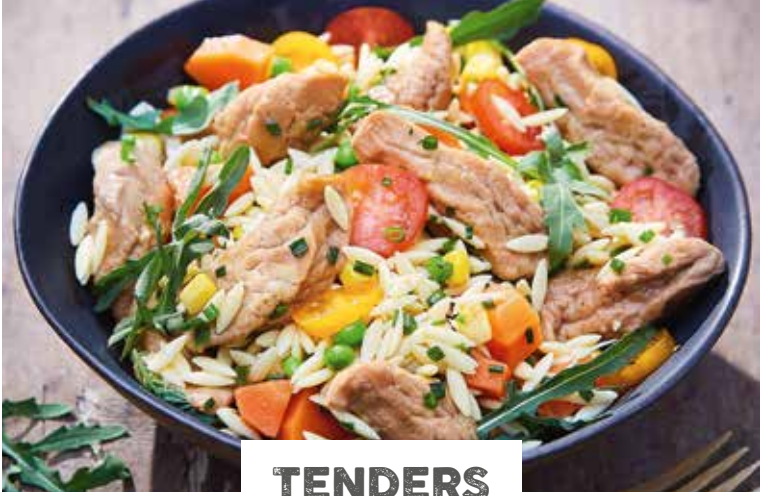
Bites.....	1 kg	Grated ginger.....	4 roots	Sultanas.....	80 g
Cornstarch.....	20 g	Tomato paste.....	100 g	Cashew nuts.....	80 g
Salt.....	10 g	Brown sugar.....	8 g	Garam masala.....	6 g
Oil.....	15 cl	Vegetable stock.....	10 ml	Ground coriander.....	3 g
Whole cumin seeds.....	6 g	Whole coconut milk.....	80 cl	Ground turmeric.....	3 g
Diced brown onion.....	2	Deseeded tomatoes.....	800 g	Cayenne pepper.....	1 g
Chopped garlic.....	8 cloves	Plain yoghurt.....	200 g	Oil	

PREPARATION

1. Drain the Bites and mix them with the cornstarch and salt until they are completely coated. Fry them in oil until crispy. Set aside.
2. Fry the onions, garlic and ginger for approximately 8 minutes in a saucepan. Add the tomato paste, garam masala, coriander, turmeric, cayenne pepper, sugar and salt, and mix until completely combined. Cook for 1 to 2 minutes.
3. Add the vegetable stock to the frying pan and leave to simmer for 1 minute. Add the coconut milk and tomato sauce and mix. Add the Bites, sultanas and cashew nuts. Leave to simmer on medium-low heat for 20 to 30 minutes, stirring regularly. Take the pan off the heat and stir in the yoghurt. Serve hot with rice or naan bread.

For a 100 %
plant-based
recipe

Replace plain yoghurt
with soya yoghurt.



TENDERS

Orzo pasta salad



INGREDIENTS

<i>Tenders</i>	1 kg	<i>Sweetcorn</i>	150 g	<i>Olive oil</i>	15 cl
<i>Orzo or risoni pasta</i>	1 kg	<i>Red/yellow cherry</i>		<i>Raspberry vinegar</i>	15 cl
<i>Peas</i>	300 g	<i>tomatoes</i>	300 g	<i>Salt</i>	
<i>Carrots</i>	400 g	<i>Chives</i>	50 g		

PREPARATION

1. Cook the pasta in salted water and drain it once it's cooked. Leave to chill.
2. Do the same with the peas and carrots pre-cut into rounds.
3. Fry the Tenders in olive oil until they turn golden brown, then take them out of the pan.
5. Mix together all the ingredients in a salad bowl, along with the sweetcorn and vinaigrette. At the last minute, add in the cherry tomatoes sliced into rounds and the chives.

The vinaigrette:

4. Make the vinaigrette with the water you used to cook the Tenders and some of the raspberry vinegar. Add a little olive oil if needed and a pinch of salt.



Chef's tip

You can serve the salad with a vinaigrette made using almond or coconut vegan yoghurt. (To make your dish 100% vegan, make sure the pasta is egg-free).



TENDERS

Thai soup

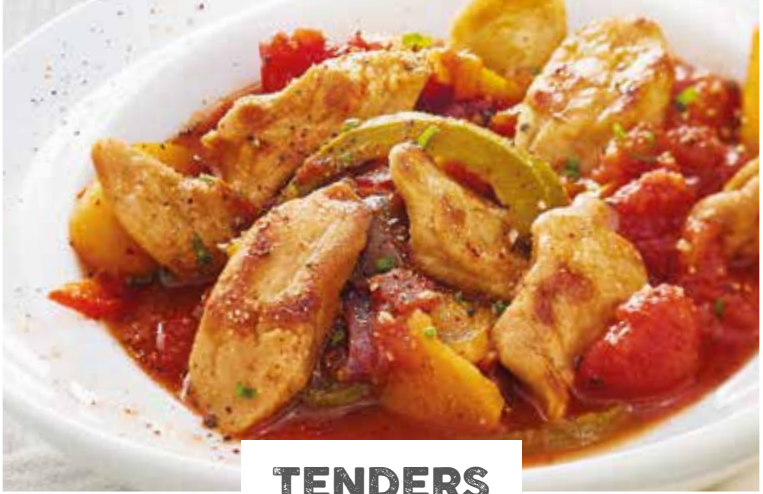


INGREDIENTS

Tenders	600 g	Thai red curry	15 g	Finely chopped spring onion	6
3 tablespoons of olive oil	5 cl	Grated fresh ginger.....	15 g	Lime juice	2 cl
Paprika	12 g	Vegetable stock	30 ml	Bunch of chopped coriander	1
Chopped garlic	6 cloves	Coconut milk	800 ml	Bunch of Thai basil.....	1
Lemongrass	3 sticks	Rice noodles	400 g	Soy sauce	3 cl
Red bell pepper, chopped .	3	Soy sauce	3 cl	Brown sugar.....	90 g
Chopped onion.....	3	Brown sugar.....	90 g	Salt and pepper	

PREPARATION

1. Fry the Tenders in a saucepan with the oil, salt, pepper and paprika until golden brown. Set aside.
2. Fry the onion, red bell pepper and garlic for approximately 5 minutes. Add the red curry paste, ginger, vegetable stock, bunches of herbs and coconut milk. Stir, then add the Tenders. Simmer for 10 minutes.
3. Add the rice noodles, soy sauce and brown sugar, and keep cooking until the noodles are soft.
4. Once cooked, add the lime juice, correct the seasoning if necessary and serve immediately.



TENDERS

Basquaise



INGREDIENTS

<i>Tenders</i>	<i>1 kg</i>	<i>Red bell peppers</i>	<i>300 g</i>	<i>Water</i>
<i>Vegetable stock</i>	<i>1 l</i>	<i>Green bell peppers</i> ...	<i>300 g</i>	<i>Salt and pepper</i>
<i>Tomatoes</i>	<i>500 g</i>	<i>Olive oil</i>	<i>6 cl</i>	
<i>Yellow bell peppers</i> ..	<i>300 g</i>	<i>Garlic</i>	<i>4 cloves</i>	

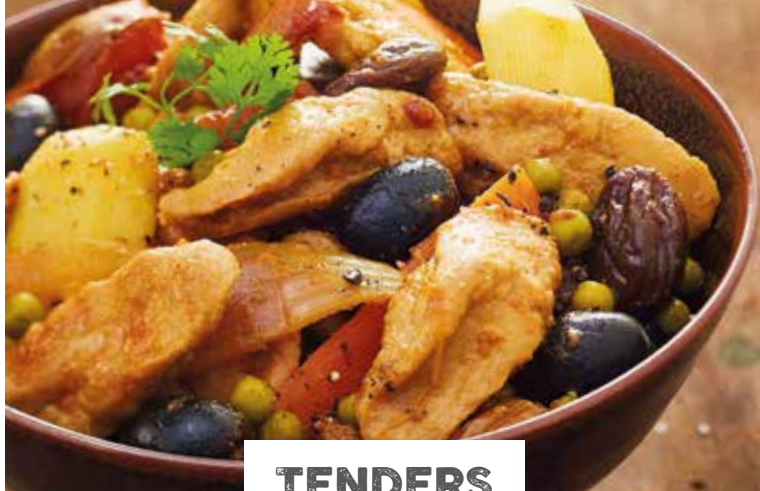
PREPARATION

1. Wash and deseed the bell peppers, then slice them into strips.
2. Quarter the tomatoes.
3. In a high-sided frying pan, brown the garlic and the bell peppers in hot oil for about 5 minutes over a medium heat.
4. Add the drained Tenders and fry for about 5 minutes over a high heat until nicely browned.
5. Season with salt and pepper.
6. Add a large glass of water, tomatoes and vegetable stock. Reduce for about 5 minutes over a medium heat.
7. Serve piping hot.



Chef's tip

Pilau rice or medium couscous will make an ideal accompaniment.



TENDERS

Tajine



INGREDIENTS

Tenders	1 kg	Tomatoes	200 g	Assorted candied fruit ..	200 g
Courgettes	500 g	Red onions.....	40 g	Olive oil	5 cl
Carrots	500 g	Garlic	2 cloves	Water	
Peas	90 g	Turmeric.....	15 g	Salt and pepper	
Potatoes.....	600 g	Ground ginger.....	8 g		

PREPARATION

1. Dice the onions and place them in a cooking pot with the olive oil, garlic, spices, salt and pepper.
2. Add the Tenders.
3. Cook over a low heat for a few minutes, then add 1/2 l of water, cover and leave to cook for 15 minutes.
4. Meanwhile, wash the courgettes, the potatoes and the carrots. Peel them and cut them into small pieces.
5. Add the courgettes, potatoes and carrots with the peas and candied fruit to the cooking pot.
6. Cook for 25 minutes.
7. Quarter the tomatoes and add them towards the end.
8. Adjust the seasoning and serve hot.



Chef's tip

Adding the tomatoes towards the end of cooking keeps them juicy.



MEDALLIONS

on grilled aubergines



INGREDIENTS

<i>Medallions</i> (20 pieces).....	660 g	<i>Radishes</i>	150 g	<i>Pumpkin seeds</i>	400 g
<i>Aubergines</i>	3 kg	<i>Cherry tomatoes</i>	150 g	<i>Flour</i>	250 g
<i>Rocket</i>	400 g	<i>Olive oil</i>	15 cl	<i>Hazelnut oil</i>	40 cl
		<i>Shelled almonds</i>	600 g		

PREPARATION

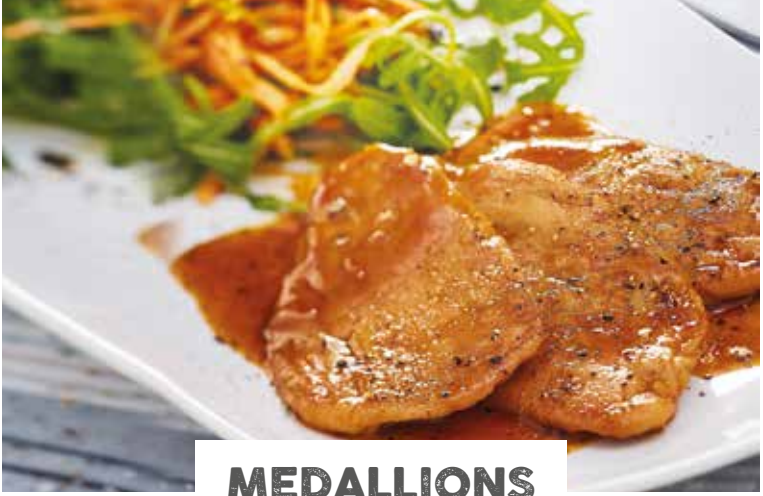
For the crumble:

- Using a mini food processor, mix the almonds, pumpkin seeds, flour and hazelnut oil in a bowl, but do it in several goes, not all at once. When this is done, put your mixture in the fridge.
- Slice the aubergines into rounds and cook them in olive oil in a frying pan.
- Fry the Medallions in some olive oil.
- Spread the crumble mix over each Medallions, then place each one on a slice of aubergine. Toast in the oven to give them an attractive colour.
- Place them on a bed of rocket along with some radishes and cherry tomatoes.



Chef's tip

Mixing the ingredients into the crumble in several goes stops the hazelnut oil from warming up and giving your dish a bitter flavour.



MEDALLIONS

with spices, and carrot salad



INGREDIENTS

<i>Medallions (30 pieces)</i> 1 kg	<i>Chopped parsley</i> 40 g	<i>Ground cinnamon</i> 5 g
<i>Carrots</i> 1.5 kg	<i>Liquid honey</i> 45 cl	<i>Salt and pepper</i>
<i>Olive oil</i> 90 cl	<i>Ground cumin</i> 15 g	
<i>Lemon juice</i> 25 cl	<i>Paprika</i> 10 g	

PREPARATION

For the carrot salad:

1. In a mixing bowl, combine the carrots, 30 cl olive oil, 20 cl lemon juice, the parsley, 15 cl honey, 5 g cumin and salt. Set aside.

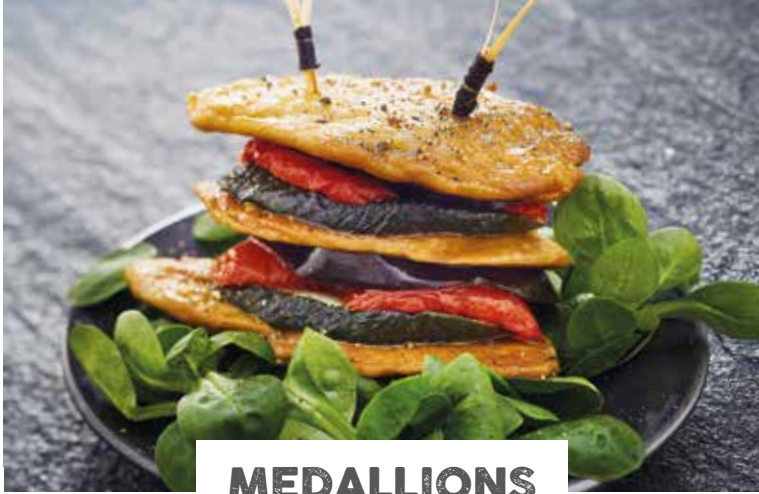
For the marinade:

2. In another mixing bowl, mix 10 g paprika, 5 g cinnamon, 3 g pepper, 60 cl olive oil, 5 cl lemon juice, 30 cl honey, 10 g cumin and a little salt. Combine thoroughly and use to marinate the Medallions for about 3 hours.

3. In a thick-based casserole, fry the Medallions with a little oil over a medium heat or 3 to 5 minutes until coloured.
4. Serve with the carrot salad.

For a 100 %
plant-based
recipe

Replace liquid honey
with maple syrup.



MEDALLIONS

Tian



INGREDIENTS

<i>Medallions</i> (30 pieces).....	<i>Aubergines</i>	<i>1.3 kg</i>	<i>Olive oil</i>
<i>Fresh tomatoes</i>	<i>Baby spinach</i>	<i>600 g</i>	<i>Salt</i>
<i>Courgettes</i>	<i>Thyme</i>	<i>60 g</i>	
	<i>Oregano</i>	<i>40 g</i>	

PREPARATION

1. Heat the oven to 180°C.
2. Wash and dry the vegetables.
3. Cut the tomatoes, courgettes and aubergines into slices of equal thickness (about 5 mm).
4. Arrange the vegetable slices vertically by variety. Pack them together tightly.
5. Sprinkle with salt, thyme and oregano.
6. Drizzle with a generous dash of olive oil, season.
7. Bake in the oven for 45 minutes at 180°C.
8. Meanwhile, fry the Medallions in the oil, then assemble the tians, vegetables and Medallions in 3 layers. Serve piping hot on a bed of baby spinach seasoned with olive oil.



Chef's tip

Deglazing with a little water towards the end of cooking means you can use the vegetable stock as an accompaniment for the dish.



MEDALLIONS with smoked BBQ sauce



INGREDIENTS

Medallions	1 kg	For the smoked BBQ sauce:	Hickory-smoked
Dark sugarcane		Ketchup	22 cl
molasses	50 g	Stout	22 cl
Grilled sesame		Brown sugar	60 g
seeds	200 g	Hickory-smoked	sauce
			0.5 cl
			Apple cider vinegar
			6 cl
			Chopped onions
			60 g

PREPARATION

- Put all the smoked BBQ sauce ingredients in a saucepan. Cook on medium-low heat for approximately 35 minutes until the onions are clear. Mix until you have a smooth sauce.
- Soak the Medallions in smoked BBQ sauce in a large salad bowl. Cover the bowl with plastic wrap and leave it in the refrigerator for 30 minutes.
- Fry the Medallions with a little BBQ sauce in a frying pan until golden brown. Add the sugarcane molasses. Once the sauce has reduced and the Medallions have caramelised, add the golden-brown sesame seeds.
- The BBQ sauce Medallions can be served with a roasted cauliflower salad drizzled with a mustard and maple syrup vinaigrette.



Chef's tip

The molasses give the BBQ sauce a nice texture and flavour.



STRIPS

with thyme flowers



INGREDIENTS

<i>Strips (20 pieces)</i>	<i>1 kg</i>	<i>Thyme flowers</i>	<i>100 g</i>
<i>Olive oil</i>	<i>15 cl</i>	<i>Orange and yellow whole</i>	
<i>Broad beans</i>	<i>1 kg</i>	<i>bunched carrots</i>	<i>2 kg</i>
<i>Peas</i>	<i>1 kg</i>	<i>Salt</i>	

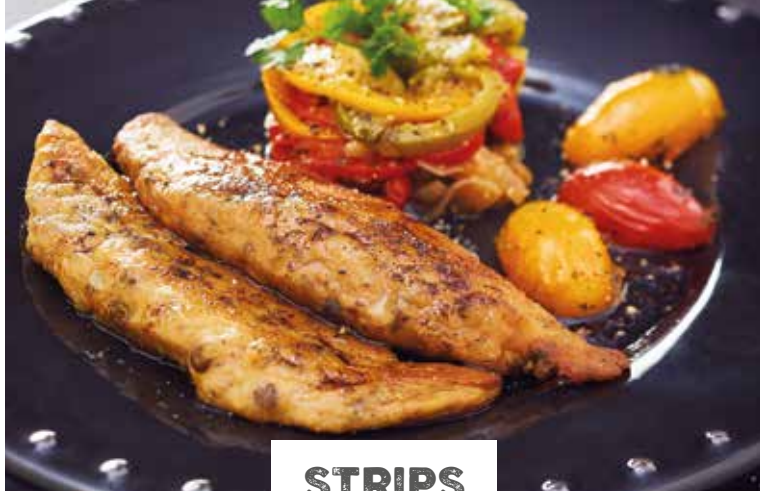
PREPARATION

1. Peel the whole carrots and blanch them in salted water. Leave to chill and set aside.
2. Fry the carrots in olive oil over a medium heat.
3. In a second frying pan, sweat the broad beans and peas in olive oil for 10 minutes along with some of the thyme flowers and a pinch of salt.
4. Remove the vegetables from the pan, then fry the Strips in olive oil. Add the remaining thyme flowers.
5. Arrange the three elements of the dish attractively on a plate.



Chef's tip

Instead of whole carrots, you can use different varieties of standard carrots sliced into rounds.



STRIPS

mixed bell peppers with Provence herbs, grilled tomatoes



INGREDIENTS

<i>Strips (20 pieces)</i>	<i>1 kg</i>	<i>Garlic</i>	<i>2 cloves</i>
<i>Mixed bell peppers..</i>	<i>1.6 kg</i>	<i>Olive oil</i>	<i>10 cl</i>
<i>Cherry tomatoes</i>	<i>300 g</i>	<i>Shallots</i>	<i>200 g</i>
<i>Provence herbs</i>	<i>50 g</i>	<i>Salt and pepper</i>	

PREPARATION

1. Halve and de-seed the bell peppers.
2. Slice the bell peppers thinly and peel the garlic.
3. Slice the shallots thinly.
4. In a high-sided frying pan, sweat the shallots and the bell peppers in the olive oil for 10 minutes over a high heat, then add the garlic cloves and Provence herbs. Lower the heat and cook, covered, for 20 minutes.
5. Adjust seasoning, set aside.
6. Flash fry the Strips and the cherry tomatoes in the olive oil.



Chef's tip

Fry the Strips over a high heat until nicely browned.



STRIPS

Teriyaki strips with sesame seeds



INGREDIENTS

<i>Strips</i>	<i>1.25 kg</i>	<i>Honey</i>	<i>220 g</i>	<i>Finely sliced red bell</i>
<i>Sesame oil</i>	<i>2 cl</i>	<i>Rice vinegar</i>	<i>9 cl</i>	<i>peppers</i>
<i>Panko breadcrumbs</i> ..	<i>380 g</i>	<i>Finely sliced cucumber</i> ..	<i>6</i>	<i>Olive oil</i>
<i>Plain sesame seeds</i> ..	<i>200 g</i>	<i>Wheat flour</i>	<i>30 g</i>	<i>2.5 cl</i>
<i>Chopped chives</i>	<i>30 g</i>	<i>Chopped garlic</i>	<i>12 cloves</i>	<i>Ground red chilli flakes</i>
<i>Soy sauce</i>	<i>380 g</i>			<i>Salt and pepper</i>

PREPARATION

- Heat 1 cl of oil, the breadcrumbs and the sesame seeds in a large frying pan on medium heat. Cook for 3 to 4 minutes. Season with salt and chilli flakes and set aside.
- To make the sauce, mix together the soy sauce, honey, rice vinegar and 1 cl of oil. Mix the cucumbers with a quarter of the sauce. Add a generous pinch of chilli flakes.
- Mix the Strips, the cornstarch and a pinch of pepper in a medium-sized bowl. Heat 2.5 cl of olive oil on medium heat in a frying pan. Add the Strips and cook them for 5 minutes until golden brown.
- Add the bell peppers and garlic and cook for 3 minutes. Pour in the sauce and bring to a boil on medium-high heat. Cook for 5 minutes until the sauce coats the Strips.
- Serve the Strips with bowls of ginger-flavoured rice. Garnish with sesame seeds and spiced cucumber.

**For a 100 %
plant-based
recipe**

Replace honey with
maple syrup



STRIPS

Spicy breaded strips



INGREDIENTS

<i>Strips</i>	<i>10 pieces</i>	<i>Pretzels</i>	<i>500 g</i>
<i>Chickpea flour</i>	<i>500 g</i>	<i>Golden breadcrumbs</i> ..	<i>200 g</i>
<i>Water</i>	<i>250 g</i>	<i>Sunflower oil</i>	<i>1.5 L</i>
<i>Paprika</i>	<i>50 g</i>	<i>Salt and pepper</i>	

PREPARATION

1. Beat the chickpea flour with the water, paprika, salt and pepper in a bowl. Blend the pretzels so you are left with large pieces. Place the pretzel pieces on a plate with the golden breadcrumbs. Roll the Strips in the chickpea flour paste, then in the breadcrumbs.
2. Deep-fry the Strips in the sunflower oil for 2 minutes until the breading is golden brown.
3. The breaded Strips can be served with a roasted carrot and beetroot salad and a honey-flavoured vinaigrette.



SLICES

in panko breadcrumbs



INGREDIENTS

Slices (10 pieces).....	1 kg	Vegetable stock	0 cl	Oil
Eggs.....	200 g	Cherry tomatoes		Salt and pepper
Panko breadcrumbs....	1 kg	on the vine.....	400 g	
Basmati rice.....	300 g	Lemons		

PREPARATION

1. Bread the Slices (egg, panko breadcrumbs, twice) and set aside.
2. Brown the cocktail vine tomatoes in the frying pan.
3. Fry the breaded Slices in the pan in a little fat for about 5 minutes.
4. Present on the plate with the rice accompanied by a lemon quarter.

**For a 100 %
plant-based
recipe**

Replace the eggs
in the breadcrumb
coating
with mustard.



SLICES

Cream of mushroom, Spaetzle



INGREDIENTS

Slices (10 pieces).....	1 kg	Vegetable stock	20 cl
Spaetzle	1.2 kg	Button mushrooms...	500 g
Shallots	200 g	Whipping cream.....	40 cl
Canola oil.....	10 cl	Salt and pepper	

PREPARATION

1. Fry the finely chopped shallots in a pan with a little oil.
2. When the shallots begin to sweat, add the finely sliced mushrooms, and cook over a high heat.
3. After 10 minutes, add a little vegetable stock and the cream. Reduce it and adjust the seasoning. Then set aside keeping warm.
4. Fry the drained Slices over a high heat until they are nicely browned.
5. Fry the Spaetzles in a little oil, adjust seasoning.
6. Arrange on the plate, topping the Slices with sauce.

**For a 100 %
plant-based
recipe**

Replace the Spaetzle with plant-based Spaetzle (tapioca instead of egg), the cream with vegetable cream.



SLICES

Sweet & sour slices with steamed vegetables



INGREDIENTS

Slices.....	1 kg	For the sweet & sour sauce:	Wine vinegar.....	150 ml
Olive oil.....	5 cl	Garlic.....	Soy sauce.....	150 ml
Carrot sticks.....	500 g	Diced green bell pepper..	Sugar.....	90 g
Broccoli chopped into large pieces.....	2	Tomatoes.....	Cornstarch.....	45 g
Halved mangetout....	200 g	Pineapple chunks.....	Oil.....	7 cl
French beans.....	200 g	Juice from canned pineapple.....	Rum (optional).....	2 cl
Jar of baby corn.....	200 g	Chicken stock.....		150 ml

PREPARATION

1. Cook all the vegetables at the same time in a steamer.
2. Fry the garlic and bell peppers in the oil in a lidded frying pan. Dip the tomatoes in boiling water and peel them. Crush them and add them to the frying pan. Add the pineapple chunks. Add the chicken stock, pineapple juice, vinegar and soy sauce, as well as the sugar and cornstarch diluted with a little water. Stir the sauce on a low heat until it thickens and keep it warm.
3. Fry the Slices in the olive oil on high heat. Add 100 ml of sweet & sour sauce.
Optional: You can deglaze the pan with 2 cl of rum and immediately flambé the Slices using a blowtorch.
4. Arrange the Slices on a plate with the steamed vegetables, jasmine rice and grilled almonds.

**For a 100 %
plant-based
recipe**

Replace the chicken
stock with vegetable
stock.



SNACK
RECIPE

TASTERS

Tapas



INGREDIENTS

Tasters.....	1 kg	Pitted green and black olives.....	100 g	Pine nuts.....	100 g
Fresh tomatoes.....	100 g	Chives.....	20 g	Chopped tomato sauce.....	400 g
Courgettes.....	100 g	Olive oil.....	5 cl	Chopped basil.....	10 g
Yellow bell peppers..	100 g	Green pesto.....	300 g		

PREPARATION

For the pesto sauce:

1. Roast the pine nuts in the oven and set aside.
2. Brown the Tasters in a frying pan with the pesto, add the pine nuts, and transfer into small dishes. Serve hot.

For the tomato sauce:

3. Brown the Tasters in a frying pan with a little oil for 2 minutes. Add the chopped tomato sauce and cook over a low heat for 3 minutes. Towards the end of cooking, stir in the chopped basil and transfer into small dishes. Serve hot.



Chef's tip

Frying the Tasters over a high heat until well browned will make them nice and crispy.



BITES

Burger



INGREDIENTS

Bites.....	500 g	Roasted sesame seeds	250 g	Guacamole
Chickpea flour.....	500 g	Golden breadcrumbs	100 g	Caramelised onions
Water.....	25 cl	Chopped canned corn	250 g	BBQ sauce
Finely ground corn flakes	75 g	Goat's cheese	10 slices	Frying oil
				Salt and pepper

PREPARATION

- Place the chickpea flour and water in a bowl and beat them together. Add the corn, ground corn flakes, breadcrumbs and roasted sesame seeds. Mix well. Add the Bites.
- Use your hands to coat the Bites in breadcrumbs.
- Deep-fry the Bites in batches of 10 in frying oil heated to 180°C. Carefully lift them out of the oil and place them on a dish covered with kitchen paper.
- Assemble each burger as follows: a large spoonful of guacamole spread on the bread, a slice of goat's cheese, 10 Bites, some caramelised onions, BBQ sauce and another piece of bread.





TENDERS

Burrito with Tenders and dragon fruit



INGREDIENTS

<i>Tenders</i>	<i>1 kg</i>	<i>Chopped romaine</i>	<i>Guacamole</i>	<i>900 g</i>
<i>Can of pulled jackfruit</i>	<i>6</i>	<i>lettuce</i>	<i>BBQ sauce</i>	
<i>White rice</i>	<i>750 g</i>	<i>Whole wheat</i>	<i>Lime</i>	
<i>Grated red cabbage</i> ..	<i>700 g</i>	<i>tortillas</i>		<i>10 pieces</i>

PREPARATION

1. Remove the jackfruit's hard parts and seeds. Break the fruit apart and add it to the BBQ sauce. Bake at 150°C for 20 minutes.
2. Cook the rice and add the coriander and a generous drizzle of fresh lime juice. Heat the tortillas in a frying pan. Keep them warm. Fry the Tenders for 5 minutes.
3. Fill each tortilla with rice, add hyphen BBQ-sauce-flavoured jackfruit and Tenders. Add a small handful of cabbage, a large spoonful of guacamole, a handful of romaine lettuce and a generous drizzle of BBQ sauce. Roll the burrito.



TENDERS Sandwich



INGREDIENTS

Tenders	500 g	Tomatoes	100 g
Baguette	10	Rocket	150 g
Red pepper tapenade ...	1 kg	Olive oil	
Carrots	1 kg	Salt	

PREPARATION

1. Use a vegetable slicer to cut the carrots lengthwise, then blanch them in salted water. Leave to chill and set aside.
2. Halve the tomatoes and cut into slices.
3. Fry the Tenders on a high heat with a dash of olive oil.
4. Cut the baguette open lengthwise and spread both its inner sides with red pepper tapenade.
5. On one side, add the rocket, the carrots (folded in two), the Tenders and the tomato slices.
6. Cover with the second side of your bread. Your sandwich is ready to eat!
7. You can also put it in the fridge for later.



Chef's tip

Fry the Tenders on a high heat so that they have a crunchy texture and a lovely golden-brown outside.



TENDERS

Tenders & crunchy vegetable wrap



INGREDIENTS

Tenders.....	500 g	Smoked chipotle.....	10 g	Greek beetroot tzatziki	
For the batter:		Fine oat powder.....	300 g	400 g
Japanese tempura		Golden breadcrumbs	100 g	Guacamole.....	500 g
paste.....	500 g	Salt and pepper		Kalamata olives	100 g
Water.....	300 g			Cherry tomatoes	100 g
Frying oil.....	1.5 L	For the filling:		Rocket.....	80 g
Mild curry powder	10 g	Cucumber sliced into		Dill	
Paprika.....	10 g	rounds.....	1.5 cucumbers		

PREPARATION

1. Beat the tempura paste and water in a salad bowl, then add the spices. Dip the Tenders in the tempura paste, then roll them in a mixture of the oat powder and golden breadcrumbs. Fry in oil at 180°C.
2. Assemble the wraps by spreading on some tzatziki and breaded Tenders. Halve the cherry tomatoes and add the rest of the filling. Serve immediately.





MEDALLIONS Panini



INGREDIENTS

Medallions (3 pieces) ..	100 g	Rocket salad	19 g
Panini bread	150 g	Red onions	4 g
Guacamole	20 g	Butter	
Dried tomatoes	27 g		

PREPARATION

1. Brown the drained Medallions in a frying pan with a knob of butter for about 5 minutes.
2. Slice open the panini, add the guacamole, followed by the rocket.
3. Add the Medallions, the drained dried tomatoes, then the red onion rings.
4. Place under the grill for 3 minutes at 220°C.
5. Serve piping hot.





STRIPS

Rustic sandwich



INGREDIENTS

<i>Strips (2 pieces)</i>	100 g	<i>Grilled courgettes</i>	90 g	<i>Olive oil</i>
<i>Rustic baguette</i>	140 g	<i>Dried tomatoes</i>	40 g	
<i>Guacamole</i>	30 g	<i>Red onions</i>	4 g	
<i>Rocket salad</i>	40 g	<i>Butter</i>		

PREPARATION

1. Open the bread lengthwise.
2. Spread guacamole on both sides.
3. On one side, arrange the rocket, the drained grilled courgette slices, the drained dried tomatoes, then the red onion slices.
4. Cover with the second slice of bread.
5. Leave to chill.
6. Brown the drained Strips in a frying pan with a knob of butter for 5 minutes.
7. Place the Strips in the baguette.





STRIPS Wrap



INGREDIENTS

<i>Strips (10 pieces)</i>	500 g	<i>Carrots</i>	100 g
<i>Wheat flour tortillas</i>	10	<i>Dried tomatoes</i>	80 g
<i>Mango curry sauce</i>	100 g	<i>Salted peanuts</i>	20 g
<i>Rocket</i>	100 g		

PREPARATION

1. Spread the mango curry sauce across the entire surface of the tortilla.
2. On 1/3 of the surface, arrange the rocket, the grated carrots, the dried tomatoes, then the Strips.
3. Sprinkle with salted peanuts.
4. Roll up the tortilla and refrigerate.



Chef's tip

For the best presentation, cut the tortilla in half on a slight diagonal.



STRIPS

Summer rolls



INGREDIENTS

Strips (10 pieces).....	500 g	Carrots	40 g	Salt
Rice papers	10	Avocados.....	90 g	
Lettuce leaves	100 g	Mint leaves.....	5 g	
Chinese noodles.....	200 g	Water		

PREPARATION

1. Cook the Chinese noodles in salted water, allow to cool and set aside.
2. Soak the rice paper in lukewarm water for a few seconds.
3. On a piece of rice paper, arrange a lettuce leaf, grated carrots, Chinese noodles, thinly sliced avocados, and a Strip.
4. Then add the mint leaves.
5. Roll up the rice paper and refrigerate.
6. Repeat this procedure for each summer roll.

Chef's tip
Flavouring the lukewarm water with vinegar will add flavour to the rice paper.



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