



MEAT-FREE MONDAY

— *any night* —





Birds Eye have harnessed the goodness of nature with a Plant Based range that is deliciously tasty, high in protein and crafted using the highest quality ingredients.

If you are vegetarian, vegan or just wanting to reduce your meat intake, we have a product for you. It's as simple as swapping out regular meat with our plant based alternatives or trying one of the recipes in this book. Enjoy meat free Mondays any night of the week with Birds Eye Plant Based.

Every flavour packed recipe has the health benefits identified by simple nutrition stamps, eating well has never been so easy!

PLANT PROTEIN

Recipe contains a **plant based source of protein** e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).

VEGAN

Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).

VEGETARIAN

Recipe is suitable for **lacto-ovo vegetarians**. Recipe contains **no animal based meat products (i.e. No meat, poultry, fish or seafood)** but may contain dairy (non-animal rennet), honey and egg ingredients.

2+ SERVES VEG

Recipe contains at least **2+ serves of vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.

PROTEIN BOOST

Recipe contains **two types** of protein, from plant or animal sources.

Chicken Style Tender Tacos

PREP TIME: 15 mins

COOK TIME: 15mins

MAKES:4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

300g packet frozen **Birds Eye Plant Based Chicken Style Tenders**

1 cup shredded red cabbage

1 cup shredded green cabbage

1/3 cup frozen Birds Eye Corn Kernels, blanched

1 tablespoon chopped fresh parsley

Juice of 1/2 lime

4 tortillas

Chipotle mayonnaise, for serving

METHOD

1. Cook frozen Birds Eye Plant Based Chicken Style Tenders following packet directions.
2. To make the slaw, combine red and green cabbage, Birds Eye Corn Kernels and parsley. Squeeze over lime and toss to combine.
3. Warm each tortilla following packet directions. Place some mayonnaise over the base of each tortilla and top with slaw, cooked chicken style tenders and a drizzle of extra mayonnaise. Serve immediately.



COOKING
TIP

Try cooking tortillas over the gas flame or in a hot non stick frypan for a charred look and flavour.

Burrito Bowl

PREP TIME: 10 mins

COOK TIME: 20 mins

SERVES: 4



PLANT
PROTEIN

VEGAN

2+
SERVES VEG

PROTEIN
BOOST

INGREDIENTS

- 1½ tablespoons oil
- 1 cup frozen Birds Eye Corn Kernel
- 300g packet frozen **Birds Eye Plant Based Mince**
- ½ cup tomato salsa
- 450g pouch microwavable brown rice, cooked following packet directions
- 200g punnet cherry tomatoes, quartered
- 400g can Edgell Black Beans, rinsed and drained
- 1 avocado, sliced
- Fresh coriander leaves and lime wedges, for garnish
- 100g white corn tortilla strips, for serving

METHOD

1. Heat 2 teaspoons oil in a non stick frypan over medium-high heat. Add frozen Birds Eye Corn Kernels and cook for 3-5 minutes or until lightly charred. Remove and set aside.
2. Heat remaining oil in the same frypan over medium-high heat. Add frozen Birds Eye Plant Based Mince and cook following packet directions. Stir in tomato salsa and cook for a further minute.
3. Arrange plant based mince, rice, corn, tomatoes, Edgell Black Beans and avocado in serving bowls. Garnish with coriander leaves and lime wedges. Serve with tortilla strips.



COOKING
TIP

The heat level of this dish can be adjusted by the choice of salsa used.

Mediterranean Burgers

PREP TIME: 10 mins

COOK TIME: 16 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

2 tablespoons oil

½ x 400g packet frozen Birds Eye Deli Grilled
Veggies – Zucchini, Eggplant & Capsicum

300g packet frozen **Birds Eye Plant Based Burgers**

4 sourdough rolls, toasted

Tomato Chutney, for spreading

Oak leaf lettuce, sliced tomato, sliced red onion

Aioli, for drizzling

METHOD

1. Heat 2 teaspoons oil in a non stick frypan and cook frozen Birds Eye Grilled Veggies following pan fry cooking directions. Remove, cover with foil and keep warm.
2. Heat remaining oil in the same frypan and cook frozen Birds Eye Plant Based Burgers following packet directions.
3. Assemble rolls with tomato chutney, lettuce, tomato, onion, burger patties, aioli, and grilled veggies.



NOURISHING
TIP

*Look for a Vegan Aioli
to make this recipe vegan friendly.*

Greek Style Kebabs with Lentil Salad

PREP TIME: 25 mins

COOK TIME: 12 mins

SERVES: 4

NOURISHING TIP

This recipe is full of fibre rich veggies, to help keep you feeling fuller for longer.



PLANT PROTEIN

VEGETARIAN

2+
SERVES VEG

INGREDIENTS

- ¾ cup Greek Style natural yoghurt
- 1 teaspoon frozen Birds Eye Chopped Garlic
- 1 red onion
- 400g can Edgell Brown Lentils, rinsed and drained
- ½ cup chopped fresh herbs (parsley, mint, coriander or chives)
- 2 baby cucumbers, diced
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 200g packet frozen **Birds Eye Chicken Style Strips**, thawed*
- 1 small red capsicum, cut into a 3cm dice
- 1 small green capsicum, cut into a 3cm dice
- Lemon wedges, for serving



METHOD

1. Stir yoghurt and frozen Birds Eye Garlic together in a small bowl and refrigerate until required.
2. Finely chop a quarter of the onion and lightly toss with Edgell Lentils, herbs and cucumber. Combine 2 tablespoons oil, lemon juice and oregano to make a dressing and drizzle ½ over the lentil salad. Set aside remaining dressing.
3. Cut remaining onion into 3 cm dice and thread with thawed Birds Eye Chicken Style Strips and capsicums onto 4 long skewers.
4. Heat remaining oil in a large non stick frypan or chargrill plate over a medium-low heat. Cook skewers for 10-12 minutes turning regularly until cooked through. Remove and immediately drizzle with reserved oregano lemon dressing.
5. Dollop and spread yoghurt on the base of each serving dish, top with lentil salad and kebabs. Serve with lemon wedges on the side.

COOKING TIP

**Thaw packet of frozen Birds Eye Plant Based Chicken Strips in the refrigerator overnight. Use within 24 hours.*

Mini Parma Bruschetta Style

PREP TIME: 15 mins

COOK TIME: 18 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

300g packet frozen Birds Eye Plant Based Chicken Style Tenders

150g frozen Birds Eye Deli Grilled Veggies - Capsicum, Zucchini & Eggplant

¾ cup grated mozzarella cheese

½ cup fresh Napoli sauce, heated

½ cup quartered cherry tomatoes

Fresh basil leaves, for garnish

Mixed green salad, for serving

METHOD

1. Place frozen Birds Eye Tenders and frozen Birds Eye Grilled Veggies in a single layer on a baking paper lined tray. Cook in a preheated oven at 200°C for 15 minutes.
2. Top tenders with mozzarella cheese and cook a further 3 minutes.
3. Stir cherry tomatoes through Napoli sauce and heat in the microwave oven or a small saucepan.
4. Serve tenders topped with cooked grilled veggies, tomato Napoli sauce and garnish with basil leaves. Serve with green salad on the side.



COOKING
TIP

Marinated grilled capsicum from the deli may be used in this recipe.

Korean Mince Bowl

PREP TIME: 25 mins

COOK TIME: 10 mins

SERVES: 3



PLANT
PROTEIN

VEGAN

INGREDIENTS

- 1½ tablespoons soy sauce
- 2 teaspoons brown sugar
- 2 teaspoons rice wine vinegar
- 1 teaspoon sesame oil
- 1 tablespoon oil
- 1 teaspoon frozen Birds Eye Chopped Garlic
- 1 teaspoon frozen Birds Eye Chopped Ginger
- 300g packet frozen **Birds Eye Plant Based Mince**
- 1 cup medium grain rice, cooked
- 1 carrot, julienned
- 200g snow peas, blanched
- 3 baby cucumbers, sliced
- Sliced spring onions, toasted sesame seeds and kimchi to serve

METHOD

1. Combine soy sauce, brown sugar, rice vinegar and sesame oil in a large bowl. Stir to dissolve sugar and set aside.
2. Heat oil in a wok or large non stick frypan over medium-high heat. Add frozen Birds Eye Garlic and frozen Birds Eye Ginger, cook until fragrant, about 20 seconds. Add frozen Birds Eye Plant Based Mince and cook following packet directions. Stir in soy sauce mixture and cook a further 2 minutes.
3. Arrange rice, mince, carrot, snow peas and cucumber in serving bowls. Garnish with spring onions, sesame seeds and serve with kimchi.



COOKING
TIP

A commercial Bulgogi sauce may be used in this recipe to replace the first 6 ingredients.

Taco Grazing Board

PREP TIME: 15 mins

COOK TIME: 10 mins

MAKES: 6



INGREDIENTS

300g packet frozen **Birds Eye Plant Based Chicken Style Tenders**

Smoked paprika, for sprinkling

2 large tomatoes, seeded and finely chopped

2 spring onions, thinly sliced

¼ cup chopped fresh coriander

Juice of ½ small lime

6 mini flour tortillas, lightly charred and kept warm

1 avocado, thinly sliced

2 x 70g cans Edgell Snack Time Black Beans & Charred Corn with Lime & Herbs

Sour cream, fresh coriander leaves and lime wedges, for serving

METHOD

1. Lightly sprinkle frozen Birds Eye Plant Based Chicken Tenders with paprika on both sides. Cook following pan fry packet directions. Remove and slice lengthways into thick strips.
2. Combine tomatoes, spring onions, coriander and lime juice in a small serving bowl to make a fresh tomato salsa.
3. Place cooked Birds Eye Chicken Tenders and remaining ingredients on a serving board or large platter. Serve with sour cream, coriander and lime wedges and allow everyone to assemble their own bespoke tacos.



NOURISHING
TIP

Healthy swap: Swap sour cream for Greek Yoghurt for a lighter choice.

Squashed Meatball Pizza

PREP TIME: 5 mins
COOK TIME: 15 mins
MAKES: 2



INGREDIENTS

- 1 cup tomato passata
- 2 pre prepared pizza bases (25cm diameter)
- 200g ball fresh mozzarella cheese, sliced
- 1 small red onion, thinly sliced
- 300g packet frozen **Birds Eye Plant Based Meatballs**, thawed*
- Rocket leaves, fresh basil leaves and lemon oil, for serving

METHOD

1. Spread half of the passata over each pizza base. Place cheese slices on pizzas and sprinkle over onion.
2. Lightly squash thawed Birds Eye Meatballs using the back of a metal spoon and arrange over pizzas. Drizzle remaining passata over meatballs.
3. Cook in a preheated oven at 190°C for 13-15 minutes until meatballs are steaming hot and cheese is melted. Serve pizzas topped with rocket, basil and a drizzle of lemon oil.



COOKING TIP

**Thaw packet of frozen Birds Eye Plant Based Meatballs in the refrigerator overnight, use within 24 hours.*

Tortilla Wrap Burger

PREP TIME: 15 mins

COOK TIME: 15 mins

SERVES: 4

NOURISHING TIP

Healthy Swap:
Use wholemeal tortillas for a fibre boost.



PLANT PROTEIN

VEGETARIAN

INGREDIENTS

- 1 tablespoon oil
- 300g packet frozen **Birds Eye Plant Based Burgers**
- 4 large flour tortillas (approximately 26cm diameter)
- 4 baby cos lettuce leaves
- 4 large slices tomato
- 12 red onion rings
- 4 slices burger or tasty cheese
- Tomato sauce, mustard and pickled cucumbers
- Birds Eye Chips of choice, cooked following packet directions, for serving

METHOD

1. Heat oil in a large non stick frypan over medium heat and cook frozen Birds Eye Plant Based Burgers following packet directions. Remove and keep hot.
2. Meanwhile, make a cut from the centre to the edge of each tortilla. Place lettuce and tomato in 1st quadrant, onion in the 2nd quadrant, tomato sauce, mustard and pickled cucumbers in the 3rd quadrant.
3. Place cheese and hot Birds Eye Burger in the 4th quadrant. Fold each quarter of tortilla over the other until you have a layered triangle shape.
4. Heat assembled tortilla on a hot chargrill plate, hot frypan or a sandwich press and toast tortilla on both sides until golden and cheese is melted. Serve with cooked Birds Eye Chips.



COOKING TIP

Burgers can be assembled in regular hamburger buns, if preferred.

Vietnamese Salad

PREP TIME: 15 mins

COOK TIME: 10 mins

SERVES: 2



INGREDIENTS

- 150g vermicelli rice noodles
- 200g packet frozen **Birds Eye Chicken Style Strips**
- ½ red capsicum, cut into strips
- 1 small carrot, shredded
- 10 snow peas, sliced
- ½ Lebanese cucumber or 2 baby cucumbers, thinly sliced
- ½ cup chopped coriander
- ¼ cup Vietnamese or regular mint
- ½ long red chilli, thinly sliced (optional)
- ⅓ cup Vietnamese salad dressing
- Vietnamese mint, for garnish

METHOD

1. Prepare rice noodles following packet directions. Refresh under cold water
2. Meanwhile, cook Birds Eye Plant Based Chicken Style Strips following pan fry directions.
3. Combine noodles, Chicken Style Strips capsicum, carrot, cucumber, snow peas, herbs and chilli. Drizzle with Vietnamese dressing when ready to serve.



COOKING
TIP

Look for a vegan based dressing or drizzle with sweet chilli sauce.

San Choy Bau

PREP TIME: 10 mins

COOK TIME: 10 mins

SERVES: 4

NOURISHING
TIP

Healthy swap:
Use salt-reduced oyster and soy sauce for a heart-healthy choice



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 1 tablespoon oil
- 2 teaspoons frozen Birds Eye Chopped Garlic
- 2 spring onions, chopped
- 300g packet frozen **Birds Eye Plant Based Mince**
- 1 carrot, shredded
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1 baby cos or gem lettuce
- Bean shoots, for serving
- Sliced red chilli, for garnish

METHOD

1. Heat oil in a wok or frypan over medium heat, cook garlic and spring onion for 1 minute. Add frozen Birds Eye Plant Based Mince and cook following packet directions.
2. Add carrot and sauces, stir well.
3. Serve in small lettuce cups topped with bean shoots and garnish with fresh chilli.



COOKING
TIP

For additional texture and crunch, add some chopped or sliced water chestnuts with the carrot in step 2.

Hoisin Chicken Style Stir Fry

PREP TIME: 5 mins
COOK TIME: 15 mins
SERVES: 2



PLANT
PROTEIN

VEGAN

INGREDIENTS

- 1 tablespoon oil
- 200g packet frozen **Birds Eye Plant Based Chicken Style Strips**
- 1 teaspoon sesame oil
- 200g sugar snap peas
- 2 spring onions, cut into 5cm lengths
- 2 teaspoons frozen Birds Eye Chopped Ginger
- 1 teaspoon frozen Birds Eye Chopped Garlic
- ¼ cup hoisin sauce
- 1 teaspoon cornflour
- ½ cup water
- Steamed rice, for serving
- Toasted sesame seeds, for garnish

METHOD

1. Heat oil in a non stick wok or frypan over medium heat. Add frozen Birds Eye Plant Based Chicken Style Strips and cook following panfry packet directions. Remove and set aside.
2. Add sesame oil, sugar snap peas, spring onions, frozen Birds Eye Ginger and frozen Birds Eye Garlic to same wok and stirfry for 2-3 minutes.
3. Return Birds Eye Chicken Style Strips and add hoisin sauce to wok. Cook for 1 minute until fragrant. Dissolve cornflour in water and add to pan, stir fry for a further minute until thick and glossy. Serve with cooked rice and sprinkled with sesame seeds.



COOKING
TIP

For a low carb alternative serve with one of the Birds Eye Veggie Rice variants.

Spaghetti and Meatballs

PREP TIME: 5 mins

COOK TIME: 20 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 1 tablespoon oil
- 300g packet frozen **Birds Eye Plant Based Meatballs**
- 2 teaspoons frozen Birds Eye Chopped Garlic
- 1 red capsicum, chopped
- 700g jar Leggo's Passata – Rustic
- 500g packet spaghetti or fettuccine
- ¼ cup finely chopped fresh parsley
- Finely grated zest of 1 large lemon
- Parmesan cheese, for serving

METHOD

1. Heat oil in a large non stick frypan over medium heat. Cook frozen Birds Eye Plant Based Meatballs for 2-3 minutes or until browned.
2. Add frozen Birds Eye Garlic, capsicum and cook for 3 minutes. Pour in Leggo's Passata and bring to the boil. Reduce heat, cover and simmer for 10 minutes.
3. Meanwhile, cook spaghetti following packet directions.
4. Toss hot pasta in the meatball sauce. Serve sprinkled with parsley, lemon zest and grated parmesan.



NOURISHING
TIP

A great plant-based alternative to a classic, using wholemeal or vegetable based pasta instead, for extra fibre and nutrients.

Bánh Mi Inspired Chilli Roll

PREP TIME: 15 mins

COOK TIME: 10 mins

SERVES: 4



PLANT
PROTEIN

VEGAN

INGREDIENTS

200g packet frozen **Birds Eye Plant Based Chicken Style Strips**

1/3 cup sweet chilli sauce

4 Vietnamese rolls

1/3 cup Vegan mayo

1 large carrot, julienned

1/2 bunch coriander, washed well

4 spring onions, shredded

1 cucumber, sliced

1 red chilli, chopped (optional)

METHOD

1. Heat oil in a non stick wok or frypan over medium heat. Add frozen Birds Eye Plant Based Chicken Style Strips and cook following panfry packet directions.
2. Add sweet chilli sauce to frypan, stir to coat and cook until lightly caramelised.
3. Cut rolls lengthways down the centre without cutting all the way through, spread mayonnaise on one half. Fill with plant based chicken, carrot, coriander, spring onion and cucumber. Serve with chopped chilli if desired.



COOKING
TIP

Vietnamese rolls are crunchy on the outside and light on the inside. Look for them at Asian bakeries.

Open Pita Wrap

PREP TIME: 5 mins
COOK TIME: 15 mins
MAKES: 2



INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 teaspoon Moroccan spice mix
- 300g packet frozen **Birds Eye Plant Based Meatballs**
- 2 pita breads
- ½ cup hummus
- Greek style natural yoghurt
- Chilli powder
- Rocket leaves, for serving

METHOD

1. Heat oil in a non stick frypan over medium heat. Add Moroccan spice and frozen **Birds Eye Plant Based Meatballs** and cook for 15 minutes, turning regularly.
2. Meanwhile, warm pita breads following packet directions.
3. Spread hummus evenly between pita breads. Top with meatballs, rocket and a dollop of yoghurt. Lightly dust with chilli powder for serving.



NOURISHING
TIP

*For extra flavour add tabouli to the wrap.
Choose a plant based natural yoghurt to
make this recipe vegan.*

Creamy Fettuccine

PREP TIME: 15 mins

COOK TIME: 15 mins

SERVES: 4



PLANT
PROTEIN

VEGETARIAN

INGREDIENTS

- 150g fettuccine
- 1 tablespoon extra virgin olive oil
- 2 teaspoons frozen Birds Eye Chopped Garlic
- 1 small onion, diced
- 200g packet frozen Birds Eye Plant Based Chicken Style Strips
- 125g Swiss brown mushrooms, sliced
- 1 cup reduced salt vegetable stock
- ½ bunch asparagus, cut into 5cm lengths
- ¼ cup cream
- Chopped parsley, for serving
- Shaved parmesan cheese, for serving
- Sourdough bread, for serving

METHOD

1. Cook fettuccine following packet directs. Meanwhile, heat oil in a non stick frypan over medium heat. Cook Birds Eye Garlic and onion for 3-4 minutes until softened.
2. Increase heat, add frozen Birds Eye Plant based Chicken Style Strips and cook for 6 minutes, turning occasionally until lightly browned.
3. Add mushrooms to frypan and continue cooking a further 2 minutes.
4. Pour in stock and asparagus, stir well and bring to the boil. Reduce heat, stir in cream and cook until reduced slightly.
5. Toss cooked pasta through sauce and place in serving bowls, sprinkle with parsley and parmesan cheese. Serve with sourdough.



COOKING
TIP

For a slightly thicker sauce, blend 2 teaspoons of cornflour with a little of the stock or water and add with cream.



BIRDS EYE[®]

PLANT BASED



VISIT [BIRDESEYE.COM.AU/PLANT-BASED](https://www.birdeyeye.com.au/plant-based)

Or scan the QR code on back of pack for simple videos on
'how to cook' plant based alternatives.
An easy switch to the meals you love.

All recipes tested use standard 250ml cup and 20ml tablespoon