

Violife

100% Plant Based



COOKING WITH VIOLIFE

Mediterranean edition



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A person wearing a yellow patterned shirt is seated at a table outdoors, eating a salad. The table is set with a woven placemat, a white bowl of salad, and a glass of water. In the background, there is a view of the ocean and a small vase with pink flowers. The scene is bright and sunny, suggesting a pleasant outdoor dining experience.

INTRODUCING THE ULTIMATE PLANT-BASED COOKBOOK FOR FOODIES, HEALTH ENTHUSIASTS, AND ANYONE LOOKING TO ADD MORE VARIETY TO THEIR MENUS! THE COOKBOOK OFFERS A TANTALIZING COLLECTION OF RECIPES INSPIRED BY VIOLIFE'S MEDITERRANEAN HERITAGE THAT ARE PERFECT FOR THOSE WHO WANT TO ENJOY DELICIOUS, HEALTHY MEALS MADE ENTIRELY FROM PLANT-BASED INGREDIENTS.

WHETHER YOU'RE A SEASONED VEGAN OR JUST STARTING TO EXPLORE PLANT-BASED EATING, THESE RECIPES ARE SURE TO SATISFY YOUR CRAVINGS FOR FRESH, FLAVOURFUL CUISINE.

FLIPPING THROUGH THE PAGES, YOU'LL FIND RECIPES THAT FEATURE SUN-KISSED VEGETABLES, AROMATIC HERBS, AND PLENTY OF ZESTY SPICES, ALL COMBINED IN UNIQUE AND EXCITING WAYS. SO, WHETHER YOU'RE LOOKING TO IMPRESS GUESTS AND LOVED ONES AT YOUR NEXT DINNER PARTY OR SIMPLY WANT TO ENJOY A HEALTHY, DELICIOUS MEAL AT HOME, THE COOKBOOK HAS SOMETHING FOR EVERYONE!

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Kindly note that some Violife products may not be available in your market. For stockists please seek advice from your local Upfield or Arivia contact.



*Grilling
greatness*



Stuffed Florina peppers

The Florina pepper is cultivated in the northern Greek region of Western Macedonia and specifically in the wider area of Florina, for which it is named.

INGREDIENTS

- 200g Violife Grill Me!
- 2 tbsp olive oil
- 8 large red peppers
- 70g quinoa
- 300g white mushrooms
- 1 zucchini
- fresh parsley
- fresh mint

Preheat the oven at 200°C. Throw the Grill Me! on a preheated barbecue and grill for 3 minutes on each side. Drizzle the peppers with olive oil and place on a hot barbecue. Grill for 3 minutes on each side, turning regularly.

Remove from the barbecue and slice the peppers lengthwise down the middle, without cutting through them. Remove the seeds carefully using a small spoon and discard.

In a medium bowl, add the cooked

quinoa along with the vegetables and the herbs, season well and drizzle with olive oil. Cut the grilled Grill Me! into cubes and mix into the quinoa.

Using a tablespoon, stuff the peppers with the quinoa mixture and add to a lined baking tray. If there is any leftover quinoa place it into the baking tray too.

Bake for 15 minutes and serve immediately. Garnish with fresh herbs for extra freshness!

Fun fact: Initially the pepper has a green color, ripening into red, after the 15th of August.



Prep Time
20 mins



Cook Time
20-25 mins



Serves
8

EASY





Fattoush salad

Fattoush salad has been said to have originated from Northern Lebanon back when farmers had dried or leftover pita bread. They would throw it into a salad with other produce and then season it with olive oil for extra flavouring.

INGREDIENTS

For the salad:

- 200g Violife Grill Me!
- 1 romaine lettuce
- 4 tomatoes
- 1 large cucumber
- 2 large green pepper
- 5 radishes
- 2 fresh green onions
- fresh parsley
- fresh mint
- salt & pepper
- 2 large pita breads

For the dressing:

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 2 garlic cloves
- 1 tsp sumac
- 1 tsp pomegranate molasses
- ½ tsp dried mint

Throw Violife Grill Me! on a preheated barbecue and grill for 3 minutes on each side until golden, flipping halfway. Add the pita breads and grill for 2 minutes on each side too. Slice the Grill Me! into 8 triangles and the pita bread into smaller triangles.

To make the dressing, whisk all

the dressing ingredients together in a bowl, until combined.

Add all the ingredients in a large bowl along with half of the dressing and toss until evenly coated.

Serve and drizzle with some more dressing for that extra kick of flavour!

11



Prep Time
15 mins



Cook Time
-



Serves
4-6

EASY

Batatas a murro with peri-peri sauce

Originally produced by Portuguese in Southern Africa, the sauce is made from peri-peri chilis, used as a seasoning or marinade.

INGREDIENTS

200g Violife Cheddaron, grated

15 small potatoes

2 tbsp olive oil

1 tbsp salt

Freshly ground pepper

4 garlic cloves

For the peri-peri sauce:

200g Violife Creamy Original

2 tbsp olive oil

2 tsp peri-peri peppers

2 tbsp paprika

salt & pepper

To make the peri-peri sauce, mix all ingredients in a bowl until combined. Parboil the potatoes in boiling water, until you can pierce them with a fork, for about 8-10 minutes. Sieve and add to a bowl. Drizzle with olive oil, season well and add garlic. Throw to a hot barbecue, grilling for 5 minutes, while turning them frequently until nice and charred.

Remove from the barbecue and use a fork to smash each potato

slightly, until crushed. Sprinkle with grated Cheddaron and a dollop of creamy peri-peri sauce. Serve and enjoy while still warm and spicy!



Prep Time
15 mins

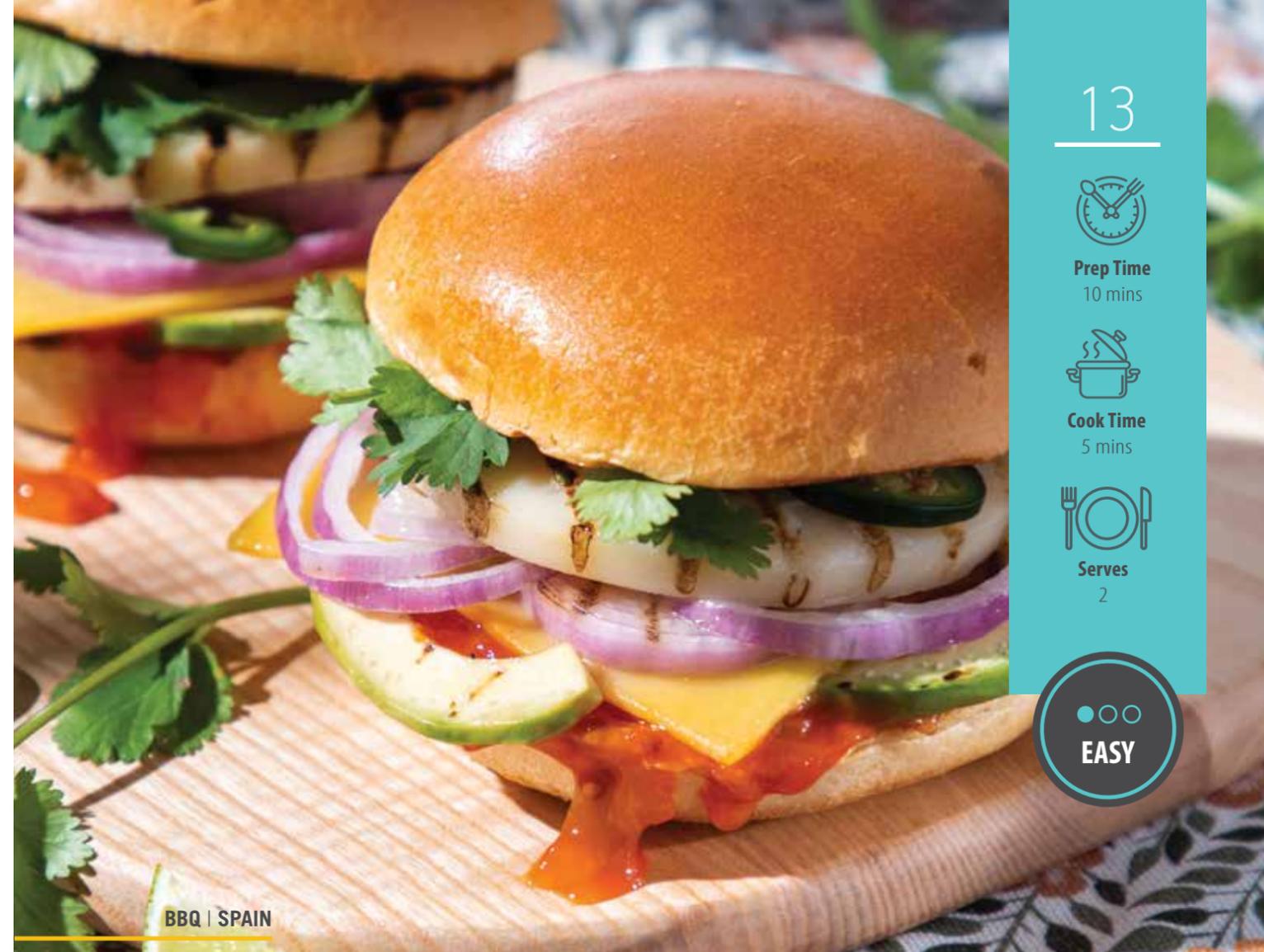


Cook Time
1 hour



Serves
4

EASY



13



Prep Time
10 mins



Cook Time
5 mins



Serves
2

EASY



Peri-peri is a cultivar of Capsicum frutescens from the malagueta pepper.



Jalapeños Grill Me! Burger

Jalapeños are rich in vitamins A and C, carotene and potassium. Many of their health benefits come from a compound called capsaicin. That's what makes the peppers spicy!

INGREDIENTS

200g Violife Grill Me!

200g Violife Original flavour slices

2 vegan brioche burger buns

2 tbsp salsa

1 ripe avocado

1 red onion

fresh coriander leaves

6 jalapeño peppers

Use a round cookie cutter roughly the size of the Grill Me! and cut it into rounds. On a hot barbecue throw the Grill Me! and grill on both sides for 2 minutes, flipping carefully halfway. Add the burger buns and grill for 2 minutes too.

To assemble the burgers, spread the bottom buns with salsa, top with an Original flavour slice, avocado slices, onion, Grill Me!, coriander and jalapeño slices. Top with the other bun and press down slightly to secure. Serve and enjoy while still warm!

Mushroom gyros souvlaki

'Gyros' derives from the Greek word "gheereezo," which means "to turn", and it is because of the process of how the original recipe (with meat) is cooked.

INGREDIENTS

300g pleurotus mushrooms

For the marinade:

2 tbsp olive oil

1 tsp paprika

1 tsp garlic powder

1 tsp dried oregano

1 tsp soya sauce

1 tsp coriander

Salt and pepper, to taste

To assemble:

4 large pitta breads

2 tomatoes

1 red onion

1 lettuce

French fries

For the tzatziki:

200g Violife Creamy Original

2 tbsp olive oil

½ cucumber

1 tsp dill

salt and pepper

To make the marinade, mix all the ingredients together in a large bowl. Add the mushrooms and toss to coat, you can either grill them straight away or marinate overnight for a punchier flavour. Throw on a hot barbecue and grill for 10 minutes, turning frequently.

To make the tzatziki, combine all

ingredients in a bowl and use a whisk to mix. Add the pitta bread to the barbecue and grill for 2 minutes on each side.

To make your souvlaki, spread the pitta with tzatziki, add the tomato, onion, lettuce, french fries and mushroom gyro and roll using baking paper to form a cone shape. Enjoy!



15



Prep Time
20 mins



Cook Time
15 mins



Serves
4



MEDIUM



Veggie skewers

Some say skewers as a dish originated in Persia where a similar term has been used since the Middle Ages to designate skewers containing tiny pieces of meat consumed as an accompaniment to glasses of wine.

To make the herb oil, mix all the ingredients in a blender. In a large bowl add the vegetables and Grill Me!, drizzle with herb oil, season and mix well. Allow to marinate for one hour in the fridge.

Thread the Grill Me! and

vegetables onto 6 water soaked wooden skewers and grill on a hot barbecue for 4 minutes, turning frequently.

To keep your skewers from burning, add some foil onto the end and keep them off the heat. Grill the pitta breads for 3 minutes on each side.

Serve the skewers with the grilled pitta breads and some freshly made tzatziki. To make the tzatziki, place all the ingredients in a large bowl and whisk well until combined. Drizzle with olive oil and serve with the veggie skewers and grilled pitta breads on the side.

INGREDIENTS

400g Violife Grill Me!
 2 red bell peppers
 20 cherry tomatoes
 2 zucchinis
 4 mini pitta breads, to serve
 fresh parsley, to garnish

For the herb oil:
 6 tbsp extra virgin olive oil
 ½ lemon juice
 parsley
 1 garlic clove

For the tzatziki:
 200g Violife Creamy Original
 2 tbsp olive oil
 ½ cucumber
 1 tsp dill
 salt and pepper



Prep Time
1h 10 minutes



Cook Time
10 mins



Serves
3

EASY



19



Prep Time
24 hours 20
minutes



Cook Time
10 mins



Serves
8

MEDIUM

Grilled peaches with masticha ice cream

This grilled peach and masticha ice cream is the most delicious way to enjoy a warmer weather. Enjoy a perfectly grilled peach drizzled with a bit of caramel sauce and topped with a scoop of masticha ice cream as a dessert after a BBQ or any other hot day.

INGREDIENTS

Masticha ice cream:

- 200g Violife Creamy Original
- 500g vegan cream
- 5 tbsp maple syrup
- 1 tbsp vanilla stick

- 2 drops of Mastic liquid or mastic powder

For the peach marinade:

- 4 tbsp Vioblock
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 4 peaches
- vegan caramel sauce, to serve

Masticha is a liqueur seasoned with mastic, a resin with a slightly pine or cedar-like flavour gathered from the mastic tree.

To make the ice cream, whisk the vegan cream until fluffy and then add the rest ingredients. Whisk well until light and creamy. Cover with cling film, place into an ice cream container and into the freezer overnight.

To make the peach marinade, add all the ingredients in a saucepan. Bring to boil, turn down, let simmer

for 5 minutes and then pour over the halved peaches. Throw the peaches on a preheated barbecue and grill for 2-3 minutes on each side, flipping halfway until soft.

Serve the grilled peaches with a scoop of ice cream in the middle and a drizzle of caramel sauce on top. Enjoy quickly before the ice cream melts!

Savoury creamy blends



Place the Creamy Original in a bowl and add the rest ingredients. Mix all the ingredients together until well combined. Taste the dip and add salt and pepper as needed.

Adjust the consistency of the dip if necessary. If it's too thick, you can add a small amount of plant based milk or olive oil to thin it out. If it's too thin, you can add more Creamy. Serve the dip with your favorite vegetables, crackers, or chips.

1 TZATZIKI

200g Violife Creamy Original
2 garlic cloves
2 lemons zest
1 cucumber
5 tbsp extra virgin olive oil
salt & pepper to taste
fresh dill
olive oil

To serve: pitta breads
& Kalamata olives
Prep time: 10 minutes

Serves: 6

2 TIROKAFTERI

200g Violife Greek White
200g Violife Creamy Original
1 garlic clove
50g olive oil
1 chili pepper
1 tsp chili flakes
2 tsp paprika

To serve: toasted bread
Prep time: 10 minutes
Serves: 4-6

3 CREAMY DIP

200g Violife Creamy Original
3 green onions
4 tbsp fresh parsley
2 tbsp fresh dill
1/2 tsp onion powder
salt, to taste
1/2 tsp freshly ground pepper

To serve: raw vegetables, potato chips and/or crackers
Prep time: 10 minutes
Serves: 6

4 CREAMY AVOCADO DIP

200g Violife Creamy Original
1 avocado
1 lime zest
1/2 tsp garlic powder
1/2 tsp salt and freshly ground pepper

To serve: tortilla chips
Prep time: 10 minutes
Serves: 6

5 PERI-PERI DIP

200g Violife Creamy Original
2 tbsp olive oil
2 tsp peri-peri peppers
2 tsp hot paprika
fresh pepper
salt, to taste

To serve: cucumbers
Prep time: 5 minutes
Serves: 6

*Basket
bliss*



INGREDIENTS

For the dough:

- 2 tbsp Vioblock melted
- 500g pasta flour or bread flour
- 2 tbsp sugar
- 1 tsp active dry yeast
- 1 tsp salt
- 100g vegan yoghurt
- 2-3 tbsp olive oil
- 120ml lukewarm water

For the Original grated filling:

- 200g Violife Original flavour grated
- 5 cherry tomatoes
- 2 tbsp capers
- fresh basil leaves, to garnish

For the Greek White filling:

- 200g Violife Greek White
- 3 tbsp black olives
- 1 tbsp dried oregano
- fresh oregano leaves, to garnish



Prep Time
1 hour 25 minutes



Cook Time
20 mins



Serves
8

HARD

Serve warm or allow to cool and pack them for your picnic!

Mini peinirli

"Peinirli", meaning with cheese, comes from the Turkish roots peynir ("cheese") and -li ("with").

Preheat your oven to 220°C. In a large mixing bowl add the dry ingredients, flour, sugar, yeast and salt and mix well. In a separate bowl mix the wet ingredients, vegan yoghurt, oil and water together. Add the wet mixture to the dry mixing bowl and combine, mixing with a wooden spoon.

Once the dough comes together, use your hands to knead, folding a couple of times, until the dough is springy. Lift the dough out and lightly grease the bowl with olive oil. Return the dough to the bowl. Cover with cling film and set aside for an hour.

Place the dough on a lightly floured surface and knead. Roll into a long log shape and cut into 15 equal pieces. Flatten each piece into an oval shape. Fold the ends of the oval inwards, forming a small boat-like shape. Pinch the sides together to secure. Transfer the mini boats to a lined baking tray and pierce their base with a fork.

Fill each dough with the fillings. Fill half with the Original and the other half with the Greek white ingredients. Don't add the Greek White just yet! Brush the dough with melted Vioblock. Cover with baking paper and cling film and bake for 10 minutes covered.

Remove from the oven, add the Greek White crumbles on top and cook for 10 more minutes uncovered, until the dough is golden. Serve warm or allow to cool and pack them for your picnic!

Green veggies falafel

The origin of falafel is unknown. A common theory is that the dish originated in Egypt, possibly eaten by Copts as a replacement for meat during Lent.

INGREDIENTS

For the falafel:

- 200g Violife Original flavour grated
- 250g spinach
- 125g fresh parsley
- 60g fresh coriander
- 60g fresh dill
- 1 onion
- 125g pistachios
- 125g flaked almonds
- 500g chickpeas
- 4 tbsp extra virgin olive oil
- 1 tsp baking powder
- 1 heaped tsp ground cumin
- 1 tsp ground coriander
- 1 tsp black pepper
- ½ tsp himalayan salt

For the tzatziki:

- 200g Violife Creamy Original
- 2 tbsp olive oil
- ½ cucumber
- 1 tsp dill
- salt and pepper

To serve:

- whole meal pitta breads
- 2 limes

Preheat the oven to 190°C. Line a large, flat baking tray with baking paper. Place the spinach, parsley, coriander and dill into the bowl of a food processor, pulse to break down. Add the onion, pistachio, and the rest ingredients along with half of grated Original and continue to blitz until combined.

Use a tablespoon to make small balls. Using your hands, roll them into falafel sized rounds. Pat them flat into your palm and add a pinch of grated Original in the middle. Roll back into a ball. Continue until you have used up all the mixture.

Bake the falafel on a lined baking sheet for 15 minutes, then flip them individually and bake for a further 10 minutes. Serve with pitta breads, tzatziki and lime wedges!



Prep Time
30 mins



Cook Time
25 mins



Serves
15



Prep Time
25 mins



Cook Time
10 mins



Serves
4



PICNIC | CYPRUS

Grill Me! Pitta sandwiches

Pita originated from the Middle East, and it is known to be the oldest type of bread as it has been existing for around 4,000 years now. The name “pitta” simply means “flatbread” and Greeks were the first people to use that term.

INGREDIENTS

For the pitas:

- 200g Violife Grill Me!
- 2 Cypriot pitta breads
- 1 vegan hummus
- 4-6 small basil leaves, to garnish

For the dressing:

- 2 tbsp extra virgin olive oil
- 2 lemon juice
- 1 small garlic clove
- 1 onion
- 1 tsp dried oregano
- salt & pepper to taste

For the salad:

- 50g spinach
- 1 large cucumber
- 60g Kalamata olives
- 200g cherry tomatoes
- salt and pepper

To make the dressing, mix all the ingredients in a bowl and whisk until combined. Throw the Grill Me! on a preheated barbecue and grill for 3-4 minutes on each side. Mix the spinach, cucumber slices,

olives, cherry tomatoes, salt and pepper in a large bowl and toss with half of the dressing.

Slice the Grill Me! in small bite size pieces and add to the salad.

Open the pitta bread in half and spread generously with hummus.

Fill with the salad and Grill Me!, garnish with fresh basil leaves and serve!



Pan bagnat

The history of the Pan Bagnat is said to date to the 19th Century when it was enjoyed as a snack by the working class, such as the early rising Niçois fisherman. The sandwich was also a nifty way to make use of day-old bread and left-over crudités.

INGREDIENTS

- 160g Violife Original flavour slices
- 1 large loaf of bread
- 3 tbsp olive paste
- 3 tbsp olive oil
- 6 red peppers roasted
- 1 red onion
- 3 fresh tomatoes
- fresh basil leaves

Slice the top off the bread lengthwise. Scoop out the inside of the bread and drizzle with olive oil.

Add the red peppers into the base, then the Original flavour slices, then the tomato slices, Original flavour slices, onion and basil leaves. Spread the top layer of bread with the olive paste and close, pressing down.

Wrap with cling film and place in the fridge until ready to slice. You can take it with you on your picnic and enjoy with your loved ones under the sun!

The name of the sandwich comes from the local Provençal language, Nissart, in which pan banhat mean "bathed bread".



Pasteis de nata

Like many other traditional pastries in Portugal, the history of the Pastel de Nata goes back centuries, its origin directly related to the "Pastéis de Belém" which are still made to this day.

INGREDIENTS

200g Violife Creamy Original
500g oat milk
40g corn starch
1 lemon zest
40g sugar
1tsp vanilla
1 tsp turmeric
1 sheet puff pastry

In a medium pot over medium heat, add the oat milk, corn starch, lemon zest, sugar and vanilla and stir well until thickened, this could take up to 10 minutes. Last but not least, add the Creamy Original and stir to combine for about 30 seconds.

Then add the turmeric; you can adjust the quantity depending on how yellow you want your custard. Remove from heat, place in a bowl and cover with cling film.

Place in the fridge to set while you prepare your pastry. Place the pastry

on a lightly floured surface and roll out using a rolling pin. Grease a muffin tin. Use a cookie cutter one size bigger than the muffin tin holes and cut out pastry circles.

Press them gently into the muffin tin. Remove the custard from the fridge and fluff using a fork.

Fill the pastries with the custard and bake in a preheated oven for 15 minutes or until the pastry is golden and the top is slightly charred.

Remove the tin from the oven and allow to sit for 5 minutes. Then remove the pasteis de nata from the tin. Serve while still warm or pack them for a mid-day picnic snack!

A rich custard nestled in a crispy pastry. It will taste like home, even if you're not from Portugal.



31



Prep Time
60 mins



Cook Time
15 mins



Serves
6

HARD



33

Prep Time
70 minsCook Time
40 minsServes
4-6

HARD

Lahmajun

Baking dough with meat has been around for millennia in the Middle East, and Turks, especially the Tatars, were known to prepare thin bread with a combination of meat and cheese for their meals. The exact manner of baking this dish can be traced back to the 17th century, when Eviya Çelebi visited Damascus and wrote that he ate a “lahm-ı acınlı börek,” which came to be called the lahmacun we know and love today.

INGREDIENTS

For the base:

- 4 vegan Naan
- 2-3 tbsp olive oil
- 1 onion
- 1 garlic
- 1 red bell pepper
- 300g vegan mince
- 2 tbsp tomato paste
- 2 tsp paprika powder
- 2 tomatoes
- 200ml hot vegetable stock or water

To serve:

- 100g Violife Creamy Original
- 10 Kalamata olives
- 50g cherry tomatoes
- chili flakes
- 1 lemon
- fresh mint leaves

Preheat the oven at 200°C. In a large frying pan, add the olive oil and onion and sauté until golden, for 6-10 minutes. Add the garlic and red pepper and stir until fragrant. Add the vegan mince, and break up with a spoon. Stir for 5-10 minutes until golden brown and then add tomato paste and paprika. Season well and add the tomatoes and stock. Simmer for 10 minutes and then remove from heat and set aside.

Spread the mince on top of the naan breads, top with the olives and cherry tomatoes and place in the oven for 10 minutes. Remove from the oven, add a couple tablespoons of Creamy on top and sprinkle with chili flakes. Serve with lemon wedges and fresh mint leaves.

Sweet creamy delights



Place the Creamy in a bowl and add the rest ingredients and add maple syrup. You can adjust the amount of sweetener to your desired taste.

Add a flavour extract, such as vanilla extract, to add an extra layer of flavour to the dip.

If you want to add more texture to your dip, you can add in

chopped fruit or chocolate chips.

Mix until well combined. Taste the dip and adjust the sweetener or flavour as needed.

Chill the dip in the refrigerator for at least 30 minutes before serving.

Serve with fruit, cookies, or other sweet treats.

1 CHOCOLATE HUMMUS

200g Violife Creamy Original
200g tinned chickpeas
50g cocoa powder
100g maple syrup
1 tsp vanilla extract

To serve: fruits, pretzels and cookies

Prep time: 5 minutes

Serves: 4-6

2 LEMON DIP

200g Violife Creamy Original
2 lemons zest
1 tsp vanilla
30g maple syrup
100g lemon curd

To serve: blueberries

Prep time: 5 minutes

Serves: 4-6

3 RED FRUITS DIP

200g Violife Creamy Original
90g raspberries
90g strawberries
100g maple syrup
1 tsp vanilla

To serve: strawberries, biscuits and berries

Prep time: 5 minutes

Serves: 4-6

4 PISTACHIO DIP

200g Violife Creamy Original
1/2 can crushed pineapple
130g vanilla yoghurt
1 tbsp maple syrup
2 tbsp pistachio butter
15g shredded coconut
coconut flakes, to garnish
pistachio, to garnish

To serve: fruits, cookies and crackers

Prep time: 5 minutes

Serves: 4-6

A scenic view of a coastal town at dusk. The foreground shows several buildings, likely residential, silhouetted against the twilight. The middle ground features a dark, silhouetted hillside. In the background, the ocean stretches to the horizon under a vibrant sunset sky with shades of orange, pink, and purple. The text "Under the stars" is overlaid in a white, cursive font in the lower right quadrant.

*Under
the stars*



Prep Time
15 mins



Cook Time
15 mins



Serves
6



INGREDIENTS

For the Fritters:

- 200g Violife Grill Me!
- 1/4 cup extra virgin olive oil
- 420g sweetcorn
- 2 vegan eggs
- 125g self-raising flour

1 lemon zest

2 tbsp fresh chives

For the avocado dip:

200g Violife Creamy Original

1 avocado

100ml vegan milk

1 lemon zest

1 tsp sweet paprika

1 garlic clove

fresh coriander leaves



Corn fritter bites

Sweet corn is pollinated by wind. That's why plants are usually grown close together; so even a light breeze can carry the pollen from the tassel at the top of the plant (the male part) to the cluster of silks (the female part) at the tip of the cob of a neighboring plant.

Preheat oven to 220°C. Generously grease a mini muffin tin with olive oil and place in the oven to preheat for 10 minutes.

In a large bowl combine the grated Grill Me!, corn, vegan egg, flour, lemon zest and chives in a bowl and mix well. Carefully remove the tin from the oven and use a teaspoon to fill the muffin holes with the mixture.

Bake for 10 to 12 minutes, until golden. Meanwhile, to make the avocado dip, combine all ingredients in a blender and blitz until creamy and smooth. Remove the fritters from the oven and allow to set for 5 minutes in the muffin tin before serving. Serve with the creamy avocado dip on the side and sprinkle with fresh coriander leaves.



Prep Time
20 mins



Cook Time
5 mins



Serves
12

EASY

Hummus

with crispy pitta bites

The word "hummus" is from the Turkish word humus, meaning "mashed chickpeas." Chickpeas, one of the main ingredients of hummus, are full of important nutrients, such as Vitamin B, calcium, potassium, phosphate, zinc, magnesium, iron, and folic acid.

INGREDIENTS

- 200g Violife Creamy Original
- 2 cans of chickpeas
- 4 tbsp olive oil
- 2 lemons zest
- 4 tbsp tahini
- 4 garlic cloves
- 1 tsp salt
- 1 tsp cumin powder
- 1 tsp smoked paprika
- extra virgin olive oil
- paprika
- pitta breads, to serve

In a blender, place all the ingredients for the hummus, except for the Creamy and blitz until smooth. Add the Creamy and blitz for one more minute, until you have a nice, silky texture.

Place the pitta breads in a preheated oven at 200°C for 5

minutes. Remove and carefully slice into triangles.

Serve the hummus in a deep bowl, drizzle with olive oil and some paprika and serve with the baked pitta breads. Enjoy by sharing with friends!

Hummus can be used as a spread, dip, or condiment.



Fried veggie balls

Fried Zucchini, Tomato & Cheese balls are very common in the Greek Cuisine, especially in the Cyclades Islands.

INGREDIENTS

For the zucchini balls:

200g Violife Original flavour grated

1 zucchini

1 green onion

1 white onion

1 lime zest

dill

60g semolina

½ tsp baking powder

flour

vegetable oil, for frying

For the tomato balls:

200g Violife Original flavour grated

½ kg tomatoes

1 onion

100g semolina

1 tsp baking powder

1 tsp dry oregano

fresh parsley

fresh dill

salt and pepper

flour

vegetable oil for frying

For the cheesy balls:

200g Violife Original flavour grated

3 tbsp flour

5 tbsp water

In a large bowl mix all of the ingredients together using your hands. Make round balls with the zucchini mixture. Add flour to a shallow bowl and coat the balls evenly.

Place on a lined baking tray and in the fridge for 30 minutes to set. In a deep-frying pan heat vegetable oil and fry the balls for 3-5 minutes.

Place on kitchen paper to soak up any excess oil and serve warm.



Prep Time
40 mins



Cook Time
5 mins



Serves
6-8



Eggplant zaalouk

Zaalouk is a Moroccan cooked salad of eggplants and tomatoes that's usually eaten as a dip with Moroccan bread.

INGREDIENTS

200g Violife Greek White

¼ cup olive oil

1 eggplant

2 tomatoes

3 garlic cloves

2 tbsp fresh coriander

1 lemon juice

2 tsp maple syrup

1 tsp smoked paprika

1 tsp ground cumin

1 tsp paprika

salt & pepper

fresh cilantro leaves

pitta breads, to serve

cucumber sticks, to serve

fresh coriander, to garnish

In a medium saucepan heat olive oil over medium heat. Add the eggplant, tomatoes, garlic, coriander, lemon juice, maple syrup, smoked paprika, cumin, paprika, salt and pepper. Cover and cook, stirring occasionally for about 25 minutes.

Uncover and use a potato masher to mash the vegetables. Add half of the crumbled Greek White, stir and serve in a large bowl.

Garnish with a sprinkle of coriander leaves and the remaining Greek White.

Serve with Moroccan pitta breads and vegetable sticks.



Prep Time
30 mins



Cook Time
30 mins



Serves
6



Mousse au chocolate with berries

Dessert mousses were not created until savory mousses had already been around for a century.

INGREDIENTS

- 300g Violife Creamy Original
- 150g vegan dark chocolate 70%
- 150g vegan cream
- 1 cup maple syrup
- 350g berries

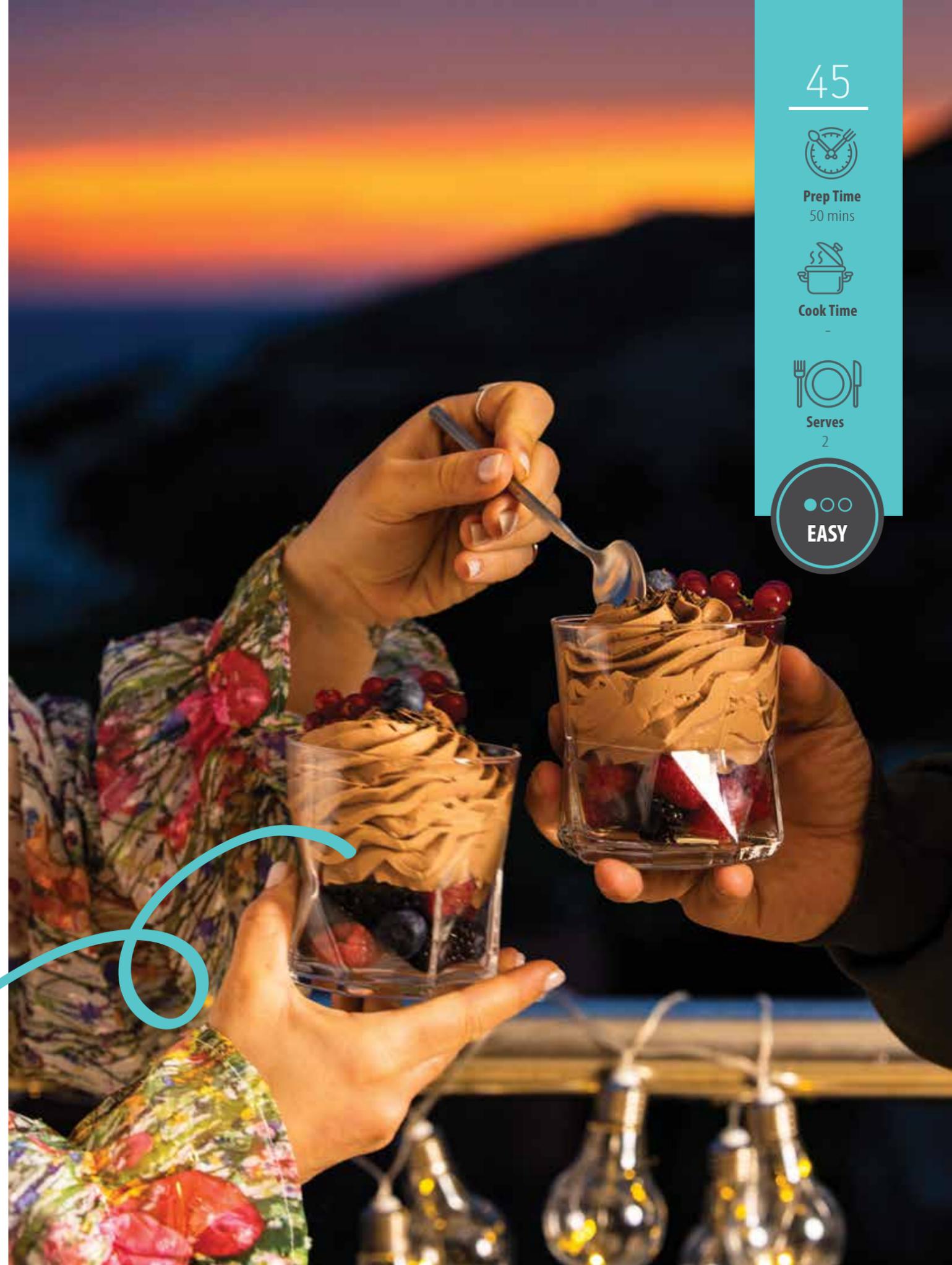
Melt the vegan dark chocolate over a bain-marie. Remove from heat and set aside to cool. In a stand mixer whisk the vegan cream with the maple syrup until double in size.

Add in the Creamy and mix until combined and smooth. Slowly fold in the cooled melted

chocolate until combined. Place in a piping bag with the piping tip of your choice, secure and place in the fridge to set for 30 minutes.

To serve, add berries to the base of two glasses and pipe the chocolate mousse on top. Garnish with extra berries and enjoy!

Mousse originated in the 18th century in France, where the word mousse translates as "foam" describing the airy texture of mousse.



45



Prep Time
50 mins



Cook Time
-



Serves
2



EASY

Creamy mango tart

Mangoes first appeared in India over 5,000 years ago. Their trees can grow up to 100 feet and can still bear fruit after 300 years.

INGREDIENTS

For the biscuit base:

80g Vioblock, melted
300g vegan biscuits

For the mousse:

200g Violife Creamy Original
2 ripe mangoes
75ml maple or agave syrup
2 tsp vanilla extract
240ml vegan whipping cream
60ml vegan milk
1 tsp agar-agar powder
mango, to garnish
raspberries, to garnish

Preheat your oven at 180°C. Add the biscuits and Vioblock to a bowl and mix until combined. Spread into the base of a greased 22cm removable base tart tin. Use the back of a spoon to evenly spread the biscuit and set in the fridge for 1 hour to set.

To make the mousse, add the mango into a blender and blend until smooth. Add Creamy, maple syrup and vanilla extract and blitz until nice and creamy. Set aside.

In a mixing bowl, whip up the vegan whipping cream using an electric hand mixer. When stiff peaks form, cover and set in the fridge.

Remove the biscuit base from the fridge and bake for 15 minutes. In a small saucepan, heat the agar-agar with the vegan milk.

Bring to a boil and simmer for about 2 minutes. Remove from the heat and allow to cool. Gently fold the agar-agar mixture into the mango purée mixture, and then softly fold in the whipped cream until combined. Add the mousse to the baked biscuit base. Smooth using a spatula and place in the fridge to set overnight.

When you are ready to serve, decorate your tart with mango slices and raspberries. Enjoy the exotic sweetness!

While originally savoury, culinary tastes led to sweet tarts to prevail, filling tarts with fruit and custard.



47



Prep Time
12 hours 20 mins



Cook Time
15 mins



Serves
6



HARD

The art of marinating

The most important ingredients of a good marinade are acid, fat, salt, flavours and time.



SPANISH INSPIRED MARINADE

200g Violife Greek White
150ml extra virgin olive oil
2 jalapeños
6 dry chilies
4 tsp dried oregano
4 tbsp parsley
1 lemon zest

Prep time: 5 minutes

Serves: 4-6

Directions: Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.

LEBANESE INSPIRED MARINADE

200g Violife Greek White
200g extra virgin olive oil
1 tbsp chili sauce
1 garlic clove
1 small red chili pepper
2 large preserved lemons
3 shallots
fresh mint leaves
rosemary
parsley
2 tbsp cracked black pepper

Prep time: 5 minutes

Resting time: 2 hours

Serves: 4-6

Directions: Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.



ITALIAN INSPIRED MARINADE

200g Violife Cheddaron
200g cup olive oil
100g vinegar or balsamic vinegar
3 tbsp fresh parsley
3 tbsp green onions
fresh rosemary
1 tsp dried basil
1 tsp salt
1 tsp freshly ground pepper
3 garlic cloves
50g jar diced pimiento

Prep time: 5 minutes

Serves: 4-6

Directions: Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.

*To sterilize your jar and lid add to an oven preheated at 150°C for 15 minutes.

*Store in the fridge for up to 2 weeks.

Sunday lunch specials



Couscous salad

Couscous is the most popular dish in North Africa. Its delicious taste and its high nutritional value gave the traditional plate the distinguished position that it deserves.

INGREDIENTS

- | | | |
|--------------------------|--------------------------|--------------------------|
| 200g Violife Greek White | 2 medium carrots | 2 tbsp fresh lemon juice |
| 400g dry couscous | 1 small red onion | 1 tsp ground cumin |
| 1/2 cup raisins | 1 medium zucchini | 1 tsp ground coriander |
| 200g chickpeas | 3 tbsp olive oil | 1/2 tsp ground cinnamon |
| 1/2 cup slivered almonds | 1 rosemary sprig | 1/2 tsp turmeric |
| 3 tbsp fresh coriander | 2 garlic cloves | salt & pepper |
| 2 tbsp fresh mint | For the dressing: | |
| 1 large red bell pepper | 4 tbsp olive oil | |

Preheat oven to 200°C. Place all the vegetables on a lined baking tray, drizzle with olive oil, salt, pepper, rosemary and garlic and bake for 15 minutes.

Boil the couscous according to packet instructions. Meanwhile, prepare the dressing, by combining the ingredients in a bowl and

whisking together. When the vegetables are ready, add the Greek White crumbles and allow to melt a little before adding to your salad.

Add the couscous, vegetables, chickpeas, almonds, coriander, mint and dressing to a large bowl and toss to combine.



Prep Time
10 mins



Cook Time
15 mins



Serves
6-8

EASY



Despite popular belief that couscous is a type of whole grain, it is actually a pasta made of semolina and wheat flour.

Dolma yalanji with tzatziki

The name dolmas is originally Turkish, and it means stuffed or filled.

INGREDIENTS

- | | |
|------------------------------|------------------------------------|
| 60-70 grape leaves | 200g vegetable stock |
| 1 cup extra virgin olive oil | sea salt and freshly ground pepper |
| 4 fresh onions | For the tzatziki: |
| 1 ripe tomato | 200g Violife Creamy Original |
| 2 tsp fennel seeds | 2 tbsp olive oil |
| 400g cups carolina rice | ½ cucumber |
| fresh mint | 1 tsp dill |
| dill | salt and pepper |

Boil the grape leaves for 2-3 minutes in salted water. Remove with a slotted spoon and transfer to a bowl of ice-cold water. Repeat with all the leaves, layering them up in a stack.

In a large bowl mix rice, fresh onion, dill, mint, fennel, and tomato with half cup of olive oil, sea salt,

and some freshly ground pepper. Line the bottom of a large pot with 3 layers of grape leaves. Place a tablespoon of filling in the center of each leaf and fold the bottom sides of the leaf over the filling. Make them overlap each other.

Fold the sides over and roll tightly into a cigar shape. Place the

dolma, seam side down in the pot. Pour over oil and stock and place a plate on top to secure them.

Bring to a simmer over medium heat. Lower the heat and cook for about 45 minutes. Serve the dolma with a drizzle of olive oil, a sprinkle of dill and lemon wedges. Dip them in tzatziki and enjoy the freshness!



Prep Time
30 mins



Cook Time
50 mins



Serves
10

HARD



Mousaka

This Greek dish was created in the 1920's by Nikolaos Tselementes, author of a legendary 500-page Greek cookbook.

INGREDIENTS

- 6 tbsp olive oil
- 3 medium eggplants
- 1 onion
- 2 garlic cloves
- 3 heaped tsp dried oregano
- 2 fresh rosemary sprigs
- 2 tsp ground cinnamon
- 2 bay leaves
- 800g vegan mince
- 200ml red wine
- 2 tbsp tomato purée
- 400g can chopped tomatoes
- 1 tbsp brown sugar
- 200g water
- 550g piper potatoes
- For the vegan béchamel sauce:**
- 200g Violife Mozzarella flavour grated
- 40g Vioblock
- 40g plain flour
- 450ml vegan milk
- 1 tsp ground nutmeg

Heat a frying pan over high heat with some olive oil and add the eggplants. Fry for 5 minutes on each side (you may have to do this in batches.) Set aside on a plate lined with kitchen paper.

In a medium pot heat the remaining olive oil and sauté the onion for 7 minutes. Then add the garlic and all the spices, frying until fragrant for 2 more minutes. Add the vegan mince and break up with a wooden spoon for 5 minutes.

Add the red wine and allow to evaporate. Stir in the purée for a couple more minutes and then add the tomatoes and the sugar. Add the water and simmer for 20 minutes stirring occasionally until the sauce is thick.

Preheat the oven to 200°C. Bring a large pan of salted water to boil. Add the potato slices and cook for 5 minutes. Drain and set aside.

To make the vegan béchamel sauce, melt Vioblock in a small saucepan, stir in the flour and cook over a medium heat for 1 minute. Pour in the vegan milk a bit at a time, whisking until smooth.

Remove from heat and add half of the Mozzarella flavour grated, nutmeg and season well. Grease an ovenproof baking dish, layer the potatoes on the bottom, top with eggplant slices, the sauce and repeat once more. Add the vegan béchamel sauce on top, spread evenly with a spatula and sprinkle with the remaining Mozzarella flavour grated. Cook for 20 minutes covered with baking paper and aluminum foil. Then uncover and cook for a further 30 minutes until golden.

Allow to cool before serving. Garnish with fresh basil leaves and enjoy!



55



Prep Time
30 mins



Cook Time
1 hour



Serves
6

HARD



Dakos meze

A traditional meze or a light meal on the island of Crete, dakos is often called "Greek bruschetta," and is easy to make with few ingredients and requires no cooking.

INGREDIENTS

200g Violife Greek White
8 round haroupi rusks
6 tomatoes
1 tbsp dried oregano
8 Kalamata olives
salt and pepper, to taste
4 tbsp olive oil
fresh oregano

Dice half of the tomatoes into cubes and place the other half in a blender. Blitz for 20 minutes.

Combine the chopped tomato with the blitzed tomato in a bowl and season well.

Place each rusk under cold running water for 2 seconds and

then on a serving plate.

Top each rusk with tomato, crumbled Greek White and olives.

Drizzle generously with olive oil and dried oregano and serve.

You can also add some fresh oregano and enjoy under the sun.



Prep Time
10 mins



Cook Time
-



Serves
6



EASY

Fyllo Greek White bites

Fyllo, stemming from the Greek word for leaf, is a particularly apt name for this thin and flaky pastry.

INGREDIENTS

200g Violife Greek White
7 fyllo pastry leaves
100ml olive oil
For the maple sesame dip:
½ cup maple syrup
3 tbsp toasted sesame
2 tbsp black sesame
salt

Place a sheet of fyllo pastry onto your work surface. Cut into 6 squares 10x20cm.

Take one small sheet and brush with olive oil. Place one Greek White cube in the center of the short end's edge. Wrap one side of the fyllo pastry over, brush with oil and cover with the other side of fyllo, so it overlaps.

Brush with oil again and then wrap the Greek White like wrapping a parcel. Brush with oil and set aside. Repeat with all the Greek White cubes. Place on a baking tray, cover and freeze for 60 minutes.

Meanwhile, prepare the maple sesame dip by combining all the ingredients in a bowl. Remove and place in a preheated air fryer at 180°C for 6 minutes, until golden and crispy.

Serve the Greek White bites with the maple sesame dipping sauce or drizzle on top and sprinkle with some extra sesame seeds.



Prep Time
60 mins



Cook Time
6 mins



Serves
10



EASY



Ratatouille

Ratatouille has a distinctly unique taste and is difficult to describe. It's made up of an acidic mix that includes eggplant, zucchini, and tomato sauce, which are cooked until they're rich in flavour.

INGREDIENTS

200g Violife Original slices
 4 tbsp olive oil
 1 small onion
 4 garlic cloves
 400g crushed tomatoes
 2 tsp fresh basil
 1/2 tsp dried parsley
 salt and freshly ground pepper
 1 small eggplant
 2 zucchinis
 4 tomatoes

Preheat the oven to 180°C. In a large nonstick pot, heat 2 tablespoons of olive oil over medium-high heat. Add in the onion and garlic and cook until tender, for about 5 minutes. Add in the crushed tomatoes and seasoning and simmer for 15 minutes.

Season well and spread into the base of a round baking dish. Slice the vegetables using a mandolin and place one on top of the other, one tomato, one zucchini and one eggplant followed by an Original slice.

Arrange the sliced vegetables in a circular pattern standing upright in the dish over the sauce, forming a spiral shape. Keep going until you have used up all your veggies.

Drizzle with olive oil and season well. Cover and bake for 30 minutes, then uncover and bake another 20 minutes until the vegetables are tender. Sprinkle with fresh basil leaves and enjoy!

Ratatouille is an old French Provençal stewed vegetable dish, coming from Nice. The full name of the dish is ratatouille niçoise.



59



Prep Time
20 minutes



Cook Time
50 minutes



Serves
6

MEDIUM



Prep Time
4 hours 30 mins



Cook Time
-



Serves
6

EASY

INGREDIENTS**For the base:**

90g Vioblock, melted
200g biscuits
1 tsp cinnamon powder

For the cheesecake:

700g Violife Creamy Original
150g vegan whipping cream
1 cup maple syrup
1 tsp cinnamon
1 tsp vanilla extract
1 cup mixed dried fruits
of your choice (apricot,
strawberry, figs)
1 tbsp rose water

For the syrup:

200g red dessert wine
200g sugar
1 cinnamon stick
1 tsp rose petals
6 figs, to garnish
rose petals, to garnish

Rose water cheezecake

Rose water is created as a by-product when producing Rose oil. In Middle Eastern cuisine, sugar is added to create 'rose syrup', which is used in desserts, such as meringue and marshmallows, as well as drinks.

In a large bowl mix the biscuit, Vioblock and cinnamon. Spread into the base of 6 mini greased, circular springform pans using the back of a spoon. Place in the fridge for 30 minutes to set. In the bowl of a stand mixer, add all the ingredients for the cheesecake and mix for 3 minutes until creamy. Fold in the dried fruits. Top the biscuit base with the creamy filling and place in the fridge to set for 4 hours minimum or overnight.

In a small saucepan, combine the wine, sugar, rosewater and cinnamon stick and simmer for 5 minutes. Remove from heat and set aside. It will get thicker as it gets cold. When you are ready to serve, remove the cheesecakes from their tins, garnish with figs and drizzle with the wine syrup. Enjoy!



By the sea



Courgette & figs pizzetta

A pizzetta is a small pizza that can range in size from a finger food at around 8cm in diameter to that of a small personal-sized pizza.

INGREDIENTS

For the flatbreads:

- 500g strong white bread flour
- 1½ tbsp baking powder
- 1 tsp fine salt
- 4 tbsp olive oil

For the pizzetti:

- 200g Violife Mozzarella flavour grated
- 1 vegan pesto
- 2 medium zucchinis
- 1 tbsp olive oil
- pistachios
- 5 figs

Preheat the oven to 200°C.

To make the dough, combine all the ingredients in a large bowl and knead until combined for 10 minutes. Set aside to rest for 15 minutes. Meanwhile, heat a griddle pan over medium heat and grill zucchinis for 2 minutes on each side, until lightly grilled.

Lightly flour your work surface and using a rolling pin, open the dough into an oval shape.

Spread with the pesto, leaving a rim. Place on a lined baking tray and bake for 10 minutes.

Remove from the oven, sprinkle with the grated Mozzarella flavour, and bake for a further 10-15 minutes, until golden and melted.

Top with the grilled zucchini, a drizzle of olive oil, chopped pistachios and figs. Serve warm and slice in triangles to share!

Fun fact: Cornicione is the Italian word for the edge or rim of the pizza.



67



Prep Time
25 mins



Cook Time
25 mins



Serves
2





Green salad with Creamy balls

Salad comes from the Latin words “herba salta” or “salted herbs” so called because greens & vegetables were usually seasoned with dressings containing lots of salt and oil.

INGREDIENTS

For the creamy cheeze balls:

100g Violife Creamy Original
70g Violife Original flavour grated
1/2 cup pistachios
1 tsp garlic powder
1 tsp black sesame
1 tsp toasted panko

For The Salad & Dressing:

200g mixed salad greens
3 tbsp extra virgin olive oil
1 tbsp red wine vinegar
2 tsp Dijon mustard
1 small shallot
salt & black pepper, to taste

In a medium bowl, mix the Creamy with the grated Original and use your hands to create rounds. You should be able to make roughly 8-10 balls, depending on the size. Press them down using your fingers, to make them a little flatter. Place on a plate and set in the

fridge for 10 minutes, until firm. Meanwhile, in a small bowl, mix all the ingredients for the dressing, whisking until combined.

Mix the finely chopped pistachio, garlic powder, sesame and panko in a shallow plate. Remove

the balls from the freezer and toss in the chopped pistachio, until evenly coated. To assemble your salad, mix the green leaves with half of the dressing in a large bowl.

Serve and top with the Creamy balls and an extra drizzle of dressing. Enjoy!

69



Prep Time
20 mins



Cook Time
-



Serves
2

EASY

Risotti ala gemista

Gemista (or yemista) is a dish of veggies stuffed with rice. This is the Greek version of stuffed vegetables found all around the Mediterranean.

INGREDIENTS

- 200g Violife Greek White
- 1 tbsp Vioblock
- 1 tbsp olive oil
- 1 onion
- 1 garlic clove
- 1 eggplant
- 1 zucchini
- 250g arborio rice
- 50ml white wine
- 2 tomatoes
- 1 handful of raisins
- 1L vegetable stock
- 2 tbsp pine nuts
- parsley
- mint

In the base of a large saucepan, place the Vioblock and oil and heat gently, until melted. Sauté the onion for 6 minutes and then add the garlic, zucchini and eggplant.

When the garlic is fragrant after 2 minutes, add the rice and stir until translucent, for 2 more minutes. Pour in the wine and allow to evaporate.

When the wine has evaporated, add the tomatoes with the raisins and 1 ladleful of stock. Keep

stirring and when the liquid has evaporated add more stock, one ladleful at a time.

Repeat this process, until you have used up all the stock and the rice is soft, but with a bite to it. Stir in the pine nuts, the mint and half of the Greek White and remove from heat.

Serve the risotto in a deep bowl, top with the remaining Greek White, pine nuts and some more fresh herbs. Eat immediately, risotto waits for no one!



Prep Time
5 mins



Cook Time
35 mins



Serves
4





Fun fact: Tiramisu is one of the most widely known and loved desserts on the planet.

Tiramisu

It's all in the name. tiramisù literally translates to “pick me up,” “carry me up,” or “lift me up”. The dessert’s name was apparently chosen to allude to the heavenly texture and flavour of the Italian dessert.

INGREDIENTS

For the tiramisu cream:

400g Violife Creamy Original
150g vegan heavy cream
½ cup maple syrup
1 vanilla bean pod
2 tbsp Madeira

For the lady fingers:

8 lady fingers
1 cup espresso
2 tsp sugar

To garnish:

cocoa powder
chocolate covered raspberries

Into the bowl of a stand mixer add the Creamy along with the vegan cream, maple syrup, vanilla and Madeira and whisk until creamy, for about 3-4 minutes.

Spoon the mixture into a piping bag; cut a small hole in the tip and set aside. Add the espresso and sugar into a bowl and stir.

Cut the lady fingers in half and

dip them very briefly into the coffee on both sides. Place them on the base of your two glasses.

Top with half of the vegan cream, repeat with the lady fingers and another layer of vegan cream. Chill overnight or for at least 4 hours.

To serve, dust with cocoa powder and decorate with chocolate covered raspberries. Enjoy the sweetness!

73



Prep Time
4 hours 15 mins



Cook Time
-



Serves
2

MEDIUM

The art of marinating

Marinating can be a great way to use up leftover vegetables and prevent food waste.

CYPRIOI INSPIRED MARINADE

200g Violife Grill Me!
 1 tsp dried oregano
 1 tsp chili flakes
 1 lemon zest and juice
 1 small garlic clove
 2 tbsp extra-virgin olive oil
 1 tbsp maple syrup
 4 thyme sprigs

Prep time: 5 minutes

Serves: 4-6

Directions: Use a sharp knife and halve the Grill Me! into two thinner squares. Use your knife to score the surface of the Grill Me! into a diamond shape. This will allow the block to marinate better. Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.



MOROCCAN INSPIRED MARINADE

200g Greek White
 1 tbsp paprika
 4 cloves garlic
 4 sprigs fresh tarragon
 2 tsp peppercorn
 3 tsp chili flakes
 2 tsp oregano
 1 lemon
 3 tsp black cumin
 200g olive oil

Prep time: 5 minutes

Serves: 4-6

Directions: Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.



GREEK INSPIRED MARINADE

200g Violife Greek White
 4 garlic cloves
 1 lemon
 2 red chillies
 4 fresh oregano sprigs
 2 fresh rosemary sprigs
 200g olive oil
 100g sundried tomatoes
 20 green and black olives
 10 olives with pepper inside
 1 tbsp black peppercorns

Prep time: 10 minutes

Serves: 4-6

Directions: Use a sharp knife to score the surface of the Greek White into a diamond shape. This will allow the Greek White to marinate better. Place all the ingredients in a sterilized mason jar. Stir well to combine. Close the jar securely and allow to marinate for 24 hours, before consuming. Bring to room temperature before serving by removing from the fridge ahead of time.



*To sterilize your jar and lid add to an oven preheated at 150°C for 15 minutes.

*Store in the fridge for up to 2 weeks.

Kids party



Cucumber sandwiches

British colonists in India invented the cucumber sandwich when they were looking for foods to help relieve them from the heat.

INGREDIENTS

400g Violife Creamy Original
1 lemon zest
2 cucumbers
12 bread slices
salt, to taste

In a bowl, mix the Creamy with salt and lemon zest. Slice the cucumbers and dry them using some kitchen paper.

Spread the Creamy onto the bread slices, top with the cucumber and close with another slice of bread. Slice the sandwiches into 4 and serve.

If you want to make them extra fun for the kids, use small cookie cutters to cut shapes out of the cucumber slices and add them on top of each sandwich with some Creamy to secure!

The Queen apparently adored a tzatsiki-esque twist on cucumber sandwiches.



Prep Time
10 mins



Cook Time
-



Serves
12

EASY

79



Prep Time
10 mins



Cook Time
35



Serves
10

MEDIUM



KID'S PARTY | GREECE

Mini stuffed pies

Kourou dough is a Greek shortcrust pastry that has a texture similar to a biscuit or tart crust.

INGREDIENTS

200g Violife Original flavour
grated
200g Violife Greek White
2 sheets vegan short crust
pastry
salt and pepper, to taste
4 tbsp almond milk

Preheat your oven at 180°C.
In a medium bowl, mix the Original grated, Greek White, salt and pepper. Using a round cookie cutter, slice each pastry sheet into 8-10 pieces.

Fill each pastry sheet in the middle with one tablespoon of filling and fold over to secure.

Brush the edges with almond milk to secure the pastry and brush on top too.

Place on a lined baking tray and bake for 30-35 minutes. Remove from the oven and allow to cool for a few minutes before serving. The kids will definitely come back for seconds!

Mini pasta cups

The word “pasta” derives from the Italian word for the dough from which pasta shapes are made. The names themselves usually trace back to either their creation process or objects they resemble.

INGREDIENTS

100g Violife Creamy Original
400g strozzapreti
120g yellow and red cherry
tomatoes
1 lemon zest
3 tbsp extra virgin olive oil
salt and pepper, to taste
fresh basil leaves

In boiling salted water cook the pasta for 6 minutes.

Sieve the pasta and add back in the pot. Add in the Creamy, cherry tomatoes, lemon zest, olive oil, salt and pepper and mix well until combined and creamy.

Sprinkle with basil leaves and serve in small bowls or colourful muffin holders.

Turn any recipe kid-friendly by serving in a fun muffin liner or cup.



81



Prep Time
15 mins



Cook Time
6 mins



Serves
6

EASY

Fruity ice cream pops

These vitamin-packed fruit skewers are a simple, colourful and yummy way to get kids to eat fruit. They'll love helping to make them too.

INGREDIENTS

200g Violife Creamy Original
1 melon in small balls
200g small strawberries
200g vegan yoghurt
1 tsp vanilla essence
2 tsp maple syrup
colourful sprinkles

Prepare your fruits. In a medium bowl combine the Creamy with vegan yoghurt, vanilla and maple syrup and whisk until combined.

Place in a piping bag or in a bowl and cover. Place in the fridge to set. Pass the fruits through the skewers, one strawberry, one

melon and one strawberry again. Place in an airtight container and then in the freezer.

When you are ready to serve, drizzle the frozen fruit pops with the creamy sauce or alternatively serve the creamy dip on the side and dip your fruit pops inside.

*For some extra dazzle,
sprinkle the fruit pops with
colourful sprinkles!*



83



Prep Time
50 mins



Cook Time
-



Serves
15



EASY

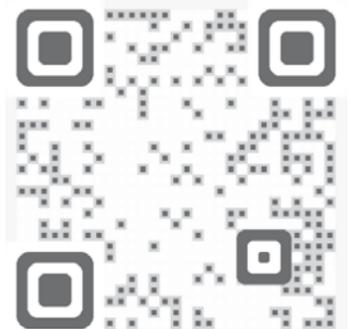
Violife

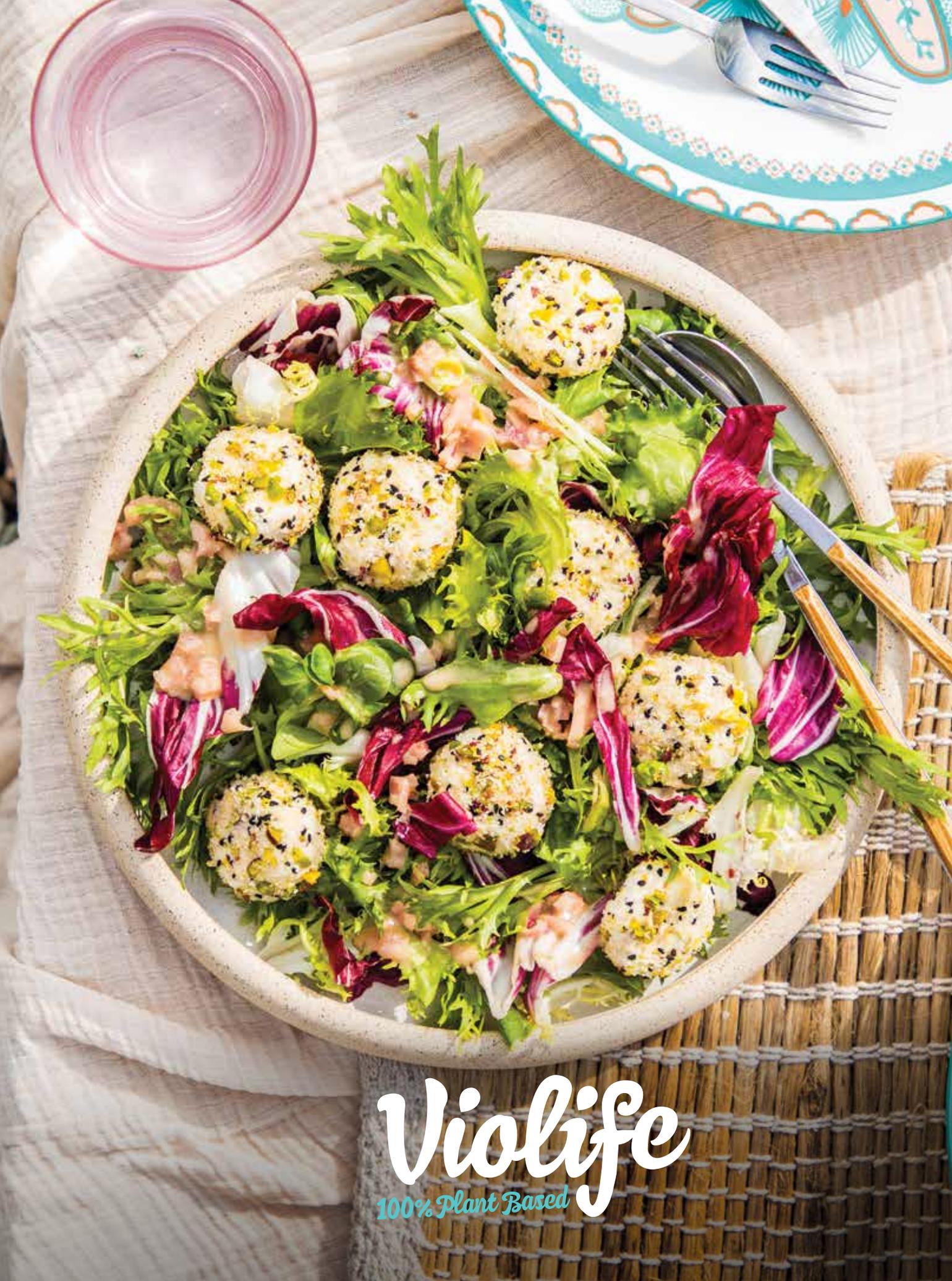
100% Plant Based

THE WAY YOU
LIKE IT...
**100% PLANT
BASED**



SCAN HERE FOR MORE





Violife
100% Plant Based