



Bidfood  
OLIVER KAY

# The ingredients for success

At Natural Innovations we develop plant-led ingredient solutions for leading global food brands.

➤ **Bold flavour,  
meaningful impact**

We believe great taste, health and sustainability should go hand in hand.

That's why we're on a mission to transform the best natural ingredients into ready-to-eat solutions that deliver big on flavour and create a positive impact – one delicious dish at a time.





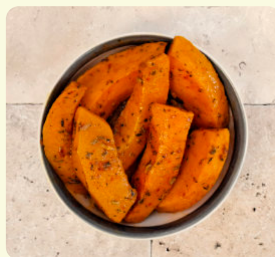
We're proud to launch this new range of plant-led, kitchen-ready ingredients. Inspired by global cuisines and driven by what consumers crave, they bring bold, trend-led flavour to every dish. Delivering consistent quality while supporting busy kitchens, these products save time, reduce waste, and help teams focus on what matters most - creating delicious dishes consumers love.



Firecracker  
cauliflower



Chargrilled Mediterranean  
vegetables



Roast oregano & garlic  
butternut



Golden pickled  
cauliflower



Charred Cajun corn



Lemon and garlic  
dressed Tenderstem®



Greens & grains



Spiced grains with  
roasted butternut



Purple cabbage &  
carrot kraut



Roasted beetroot &  
bean dip



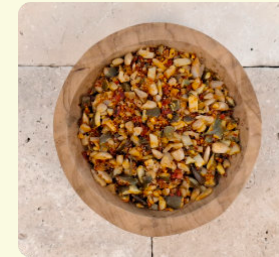
Red pepper  
muhammara dip



Spiced candied seeds



Dukkah spiced seeds



Togarashi seeds

Want to learn more? Let's get started.

Scan the QR code for more information.



# Firecracker cauliflower

Product code: 28922



OLIVER KAY

Inspired by rich Asian flavours, this cauliflower is marinated in tamari, rice vinegar, and red pepper, then slow-roasted to infuse and caramelise. A light polenta dusting adds crunch to every bite. Packed with heat, umami, and zing, it aligns with key trends in plant-led eating, global flavours, and health-conscious choices - helping brands stay ahead of the curve.



Friendly  
fibre



Buns &  
Bowls



Delivering consistent quality  
while supporting busy kitchens



**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

## Ingredient declaration

Cauliflower, Rapeseed Oil, Tamari (Water, Soybeans (SOYA), Salt, Alcohol), Rice Vinegar, Garlic Purée, Red Pepper Powder, Polenta, Ginger Purée, Cornflour, Salt

## Nutritional information (g per 100g)

Energy (Kj)	377
Energy (Kcal)	91
Fat (g)	5.8
Of which saturates (g)	0.5
Carbohydrates (g)	6.3
Of which sugars (g)	2
Protein (g)	2.5
Fibre (g)	1.6
Sodium (mg)	500
Salt (g)	1.25

## Allergen information

Contains Soybeans (SOYA). Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

It works perfectly as a starter, salad topper, or side dish on menus across multiple sectors. Try loaded into wraps or bowls, served over loaded fries, paired with yoghurt and pickles on small plates, or layered into Turkish-inspired flatbreads. It's a versatile ingredient that works hot or cold across deli counters, buffets, or Asian-style small plates and tapas menus.



# Chargrilled Mediterranean vegetables

Product code: 27246



OLIVER KAY 

A colourful mix of courgette, red pepper, yellow pepper, and aubergine chargrilled for natural sweetness and smokiness. These vegetables bring bold, sun-kissed flavour to any dish. A comforting classic, they're a great addition to any recipe tapping into fresh, globally inspired dishes.





Friendly fibre



Flavours less travelled



Greek



Turkish



Delivering consistent quality while supporting busy kitchens



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Fast, fuss-free prep



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Less waste, more impact



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More time to create

Ingredient declaration
Red Onion, Yellow Pepper, Red Pepper, Courgette, Vegetable Oil, Salt, Black Pepper

Nutritional information (g per 100g)	
Energy (Kj)	147
Energy (Kcal)	35
Fat (g)	1.1
Of which saturates (g)	0.1
Carbohydrates (g)	4
Of which sugars (g)	2.8
Protein (g)	1
Fibre (g)	2.6
Sodium (mg)	100
Salt (g)	0.3

Allergen information
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Serve as a side or base for mains topped with grilled meat, fish or plant-based proteins. These smoky, chargrilled vegetables are ideal in Mediterranean-style salads, sandwiches, wraps and flatbreads. Stir through risottos, fold into sauces, or toss with pasta to bring warm flavour. Their bold taste and colour enhance stews and pizzas on both winter and fresh summer menus.

# Roast oregano & garlic butternut

Product code: 28944



OLIVER KAY

Slow-roasting butternut squash brings out its natural sweetness, creating golden, hearty wedges with a rich flavour. Marinated with garlic and oregano for a fragrant, Mediterranean-style finish. The result is a visually striking ingredient that enhances any dish with its comforting taste.



Flavours  
less travelled



Argentinian



Portuguese



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Ingredient declaration
Butternut, Lemon Oil, Garlic Puree, Salt, Red Pepper Powder, Fennel Seeds, Thyme, Oregano

Nutritional information (g per 100g)	
Energy (Kj)	202
Energy (Kcal)	48
Fat (g)	1.6
Of which saturates (g)	0.1
Carbohydrates (g)	7.9
Of which sugars (g)	3.8
Protein (g)	1
Fibre (g)	1.7
Sodium (mg)	213
Salt (g)	0.53

Allergen information
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Great in salads, stews or fusion-style pizzas. Use as a hearty side or mixed into tagines, traybakes and slow-cooked dishes. Add comforting flavour to pasta, or stir into grain bowls with nuts, herbs and dressing. A great addition to rice bowls, offering sweetness and aroma that balances out bold or spiced formats. Works well hot or chilled across seasonal builds.

# Golden pickled cauliflower

Product code: 28923



OLIVER KAY

Crunchy cauliflower florets are lightly pickled with turmeric, red chilli, and sushi vinegar for tang and gentle warmth. Bright in colour and bursting with flavour, it brings a vibrant punch to a variety of bowl and bun-based dishes. The perfect balance of texture and tang, it aligns with trends in bold global flavours, and health-led innovation.





Friendly fibre



Buns & Bowls



Flavours less travelled



Turkish



Delivering consistent quality while supporting busy kitchens



**Save time**  
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More time to create

Ingredient declaration
Cauliflower, Sushi Vinegar (Sugar, Spirit Vinegar, Rice Vinegar, Salt), Spirit Vinegar, Water, Red Chilli, White Sugar, Turmeric, Salt, Sumac, Oregano

Nutritional information (g per 100g)	
Energy (Kj)	197
Energy (Kcal)	47
Fat (g)	0.9
Of which saturates (g)	0.2
Carbohydrates (g)	7.5
Of which sugars (g)	5.7
Protein (g)	1.7
Fibre (g)	2
Sodium (mg)	533
Salt (g)	1.33

Allergen information
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Instantly add vibrant colour, crunch and acidity to flatbreads, rice bowls and salads. Delicious battered and deep-fried tempura style, it works perfectly as a starter or side across diverse menus. Whether it's Turkish-inspired flatbreads, mezze spreads, bánh mì, or sourdough with whipped feta and chilli oil, it adds sharpness to on-trend sharing plates.



# Charred Cajun corn

Product code: 28921



OLIVER KAY

Coated in a smoky, blackened Cajun blend before charring, this sweetcorn delivers a bold, comforting flavour. Inspired by the flavours of the Southern States, the Cajun kick is perfectly balanced with the natural sweetness of sweetcorn. The caramelised edges add depth and visual appeal, making it a standout addition to Southern-inspired BBQ dishes.





Friendly fibre



Flavours less travelled



Southern States



Buns & Bowls



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**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

Ingredient declaration	
Sweetcorn, Blackened Cajun Spice (Salt, Oregano, White Pepper, Paprika, Onion Powder, Cayenne Pepper, Cumin, Garlic Powder, Black Pepper, Thyme, Chilli)	

Nutritional information (g per 100g)	
Energy (Kj)	346
Energy (Kcal)	83
Fat (g)	0.7
Of which saturates (g)	0.12
Carbohydrates (g)	19.4
Of which sugars (g)	3.1
Protein (g)	2.6
Fibre (g)	2.4
Sodium (mg)	136
Salt (g)	0.34

Allergen information
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Perfect in salads, as a side dish, or incorporated into fritters or bites, this corn brings bold, smoky flavour to dishes with Southern BBQ influence. It's a standout pairing with grilled meats or plant-based mains, and can be mixed through salads or loaded into tacos or wraps for added caramelised crunch. Great for adding depth and colour across multiple menu formats.

# Lemon and garlic dressed Tenderstem®

Product code: 28929



OLIVER KAY 

Naturally sweet and vibrant, this Tenderstem® is lightly blanched with lemon and garlic to enhance its natural flavour. A touch of black pepper adds subtle warmth, while our fast-chill process locks in nutrients, antioxidants, and vibrancy - bringing freshness, crunch, and colour to every bite.



**Flavours**  
less travelled



**Greek**



**Buns &  
Bowls**



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**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

## Ingredient declaration

Tenderstem® broccoli, Lemon Oil (rapeseed oil, natural lemon flavouring), Garlic, Salt, Black Pepper

## Nutritional information (g per 100g)

Energy (Kj)	225
Energy (Kcal)	57
Fat (g)	3.3
Of which saturates (g)	0.3
Carbohydrates (g)	3.7
Of which sugars (g)	1.5
Protein (g)	3.3
Fibre (g)	3
Sodium (mg)	340
Salt (g)	0.85

## Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Build into warm sides, deli pots or traybakes - this lemon and garlic Tenderstem® brings freshness, fibre and flavour to globally inspired formats. Serve chilled with salads or platters, or warm with grilled mains. Its zesty crunch lifts pasta and noodle dishes, and works brilliantly in both light, summer plates and heartier, comforting recipes for autumn and winter menus.



# Greens & grains

Product code: 28924



OLIVER KAY 

A nourishing blend of grains and greens, combining lentils, barley, beans, and vibrant vegetables. Blanched to retain bite, colour, and freshness, this mix is naturally full of fibre and flavour. Its versatility makes it ideal for health-forward menus, tapping into growing consumer demand for texture, taste, and functional ingredients that work across a variety of formats.



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Buns &  
Bowls



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**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

## Ingredient declaration

Pearl Barley (Water, Pearl Barley (BARLEY)), Soya Bean (SOYA), Wheatberries (Water, Wheatberries (WHEAT)), Green Lentils (Water, Green Lentils), Spring Greens, Red Quinoa (Water, Red Quinoa), Green Beans, Parsley, Salt

## Nutritional information (g per 100g)

Energy (Kj)	588
Energy (Kcal)	140
Fat (g)	1.9
Of which saturates (g)	0.3
Carbohydrates (g)	21.5
Of which sugars (g)	1.1
Protein (g)	6.6
Fibre (g)	5
Sodium (mg)	407
Salt (g)	1.02

## Allergen information

Contains Gluten (WHEAT, BARLEY), Soybeans (SOYA).  
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Great in salads, traybakes or bowls with Middle Eastern and Mediterranean influence. It brings fibre, freshness and bite when served warm with grilled proteins or cold in vibrant lunch pots with cheese, seeds or grains. Perfect stuffed into wraps and holds up well chilled in deli or buffet settings, offering flexibility across multiple menu types.

# Spiced grains with roasted butternut

Product code: 28945



OLIVER KAY

A bold and colourful mix of grains, vegetables, and seeds, lightly spiced and roasted to bring out their natural flavours. Roasted butternut, dried cranberries, and red onion add depth and sweetness, while the seed mix delivers crunch. With fibre-rich ingredients that are full of flavour, it's a vibrant addition to globally inspired recipes with texture, colour, and balance at the heart.



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**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

Ingredient declaration	
Cooked Wheatberries (Water, Wheatberries (WHEAT)), Cooked Bulgur Wheat (Water, Bulgur Wheat (WHEAT)), Cooked Giant Cous Cous (Water, Giant Cous Cous (WHEAT) (Wheat Flour)), Butternut Squash, Red Pepper, Red Onion, Cranberries (Cranberries, Sugar, Sunflower Oil), Lemon Infused Rapeseed Oil (Rapeseed Oil, Natural Lemon Flavouring), Pumpkin Seeds, Sunflower Seeds, Rapeseed Oil, Grain Spice Mix (Salt, Ground Paprika, Ground Coriander, Ground Cayenne Chilli, Cumin Seed, Cracked Black Pepper, Rapeseed Oil), Lemon Juice Concentrate (Sodium Metabisulphite (SULPHITES)), Salt, Turmeric Ground	

Nutritional information (g per 100g)	
Energy (Kj)	694
Energy (Kcal)	165
Fat (g)	5.2
Of which saturates (g)	0.5
Carbohydrates (g)	23.7
Of which sugars (g)	2.6
Protein (g)	4.5
Fibre (g)	2.8
Sodium (mg)	360
Salt (g)	0.9

Allergen information
Contains Gluten (WHEAT), SULPHITES. Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Build into sides, starters or trend-led grain bowls - this swicy mix brings colour, fibre and layered texture to global menus. Serve warm as a hearty plant-based main or alongside grilled proteins. It's equally delicious chilled in lunch pots, wraps or salads. Try it on festive platters, paired with falafel, tangy slaws and sauces for vibrant, flavour-packed modern builds.



# Purple cabbage & carrot kraut

Product code: 28920



OLIVER KAY 

Bright and bold, this kraut combines crunchy red cabbage and julienned carrot, lightly pickled to bring a refreshing zing and vibrant colour. Its natural acidity and crisp texture align perfectly with consumers' growing demand for health-led ingredients, making it a standout addition to fresh, flavour-led recipes.



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Buns &  
Bowls



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### Save time

Fast, fuss-free prep



### Reduce waste

Less waste, more impact



### Focus on flavour

More time to create

## Ingredient declaration

Red Cabbage, Carrot, White Sugar, Spirit Vinegar, Salt

## Nutritional information (g per 100g)

Energy (Kj)	354
Energy (Kcal)	84
Fat (g)	0.2
Of which saturates (g)	0
Carbohydrates (g)	18.5
Of which sugars (g)	16.5
Protein (g)	0.9
Fibre (g)	2.1
Sodium (mg)	220
Salt (g)	0.55

## Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

A zingy topper for salads, sandwiches or burgers, this kraut adds freshness, crunch and acidity across a range of formats. It's ideal for BBQ dishes, grilled meats and modern fusion plates. Pair with Asian or Mexican flavours, layer into wraps or tacos, or serve on charcuterie boards — it adds colour, texture and punch to globally inspired menus.

# Roasted beetroot & bean dip

Product code: 28918



OLIVER KAY 

Roasted beetroot is blended with cannellini beans to create a rich, creamy dip bursting with vibrant colour. Garlic, kalonji seeds, and red wine vinegar bring depth and sharpness to balance the natural sweetness of the beetroot. Dill adds freshness, while olive oil enhances the smooth finish - making it ideal for dipping, spreading, or serving alongside mains.



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Buns &  
Bowls



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**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

Ingredient declaration	
Cannellini Beans, Beetroot, Red Wine Vinegar, Olive Oil, Salt, Beetroot Concentrate, Garlic, Kalonji Seeds, Dill	

Nutritional information (g per 100g)	
Energy (Kj)	434
Energy (Kcal)	104
Fat (g)	4
Of which saturates (g)	0.6
Carbohydrates (g)	11.1
Of which sugars (g)	3.3
Protein (g)	4.6
Fibre (g)	3.8
Sodium (mg)	511
Salt (g)	1.3

Allergen information
Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Perfect for mezze boards, sandwiches, wraps and salads, this creamy dip also works brilliantly as a starter topped with pickled beetroot, feta and seeds. It spreads well onto flatbreads and brings colour and tang to grain bowls. A great match for grilled halloumi or falafel, offering Eastern Med-style flavour and a strong base for colourful, plant-led dishes.



# Red pepper muhammara dip

Product code: 28964



OLIVER KAY

Inspired by Middle Eastern flavours, this smoky-sweet dip blends roasted red peppers with cumin, paprika, sumac, and a hint of chilli. Traditionally made with walnuts, this nut-free alternative uses sunflower seeds and breadcrumbs for a rich, textured base. A bold, versatile option that adds depth and colour to flavour-led, globally inspired dishes.



**Buns & Bowls**



**Flavours less travelled**



**Turkish**



Delivering consistent quality while supporting busy kitchens



**Save time**  
Fast, fuss-free prep



**Reduce waste**  
Less waste, more impact



**Focus on flavour**  
More time to create

## Ingredient declaration

Red Pepper, Rapeseed Oil, Sunflower Seeds, Garlic, Gluten Free Breadcrumbs (Rice Flour, Potato Starch, Tapioca Starch, Rapeseed Oil, Dextrose, Sugar, Yeast, Salt, Stabiliser: Hydroxypropyl Methylcellulose, Maize Starch, Psyllium Fibre), Ground Cumin, Salt, Smoked Paprika, Sumac, Chipotle Chilli Powder

## Nutritional information (g per 100g)

Energy (Kj)	1111
Energy (Kcal)	273
Fat (g)	23.4
Of which saturates (g)	2.1
Carbohydrates (g)	12.7
Of which sugars (g)	3.2
Protein (g)	4.4
Fibre (g)	2.5
Sodium (mg)	0.34
Salt (g)	0.84

## Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Serve with warm flatbreads, mezze platters, or use as a bold spread in wraps and sandwiches. This smoky-sweet dip adds depth, richness and a touch of warmth to grilled vegetables, meats, or plant-based mains. It's equally delicious stirred into grain bowls and is a natural fit for Middle Eastern-inspired menus and sharing dishes.

# Spiced candied seeds

Product code: 28965



OLIVER KAY 

Drawing on swicy flavour profiles, this roasted seed mix is coated in paprika, garlic, and chilli, then lightly candied for added crunch. The combination of pumpkin and sunflower seeds brings both texture and flavour, making it a versatile topping that adds gentle heat and global flair to bowls, salads, starters, and sides.



Friendly  
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Buns &  
Bowls



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More time to create

## Ingredient declaration

Sunflower Seeds, Pumpkin Seeds, Rapeseed Oil, White Sugar, Salt, Paprika, Garlic Powder, Chilli Flakes, Dried Oregano

## Nutritional information (g per 100g)

Energy (Kj)	2377
Energy (Kcal)	573
Fat (g)	47
Of which saturates (g)	6.3
Carbohydrates (g)	19.6
Of which sugars (g)	4.5
Protein (g)	19.2
Fibre (g)	5.6
Sodium (mg)	481
Salt (g)	1.2

## Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Layer into grain bowls, on top of tacos or scatter over dips - these seeds add swicy flavour, crunch and contrast across dishes. Sprinkle over starters, sides, salads or bowls for texture and gentle heat, or use to finish roasted vegetables and grains. They're also great mixed into snacks or stirred through dressings and dips for sweet-savoury depth and extra flavour.



# Dukkah spiced seeds

Product code: 28962



OLIVER KAY

Inspired by North African spice blends, these candied seeds are coated in ras el hanout, smoked paprika, cayenne, and cinnamon for a warming, earthy flavour. Crunchy, spice-led, and moreish, they're a delicious topping that adds texture, gentle heat, and flavour to bowls, flatbreads, and sharing dishes.



Friendly  
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Buns &  
Bowls



Flavours  
less travelled



Turkish



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while supporting busy kitchens



### Save time

Fast, fuss-free prep



### Reduce waste

Less waste, more impact



### Focus on flavour

More time to create

### Ingredient declaration

Pumpkin Seeds, Sunflower Seeds, Brown Sugar, Sunflower Oil, Smoked Paprika, Salt, Ras El Hanout Mix (Ground Coriander, Ground Cinnamon, Ground Cumin, Ground Turmeric, Ground Paprika, All Spice, Cayenne Chilli Powder, Black Pepper), Cayenne Chilli Powder, Ground Cinnamon

### Nutritional information (g per 100g)

Energy (Kj)	2335
Energy (Kcal)	562
Fat (g)	45.3
Of which saturates (g)	6.6
Carbohydrates (g)	19.1
Of which sugars (g)	4.2
Protein (g)	21.1
Fibre (g)	5.8
Sodium (mg)	247.7
Salt (g)	0.62

### Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Add bold texture and warmth with these crunchy, spiced seeds. Ideal for bringing depth to a wide range of dishes, they're great scattered over flatbreads, salads or grain bowls, or used to garnish roasted meats and vegetables for added crunch. Stir through dips, spreads and sauces, or layer onto platters and mezze boards to elevate flavour, texture and visual appeal.

# Togaroshi seeds

Product code: 28966



OLIVER KAY

Inspired by Japanese togaroshi blends, this sesame-free topper is infused with seaweed for added flavour and feel-good benefits. The natural umami of the seaweed adds depth, creating a crunchy, savoury topping that brings a perfect balance of spice and texture.



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Buns &  
Bowls



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**Focus on flavour**  
More time to create

## Ingredient declaration

Sunflower Seeds, Pumpkin Seeds, Red Pepper Powder, White Sugar, Seaweed, Parsley, Orange Zest, Salt, Yeast Extract Powder (Yeast Extract, Salt)

## Nutritional information (g per 100g)

Energy (Kj)	2085
Energy (Kcal)	502
Fat (g)	36
Of which saturates (g)	5.3
Carbohydrates (g)	22.4
Of which sugars (g)	5.7
Protein (g)	19.7
Fibre (g)	4.7
Sodium (mg)	700
Salt (g)	1.75

## Allergen information

Handled and prepared in a nut and sesame free environment.

## Chef's recommendations

Use on salads, rice bowls or noodle dishes to add umami-rich crunch and balanced spice. Sprinkle over roasted vegetables or mix into sushi bowls, dressings and sauces to bring authentic Japanese flavour. It's also a great addition to popcorn, nuts or snacks. Versatile and vibrant, these flakes add savoury depth to both grab-and-go builds and more composed dishes.



## Firecracker cauliflower bowl



### » Ingredients



Firecracker cauliflower  
28922



Greens & grains  
28924



Togorashi seeds  
28966

Just add

+ Spring onion (75612)

+ Tamari (355510)

+ Yuzu dressing

Start by layering up your greens & grains, then add your firecracker cauliflower on top. Add something pickled for extra zing and contrast, and sprinkle over togarashi seeds for extra crunch. Sliced spring onions and a drizzle of tamari & yuzu dressing make the perfect finishing touch.



Friendly  
fibre



Buns &  
Bowls



## Middle-Eastern open kebab



### » Ingredients



Red pepper muhammara dip  
28964



Golden pickled cauliflower  
28923



Dukkah spiced seeds  
28962

Just add

- + Toasted flatbreads (10848)
- + Mint (75108)
- + Koftas of your choice
- + Pomegranate seeds

Take toasted flatbreads and spread a generous amount of the red pepper muhammara dip. Add your choice of koftas, then layer with pickled golden cauliflower for extra crunch. Scatter over pomegranate seeds and fresh mint to add a pop of colour and freshness, and finish with a good sprinkle of dukkah spiced seeds.



Flavours  
less travelled



Turkish



Buns &  
Bowls



## Piri-piri power bowl



### » Ingredients



Spiced grains with roasted  
butternut  
28945



Lemon and garlic dressed  
Tenderstem®  
28929

Just add

- + Piri-piri chicken wings (96630) (83856)
- + Pink pickled onions (11373)

Combine the spiced grains and roasted butternut with lemon and garlic dressed Tenderstem® and piri-piri chicken wings, then top with pink pickled onions for acidity and colour. Finish with your choice of chilli oil, piri drizzle, or zesty dressing to balance sweet, smoky, and spicy notes, creating a bold, trend-led bowl.



Flavours  
less travelled



Portuguese



Buns &  
Bowls



## Roast butternut & corn chimichurri salad



### » Ingredients



Roast oregano & garlic butternut  
28944



Charred Cajun corn  
28921



Purple cabbage & carrot kraut  
28920

Just add

+ Leafy salad (75043)

+ Feta (89768)

+ Chimichurri dressing (91329)

+ Baguette (01701)

Toss roast oregano and garlic butternut wedges with charred Cajun corn and carrot & cabbage kraut, before layering on a bed of fresh leafy salad. Crumble over feta and drizzle with chimichurri dressing to bring it all together. Serve alongside toasted baguette slices for extra crunch and to mop up the delicious herby dressing.



Flavours  
less travelled



Argentinian



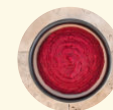
Buns &  
Bowls



## Beetroot borani



## » Ingredients



Roasted beetroot & bean dip  
28918



Spiced candied seeds  
28965

Just add

- + Balsamic roasted beetroot (17820)
- + Pickled golden beetroot
- + Feta (89768)
- + Lemon oil

Spread a generous amount of the roasted beetroot & bean dip onto a plate. Top with balsamic-roasted beetroot wedges, crumbled feta, and golden pickled beetroot. Drizzle with lemon oil and scatter some fresh microgreens for freshness, finish with a sprinkle of candied seeds, before serving with warm flatbread or crackers as a delicious starter or sharing dish.



Friendly  
fibre



Buns &  
Bowls