



PLANT BASED FOOD

# GREENS & GOODNESS



# Crave some goodness



## INTRODUCING GREENS & GOODNESS, PLANT BASED FOOD.

We are all about creating delicious food that's good for you and good for the planet – and just so happens to be plant-based.

Made with superior pea-based protein, Greens & Goodness brings the finest ingredients together; creating meals and snacks that are simple, healthy and delicious.

# Good to know



## Made in Australia

We are Australian owned & made right here in our own backyard.



## Quick & Easy

A selection of easy to prepare plant-based products, ready to cook and eat alongside fresh salads & sides.



## Taste & Texture

We think we've cracked the ultimate combination of taste & texture that vegetarians & flexitarians have been asking for.



## Pea Power

Don't underestimate the power of the pea. This tiny vegetable, though small & round, is packed full of protein & is full on flavour.



## Bold Flavours

Smoky Jalapeño Bites, Garlic & Herb Schnitzel, Mexican Crunch Burgers & a range of delicious products available now from select supermarkets.



## Plant Based

We only source the finest plant-based ingredients to create meals & snacks that are simple, healthy, & delicious.

**GREENS & GOODNESS**

# Our Chilled Range



If you like it hot you'll want to fill your bowl with our **Smoky Jalapeño Spiced Bites**. Plant-based protein coated in a smoky jalapeño crumb.

Get your dipping sauce ready for our **Spicy Bombay Dippers**. Plant-based protein coated in an Indian spiced sweet potato crumb for an extra zing.



Mealtime just got better with our **Golden Crumbed Garlic & Herb Schnitzel**. Plant-based schnitzel crumbed and coated in garlic and herbs.

Get the buns ready for our **Zingy Mexican Crunch Burgers**. Plant-based protein patties coated in a crunchy crumb.



# Our Freezer Range



Mealtime just got better with our **Golden Crumbed Garlic & Herb Schnitzel.**

Plant-based schnitzel crumbed and coated in garlic and herbs.



Solve the dinner dilemma with our **Saucy Garlic & Parsley Kievs.** A plant-based meal that is both delicious and nutritious.



Find your new go-to with our **Golden Tempura Nuggets** for the kids (and the big kids too, of course!). Plant-based nuggets ready to be tucked into.



Get your dipping sauce ready for our **Spicy Bombay Tenders.** Plant-based protein coated in an Indian spiced sweet potato crumb for an extra zing.

# Spicy Bombay Dippers

## WITH HERBY CHUTNEY

SERVES 4 AS A SNACK

### INGREDIENTS

290g Greens & Goodness Spicy Bombay Dippers  
1 cup coriander leaves, plus extra to serve  
1 cup parsley leaves  
½ cup mint leaves  
5 curry leaves  
4 cm piece ginger, peeled

2 tablespoon lime juice, plus wedge to serve  
½ green chilli  
1/3 cup raw cashew nuts  
1 teaspoon sea salt flakes  
¼ cup water  
Red chilli flakes, to serve

### METHOD

- 1 Preheat oven to 200C. Place the dippers on a large baking tray lined with non stick baking paper. Cook for 15 minutes, turning once, or until golden.
- 2 To make the chutney, place the coriander, parsley, mint, curry leaves, lime juice, ginger, chilli, cashew nuts, salt and water in a blender and blend until smooth.
- 3 Serve dippers with chutney, chilli flakes and lime wedge.

GET INSPIRED  
WITH EASY  
SERVING  
SUGGESTIONS



Store chutney  
in an air tight  
container and  
keep in fridge  
for up to 4 days



# Smoky Jalapeño Spiced Bites

WITH CREAMY AVOCADO DIP

SERVES 4 AS A SNACK

## INGREDIENTS

290g Greens & Goodness  
Smoky Jalapeño Spiced Bites

1 medium avocado

1/3 cup Greek yoghurt

1 tablespoon lime juice

1 shallot, chopped

1/4 cup coriander leaves

2 tablespoons water

1/2 teaspoon salt

250g qukes, halved

1 bunch radish, trimmed and  
halved

Olive oil, to serve

## METHOD

1

Preheat oven to 200C. Place the bites on a large baking tray lined with non stick baking paper. Cook for 20 minutes, turning once, or until golden.

2

To make the creamy avocado dip, place the avocado, yoghurt, lime juice, shallot, coriander, water and salt in a small blender and blend until smooth.

3

Place the dip in a serving bowl, drizzle with oil and season with salt and pepper.

4

Serve jalapeño bites with the dip, qukes and radish on a serving board.



Store avocado dip in an air tight container and keep in fridge for up to 3 days



# Golden Crumbed Garlic & Herb Schnitzel

WITH ROAST BRUSSELS SPROUT, COUSCOUS  
AND WALNUT SALAD

SERVES 4 AS A MEAL

## INGREDIENTS

4 x Greens & Goodness Golden  
Crumbed Garlic and Herb  
Schnitzel  
600g brussels sprouts, halved  
2 red onions, cut into wedges  
¼ cup olive oil  
1/3 cup balsamic glaze

1 cup couscous  
1 cup parsley leaves, roughly  
chopped  
1 cup walnuts, roughly chopped  
100g marinated fetta, to serve



## METHOD

- 1 Preheat oven to 200C. Place the brussels sprouts, onion, 1 tablespoon of olive oil and half the balsamic glaze on a large baking tray and toss to combine. Place in the oven and cook for 15 minutes.
- 2 Remove from the oven and stir, add the walnuts and return to the oven for another 15 minutes or until brussels sprouts are tender.
- 3 Place the Schnitzels on a large baking tray lined with non stick baking paper. Cook for 20 minutes, turning once, or until golden.
- 4 Meanwhile, place the couscous in a large heat proof bowl, pour over boiling water to just cover the couscous. Cover with cling film and set aside to steam for 10 minutes.
- 5 Using a fork, fluff up the grains of the couscous. Add the parsley, roast brussels sprouts, remaining oil, balsamic and season with salt and pepper. Toss well to combine.
- 6 Divide Schnitzels and salad between plates. Top with fetta to serve.



# Zingy Mexican Crunch Burgers

WITH BEETROOT RELISH &  
CREAMY GOATS CHEESE

SERVES 4 AS A MEAL

## INGREDIENTS

4 x Greens & Goodness Zingy Mexican Crunch Burger patties	150g beetroot relish
4 brioche buns, halved and lightly toasted	125g alfalfa sprouts
100g baby rocket leaves	100g soft goats cheese

## METHOD

1

Preheat oven to 200C. Place burger patties on a large baking tray lined with non stick baking paper. Cook for 15 minutes, turning once, or until golden.

2

To assemble, divide the rocket between the bun bases, top with the burger patties, beetroot relish and alfalfa. Spread goats cheese on the top buns and sandwich together.



# The good stuff



A pea-based protein, unique to Greens & Goodness in Australia.



Our pea-protein is made with six clean ingredients.



Delicious taste, texture and flavour.





PLANT BASED FOOD

# GREENS & GOODNESS

TO FIND OUT MORE:

[www.greensandgoodness.com.au](http://www.greensandgoodness.com.au)

OR CONTACT:

[info@greensandgoodness.com.au](mailto:info@greensandgoodness.com.au)