

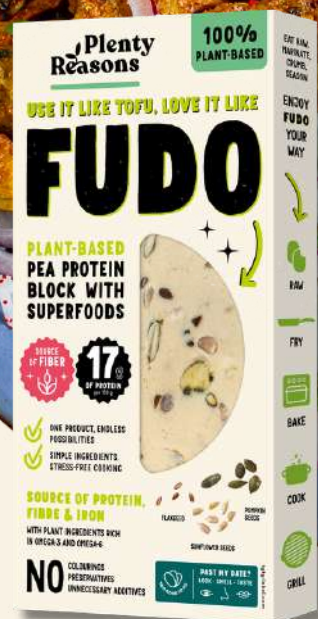
Plenty
Reasons

FUDO

THE STAR OF YOUR PLATE

12+
FREE RECIPES

100%
PLANT-BASED



GET TO KNOW FUDO!

We created this e-book to show you just **how many possibilities FUDO brings to everyday cooking**. It's a simple plant-based solution that fits effortlessly into different cuisines and flavours - from quick, everyday meals to more creative ideas.

We developed FUDO with simple, everyday cooking in mind. It's a **plant-based block made from pea protein, enriched with superfoods such as pumpkin seeds, flaxseed and sunflower seeds**. It provides protein, fibre, omega fatty acids and iron, without soy, wheat or unnecessary additives.

You can enjoy it raw, fry it, bake it, cook it or grill it. It holds its shape well, absorbs flavours and gives you the freedom to create your own taste combinations - **making it easy to adapt to your cooking style**.

The recipes in this e-book were created by Magdalena Santus-Mazanek, whom you may know from Instagram as @suplementacja_glutenu. Her original recipes show just how versatile FUDO can be and how naturally it fits into everyday cooking.

We hope this e-book inspires you and encourages you to experiment in the kitchen with FUDO.

Enjoy cooking and have fun along the way!

Igor & Rafał
Founders of Plenty Reasons



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Biang Biang Noodles with FUDO in Korean Gochujang Sauce

Ingredients (serves 2):

- 300 g biang biang noodles
- 180 g FUDO, finely crumbled
- ½ head of pak choi, cut into bite-sized pieces
- 1 tbsp cooking oil (for frying the FUDO)

Gochujang Sauce

- 2 garlic cloves, finely chopped
- 2 tbsp toasted sesame seeds
- 1 handful spring onions, finely sliced
- 1 tsp gochugaru (Korean chilli flakes)
- 1 tbsp sesame oil
- 2 tbsp rapeseed oil

Sauce Ingredients:

- 1 łyżka pasty gochujang
- 1 łyżka masła orzechowego
- 1 łyżka soku z limonki
- 2 łyżki sosu sojowego
- 1 łyżka cukru brązowego
- 1 łyżka octu winnego lub ryżowego
- ok. 1 chochelka wody z gotowania makaronu

Method

Cook the noodles according to the package instructions, reserving some of the cooking water. Heat the cooking oil in a pan and fry the crumbled FUDO until golden. Set aside. Place the garlic, sesame seeds, spring onions and gochugaru in a heatproof bowl. Heat the sesame oil and rapeseed oil, then carefully pour the hot oil over the dry ingredients and stir to combine. Add the remaining sauce ingredients along with a ladle of the reserved noodle cooking water and mix well. Add the fried FUDO and pak choi, followed by the cooked noodles. Toss everything together until the noodles are evenly coated in the sauce.

**TIP**

For a deeper flavour, add ½ tsp of miso paste or a few drops of black rice vinegar. You can substitute the pak choi with spinach or Chinese cabbage, and the biang biang noodles with udon or even pappardelle.



Creamy Pasta with FUDO and Bimi Broccoli



Ingredients (Serves 2)

- 200 g pasta
- 200 g bimi broccoli (or 1/2 regular broccoli)
- 1 small onion
- 2 garlic cloves
- 2 tbsp toasted pumpkin seeds
- 2 tbsp nutritional yeast
- 250 ml vegan cooking cream
- 1 tbsp fresh basil, chopped
- salt and black pepper, to taste
- 180 g FUDO, cut into bite-sized pieces
- 1 tbsp cooking oil
- 1/2 tsp Italian herb seasoning
- 1/4 tsp ground turmeric
- 1/4 tsp sweet paprika
- a pinch of chilli flakes

To Serve

- vegan Parmesan*
- toasted pistachios

Method

Cook the pasta according to the package instructions. Blanch the bimi broccoli briefly in boiling water. Toss the FUDO with the oil and spices, then fry until golden. In a large pan, sauté the onion until softened, then add the garlic. Stir in the broccoli, pumpkin seeds, nutritional yeast and the cooked FUDO. Pour in the vegan cream, then add the cooked pasta and chopped basil. Season with salt and black pepper, then heat gently until the sauce coats the pasta.

*vegan Parmesan: Blend together 150 g flaked almonds, 4 tbsp inactive nutritional yeast and 1/2 tsp salt until the mixture resembles grated Parmesan.

**TIP**

If the sauce is too thick, add a few tablespoons of the reserved pasta cooking water. You can replace the pistachios with cashews or hazelnuts, or simply leave them out altogether.



Caldo Verde Soup with Spicy Paprika FUDO



Ingredients (Serves 4-5)

- 1 large onion
- 3 garlic cloves
- 600 g potatoes
- 1.2 L vegetable stock or water
- 100 g kale
- 1/2 bunch fresh dill
- cooking oil
- salt and freshly ground black pepper
- 180 g FUDO, crumbled into smaller pieces
- 1 tbsp cooking oil
- 1/2 tsp smoked paprika
- 2 tbsp chilli oil

Method

Fry the FUDO in the cooking oil until golden. Remove from the heat, stir in the smoked paprika and chilli oil, then set aside. In a large pot, sauté the onion until softened, then add the garlic. Add the potatoes, pour in the vegetable stock, season with salt and pepper, and cook until the potatoes are tender. Blend half of the soup until smooth, then return it to the pot and stir to combine with the remaining soup. Add the chopped kale and bring the soup back to a gentle boil. Stir in the fresh dill. Serve topped with the crispy spiced FUDO.

BezMięsny

100%
wegetariański

WYTRWAŁA JAKI TYPK, ENERGIJĄ JAKI

FUDO

WIELKI MIEJSCOWY

2 WYKONANIE KUCHENIA

2 WYKONANIE KUCHENIA

2 WYKONANIE KUCHENIA

100%
wegetariański

16
min



TIP

Blending half of the soup is optional, but it makes the soup silky smooth without adding any cream.



Caesar Salad with Crispy FUDO



Ingredients (Serves 2)

- 180 g FUDO
- 2 tbsp cooking oil
- 1 garlic clove, minced
- 1/4 tsp lemon pepper
- 1/2 tsp chicken-style seasoning
- freshly ground black pepper

Caesar Dressing

- 4 tbsp vegan mayonnaise*
- 2 tbsp capers, finely chopped
- 1 sheet nori, finely chopped (kitchen scissors work well)

Salad

- 2 romaine lettuce hearts
- 1/2 cup croutons
- 2 tbsp vegan Parmesan

Method

Marinate the FUDO with the oil, garlic and seasonings, then fry until golden. Slice into thin strips. Meanwhile, combine all the Caesar dressing ingredients in a bowl and mix well. Tear the romaine lettuce into bite-sized pieces and toss with the dressing. Add the croutons and sliced FUDO, then finish with a sprinkle of vegan Parmesan.

* vegan Mayonnaise (this recipe makes more than you need-you'll only need 4 tbsp, or you can use a store-bought vegan mayonnaise): 150 ml unsweetened soy milk, 2 tbsp white wine vinegar, 1 tbsp agave syrup, 2 level tbsp mustard, 300 ml rapeseed oil, 2 tbsp nutritional yeast, 1/2 tsp salt, black pepper.

Blend the soy milk and vinegar briefly in a blender. Let the mixture stand for a moment, then add the remaining ingredients except the oil. Blend on medium speed, slowly pouring in the oil in a thin, steady stream until the mayonnaise is thick and creamy.



TIP

The nori adds the savoury flavour of anchovies. If you don't have any, substitute it with ½ tsp of miso paste. If the mayonnaise is too thick, add a splash of hot water and blend again until smooth.



Red Curry with FUDO and Naan Bread



Ingredients (Serves 2-3):

- 2 medium onions
- 4 garlic cloves
- 2 cm fresh ginger, grated
- 2-3 tbsp red curry paste
- 1/4 tsp ground turmeric
- 150 ml vegetable stock
- 400 ml coconut milk
- 180 g FUDO, pan-fried until golden

To serve:

- basmati rice
- fresh coriander

Naan Bread (Makes about 10)

- 200 ml warm water
- 7 g dried yeast
- 1 level tsp salt
- 1 level tsp sugar
- 400 g plain flour
- 1 large garlic clove, finely grated
- 2 tbsp vegan yogurt
- olive oil & fresh parsley

Method

Sauté the onion, garlic and ginger until softened. Add the red curry paste and turmeric. Blend with the coconut milk until smooth, pass through a fine sieve, then return to the pan. Add the FUDO and simmer for a few minutes. **For the naan**, mix the warm water, yeast and half of the flour. Leave to rest for 15 minutes, then add the remaining ingredients and knead into a smooth dough. Leave to rest for another 15 minutes. Divide the dough into 10 pieces, shape into balls and leave to rise. Flatten each ball with your hands, stretch into a naan shape and cook on a dry frying pan. Brush with olive oil and sprinkle with chopped parsley. Serve the curry with basmati rice, fresh coriander and warm naan.



TIP

A tablespoon of peanut butter adds richness and depth of flavour to the curry.



FUDO, Hummus & Quinoa Bowl



Ingredients (Serves 2):

- 200 g cooked quinoa
- fresh parsley, finely chopped
- 180 g FUDO
- gyros seasoning (or a blend of salt, sweet and hot paprika, garlic, onion, oregano, coriander, white mustard, cumin, chilli and marjoram)
- 2 tbsp cooking oil
- 200 g hummus
- cherry tomatoes
- cucumber
- red onion
- olives
- fresh herbs
- chilli flakes

Method

Mix the cooked quinoa with the chopped parsley. Marinate the FUDO with the seasoning and oil, then fry until golden. Arrange the quinoa, hummus, vegetables and gyros-style FUDO in a bowl. Finish with fresh herbs and chilli flakes.



TIP

For a drizzleable dressing, thin the hummus with 1 tbsp of water and a squeeze of lemon juice, then drizzle it over the bowl.

Deluxe FUDO Scramble Sandwich



Ingredients (Serves 2):

- 180 g FUDO
- 1 small onion
- 1 garlic clove
- 2 tbsp sun-dried tomatoes, chopped
- 100 ml vegan cooking cream or 2 tbsp vegan mayonnaise
- 1 handful baby spinach
- a pinch of kala namak (black salt)
- a pinch of ground turmeric
- a pinch of salt
- freshly ground black pepper
- cooking oil

To serve

- 2 large slices of grilled bread
- spring onion, finely sliced

Method

Finely dice the onion and sauté in a little oil until softened. Add the garlic and sun-dried tomatoes. Crumble half of the FUDO and finely grate the other half. Add both to the pan. Season with the turmeric, kala namak, salt and black pepper, then cook for a few minutes. Add the baby spinach and the vegan cream, then simmer until creamy. For the mayonnaise version: After adding the spinach, remove the pan from the heat and allow the mixture to cool slightly. Stir in the vegan mayonnaise. Spoon the FUDO scramble onto the grilled bread and finish with the sliced spring onion.



TIP

Grating half of the FUDO finely gives the scramble a softer, more egg-like texture.



Silesian Potato Dumplings with Mushroom Sauce and Chilli FUDO



Ingredients (Serves 2):

- Silesian Potato Dumplings
- 500 g cooked potatoes
- about 100 g potato starch
- salt

Mushroom Sauce

- 1 small onion
- 2 garlic cloves
- 100 g button mushrooms
- 100 g oyster mushrooms
- 2 tbsp nutritional yeast
- 250 ml vegan cooking cream
- salt and freshly ground black pepper
- fresh parsley, chopped

FUDO

- 180 g FUDO
- 1 tbsp cooking oil
- 2 tbsp chilli crunch
- ¼ tsp smoked paprika

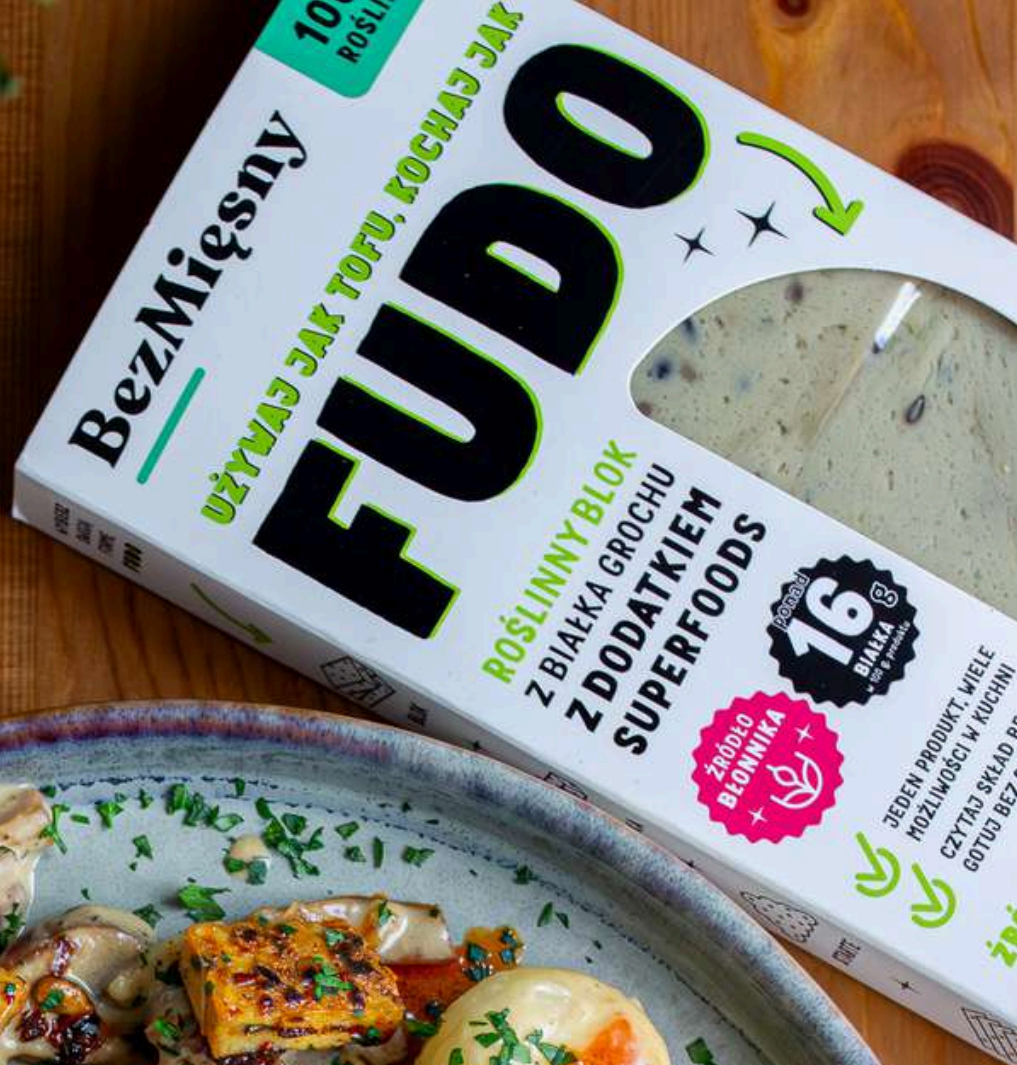
Method

Prepare the Silesian potato dumplings using the traditional quarter method (fill one quarter of the potato mixture with potato starch before mixing the dough), then cook them in batches. To make the sauce, sauté the onion and garlic until softened. Add the mushrooms and cook until all the liquid has evaporated. Stir in the nutritional yeast and vegan cream, season with salt and pepper, then simmer until slightly thickened. Meanwhile, fry the FUDO until golden. Remove from the heat and stir in the chilli crunch and smoked paprika. Serve the dumplings with the mushroom sauce, top with the chilli FUDO and sprinkle with chopped fresh parsley.



TIP

A tablespoon of soy sauce will add extra umami to the mushroom sauce. Silesian potato dumplings can be replaced with store-bought ones, gnocchi or pasta.



Breaded FUDO with Baby Potatoes and Cucumber Salad ➔

Ingredients (Serves 2):

- 500 g baby potatoes
- salt
- 1 tbsp plant-based butter
- fresh dill, chopped
- 50 g vegan bacon
- chilli flakes
- black pepper
- 180 g whole FUDO

Cucumber Salad

- 1 long cucumber
- salt and black pepper
- 3-4 tbsp coconut yogurt

Batter:

- 3 tbsp plain flour
- 5-6 tbsp plant-based milk
- a pinch of salt
- ½ tsp chicken-style seasoning
- ⅓ cup breadcrumbs
- 1 tbsp sesame seeds

Method

Cook the potatoes until tender, then drain. Fry them in the plant-based butter with the vegan bacon. Add the chopped dill, chilli flakes and black pepper. For the FUDO, mix the flour, plant-based milk, salt and seasoning to make a batter. Coat the whole FUDO in the batter, then dredge in the breadcrumbs mixed with the sesame seeds. Fry until golden and crispy. Slice the cucumber, sprinkle with salt and leave for a few minutes. Squeeze out any excess liquid, then toss with the coconut yogurt and black pepper. Serve alongside the breaded FUDO and potatoes.



TIP

Add 1 tbsp of nutritional yeast to the breadcrumbs for an even crispier, more cutlet-like coating.



Vegan Shakshuka with FUDO



Ingredients (Serves 2):

- ½ onion
- 1 red bell pepper
- 1 chilli pepper
- 1 can chopped tomatoes (400 g)
- ½ tsp paprika
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- salt and black pepper
- 180 g FUDO, crumbled
- 1 tbsp cooking oil
- a pinch of kala namak (black salt)
- a pinch of ground turmeric

To Serve

- fresh parsley
- crusty bread

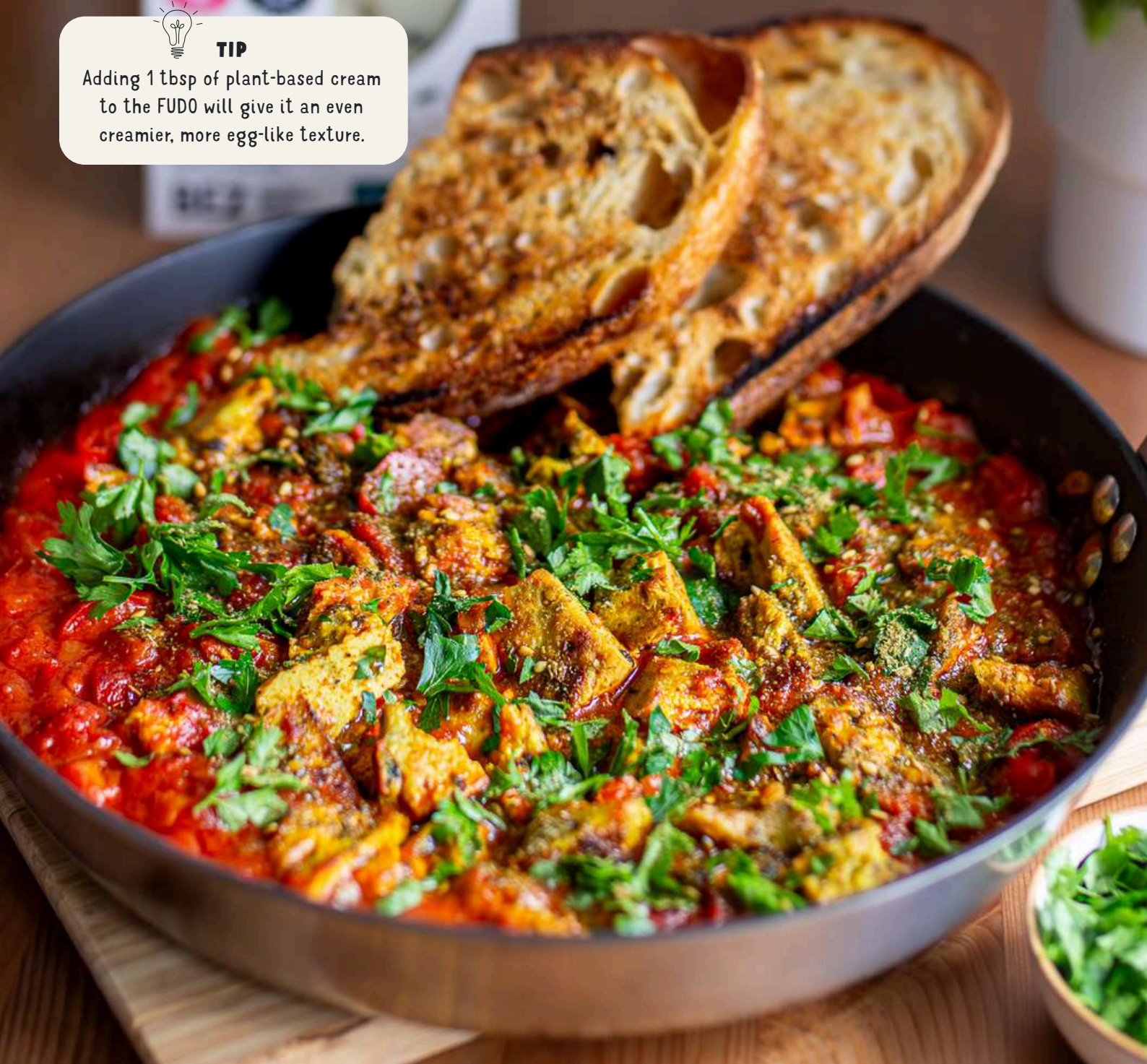
Method

Sauté the onion, bell pepper and chilli until softened. Add the spices and chopped tomatoes, then simmer until the sauce has thickened. Meanwhile, fry the FUDO with the oil, kala namak and turmeric until lightly golden. Stir the FUDO into the tomato sauce. Finish with chopped fresh parsley and serve with crusty bread.



TIP

Adding 1 tbsp of plant-based cream to the FUDO will give it an even creamier, more egg-like texture.



Pulled FUDO Tacos with Bean Chilli



Ingredients (Serves 2):

Bean Chilli

- 1 small onion
- 2 garlic cloves
- 1 can black beans (or kidney beans)
- 2 tbsp sun-dried tomatoes, chopped
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- a pinch of ground cinnamon
- a pinch of ground nutmeg
- 1 tbsp tomato purée
- 1 can chopped tomatoes (400 g)
- 180 g FUDO, pulled into shreds
- cooking oil
- fajita seasoning (or a blend of sweet paprika, smoked paprika, ground cumin, ground coriander and granulated garlic)

Guacamole-mayo

- 1 avocado
- 2 tbsp vegan mayonnaise
- juice of 1/2 lime
- 1 garlic clove
- salt

To serve

- 4 small tortillas
- fresh coriander
- lime wedges
- finely chopped red onion

Method

Prepare the bean chilli by sautéing the onion, garlic and spices. Add the beans and chopped tomatoes, then simmer until thickened. Toss the FUDO with the fajita seasoning and oil, then fry until golden. Blend all the ingredients for the guacamole mayo until smooth. Warm the tortillas, then fill them with the bean chilli, pulled FUDO and guacamole mayo. Serve with fresh coriander, lime wedges and finely chopped red onion.



TIP

If your avocado isn't quite ripe, blending it with the mayonnaise is a great way to achieve a smooth, creamy texture.



Pasta with Vegan Ragù and FUDO

Ingredients (Serves 4):

- medium onions
- 2 carrots
- 2 celery stalks
- 2-3 garlic cloves
- 300 ml vegetable stock
- 200 ml dry red wine
- 1-2 dried porcini mushrooms
- 2 sprigs fresh rosemary
- 2 tbsp tomato purée
- 700 g tomato passata
- 1 tbsp dried oregano
- salt and freshly ground black pepper
- 180 g FUDO, finely crumbled and fried until golden
- 500 g pasta
- vegan Parmesan
- fresh parsley, chopped

Method

Finely chop the onions, carrots and celery, then sauté in a large pot until softened. Add the garlic and cook for another minute. Pour in the vegetable stock, then add the crumbled dried porcini mushrooms, rosemary and oregano. Simmer until slightly reduced. Pour in the red wine and reduce again. Stir in the tomato purée and passata, then simmer over a low heat until the sauce has thickened. Stir in the fried FUDO just before serving. Serve with the cooked pasta, vegan Parmesan and chopped fresh parsley.



TIP

The longer the ragù simmers, the richer the flavour.



Bowl with Spicy FUDO, Sweetcorn and Herby Yogurt Sauce



Ingredients (Serves 2):

- 180 g FUDO
- 1/4 tsp hot paprika
- 1/4 tsp sweet paprika
- 1/4 tsp gochugaru
- 1/4 tsp dried oregano
- a pinch of granulated garlic
- a pinch of ground cumin
- 2 tbsp cooking oil

Base

- 200 g basmati rice
- 1 kaffir lime leaf (fresh or frozen)
- 1 small can sweetcorn, drained
- 1/2 red onion, finely sliced

Sos jogurtowo-ziółowy

- 200 g jogurtu wegańskiego
- 1/2 ogórka szklarniowego (startego na tarce o grubych oczkach i odcisniętego z nadmiaru wody)
- 1 łyżka świeżej mięty
- 1 łyżka świeżej kolendry
- 1/4 łyżeczki mielonego kminu rzymskiego
- sól, pieprz

Method

Cook the basmati rice with the kaffir lime leaf. For light, fluffy rice, rinse it thoroughly under cold water until the water runs clear. Cook using the absorption method with 400 ml water for 200 g rice. Add the rice to boiling water, cover and cook over a low heat for about 10 minutes without stirring. Remove from the heat and leave to stand for 10–15 minutes before fluffing with a fork. Toss the FUDO with the spices and oil, then fry until golden. Mix all the ingredients for the herby yogurt sauce. Divide the rice between bowls and top with the sweetcorn, red onion and spicy FUDO. Drizzle with the yogurt sauce before serving.



TIP

Fresh or frozen kaffir lime leaves make a huge difference—their flavour is much more vibrant than dried ones.



COOK YOUR WAY!

This ebook is just the beginning. Experiment, mix flavours, try your own ideas and enjoy FUDO however you like it best! If you create something delicious, share it with us and tag @plentyreasons. **Enjoy!**

Want to learn more about FUDO?
Visit www.plentyreasons.com/fudo

