



RECIPES FOR

*Spring*

2020



# Veg-ilicious Wrap



## Ingredients

- Potato Salad = 3 tablespoons of mashed potato mixed with 2 teaspoons of Ballymaloe Balsamic & Apple Cider Vinegrette + seasoning
- Thinly sliced red onion
- Carrot sticks
- Pickled and drained shredded red cabbage
- Sliced and seasoned tomato
- Sliced cucumber
- Toasted seeds (pumpkin and sesame)
- Ballymaloe Diced Irish Beetroot - drained
- Lettuce leaves
- Ballymaloe Balsamic & Irish Apple Cider Vinegrette
- Wholemeal wrap

## About our Diced Irish Beetroot

- ✓ Grown in Cork
- ✓ Suitable for vegans
- ✓ 100% natural ingredients
- ✓ Gluten free
- ✓ Dairy free





## Steak Tacos with Crunchy Coriander Salad



### Ingredients

- Striploin steak
- Soft corn tortillas
- Shredded savoy or purple cabbage
- Scallions halved and cut finely lengthwise
- Red onion, cut finely into half moons
- Radishes, cut thinly
- Coriander
- Lime
- Ballymaloe Jalapeno Pepper Relish
- Salt and pepper

### About our Jalapeno Pepper Relish

- ☒ 100% natural ingredients
- ☒ Gluten free
- ☒ Dairy free
- ☒ Suitable for vegans
- ☒ Low in fat





## Egg-stra Special BLT



### Ingredients

- Fried egg (soft yolk)
- Butter
- Sourdough Bread
- Ballymaloe Original Relish
- Lettuce leaves
- Ballymaloe Diced Irish Beetroot - drained
- Sliced seasoned tomato
- Crispy streaky bacon

### About our Original Relish

- ☒ 100% natural ingredients
- ☒ Gluten free
- ☒ Dairy free
- ☒ Suitable for vegans
- ☒ Low in fat





# Coronation Cauli



## Ingredients

- Curried cauliflower florets (2tsp of extra virgin olive oil, mixed with half a teaspoon of mild curry powder and a generous pinch of salt – toss the cauli florets in the seasoned oil, roast at 250°C for 20/25 mins to char and cook through)
- Seedless and halved red grapes
- Grated carrots
- Toasted mixed seeds
- Toasted and peeled hazelnuts
- Thinly sliced red onions
- Vegan mayonnaise
- Ballymaloe Jalapeno Pepper Relish
- A pinch of sea salt
- Lettuce cups (sturdy lettuce leaves)

### TIP:

Would work well in a wrap also – most wraps are suitable for vegans.

## About our Jalapeno Pepper Relish

- ✓ 100% natural ingredients
- ✓ Gluten free
- ✓ Dairy free
- ✓ Suitable for vegans
- ✓ Low in fat





## Mozzarella and Tomato Summer Salad Bowl



### Ingredients

- Tomato in wedges (5 wedges of tomato seasoned with salt and pepper)
- Chunky diced avocado tossed in Ballymaloe Honey and Mustard Dressing
- Thinly sliced red onion
- Buffalo mozzarella (torn)
- Toasted pumpkin and sunflower seed mix
- Garlic croutons
- Rocket and mixed leaves, gently tossed in Ballymaloe Honey and Mustard dressing
- Sea salt and freshly cracked black pepper

### About our Salad Dressings

- ✓ Made with cold pressed extra virgin olive oil
- ✓ 100% natural ingredients
- ✓ No added water
- ✓ No emulsifiers
- ✓ No preservatives







*Thank You!*

for your continued support from  
all of us at Ballymaloe Foods

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