



FOOD TRENDS 2023

Our plant-based take



Everything you need for amazing, on trend, plant-based dishes.

This is our take on some of the hottest food trends right now. With inspiration from around the world, there are tons of flavours to get your teeth (and tastebuds) in to.

We've got the ingredients and now we've created the recipes too. Take a look through this booklet and visit seed-bank.co.uk to make the most of these growing food movements.

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 Vegan  Does not contain gluten
 Organic  Frozen  Chilled  On seed-bank

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PORTUGUESE

Dominated by seafood, especially salt cod, tuna and shellfish, Portuguese cuisine is making waves in the UK. Helped by an influx of Portuguese Chefs of all levels coming into kitchens in London and beyond. This has led to a series of pop ups and restaurants opening around the country. Taking inspiration from the Portuguese *tascas* we've created recipes that reflect those amazing ingredients, just plant-based.

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and more on
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Salt cod fritters, saffron allioli



THE TREND SETTERS

Nuno Mendes
Bar Douro
Lisboeta

KEY FRUIT & VEG

Tomatoes
Onions
Parsley
Garlic
Red chillies

FROM THE LARDER

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Daikon boquerones



Marinated tuna, pickled onions, tomatoes



Saffron

4g • SAF4G • 🌱 🌿 🍷



Chillies - Crushed

1kg • CHICRUIT • 🌱 🌿 🍷



Vegan Zeastar Sashimi No Tuna

310g • SASHTUN • 🌱 🌿 🍷



Semi-dried Tomatoes in Oil

1kg • TOMSEMDRI950G • 🌱 🌿 🍷

CALIFORNIAN

There's a shift away from American diners only wanting burgers and hot dogs. We've identified the fresh, vibrant cuisine of California as one to watch. In the UK, restaurants such as SoLa in Soho have been championing this, recently winning a Michelin star for their efforts. Heavily influenced by their large Latin American and Japanese diaspora the food is a real mix of flavours that really work together with some outstanding fresh ingredients.

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Sushirrito - salmon, piquillo peppers, avocado & furikake



THE TREND SETTERS

Malibu kitchen
SoLa
Pure California
Alice Waters

KEY FRUIT & VEG

Kale
Peppers
Heirloom tomatoes
Coriander
Rocket
Kiwi fruit
Artichokes
Red chillies

FROM THE LARDER

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Cobb salad



Heura 'chicken' caesar salad



Rice Paper - 22cm

500g • PAPRIC22CM • 🌱 🌿 🌾



Avocado - Diced

500g • AVODIC500G • 🌱 🌿 🌾



Chia Seeds

500g • SEECHI500G • 🌱 🌿 🌾



Sushi Rice

2.5kg • RICSUS2.5KG • 🌱 🌿 🌾

LEVANTINE

Countries such as Israel, Lebanon, Syria and others in the Eastern Mediterranean region of Western Asia have long been the origins of some of the best in plant-based dishes. Where would we be without houmous, falafels or flat bread! Cuisine of this region has been increasing in popularity among the mainstream in the last few years. Flavours can be found in dried fruit and nuts giving great texture and balance. Famous for small Meze dishes, Levantine cuisine also features no-fuss fare often cooked over open flames.

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and more on
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Meatballs with broad beans and lemon



Grilled Heura chicken kofta, harissa houmous, fattoush salad



Saffron and plant-based mince kabsa



THE TREND SETTERS

Palomar
The Barbary
Arabica
Yotam Ottolenghi
Delamina

KEY FRUIT & VEG

Parsley
Oranges
Aubergines
Cucumber
Pomegranate
Radishes
Courgettes

FROM THE LARDER

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Houmous - Harissa

1kg • HOUHAR •   



Baharat Spice

500g • BAH500G •  



Cashews - Whole

1kg • NUTCASWHO1K •  



Preserved Lemons (Jar)

700g • LEMPRE700G •   

BBQ & SMOKEHOUSE

People have been smoking meat since the dawn of time, now it's time to give the meat a break and look for alternatives. Slow smoking of vegetables and plant proteins has become more popular with dishes like celeriac shawarma and seitan pastrami hitting the headlines. Most of the restaurant dishes are easy to re-create - just add smoke and flavour to simple ingredients.

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Mesquite BBQ glazed celeriac, puffed grain granola



THE TREND SETTERS

Temper
Smokestack
Neil Rankin
Lee Tiernan
Stoked

KEY FRUIT & VEG

Aubergines
Red onion
Butternut squash
Corn cobs
Portobello mushrooms
Asparagus

FROM THE LARDER

See page 18

Glazed BBQ shrimp skewers, smashed potatoes, coriander slaw



Charred hispi cabbage, szechuan pepper and lime butter, star anise, toasted sunflower seeds puree



Smoky Barbecue Spice / Rub

1kg • RUBSMOBBQ1KG • 🌱 🌿 🌶️



Whole Sichuan Pepper

100g • PEPSIC100G • 🌱 🌿 🌶️



Puffed millet

500g • MILPUF • 🌱 🌿 🌶️



Vegan Zeastar Shrimpz

1kg • SHRIMP • 🌱 🌿 🌶️

DESSERT BAR

Ever since the 'world's best Pastry Chef', Albert Adria, unveiled his high-end Cakes & Bubbles dessert and champagne bar on Regent Street they have been popping up everywhere from Glasgow to Soho and at varying levels of elegance. Now people can skip the savoury and get straight to the best bit. Many of these dessert bars are filling in the gap between ice cream parlour and afternoon tea house with innovative and ground-breaking desserts.

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Black sesame dacquoise, matcha ice cream, mango



THE TREND SETTERS

Basement Sate
Wazuzhi dessert room
Cédric Grolet
Cake and Bubbles
William Curley

KEY FRUIT & VEG

Strawberries
Raspberries
Stone fruits

FROM THE LARDER

See page 19

Pannacotta, strawberry gazpacho, pine nut caramel



Hot chocolate pudding and buckwheat popcorn



Vegan Matcha Ice Cream

2L • ICECREMAT • 🌱 🌿 🌱 🌱



Cacao Nibs

1kg • CACNIB1 • 🌱 🌿 🌱 🌱



Willie's Cacao Chocolate Chef Drops - Chulucanas 70%

1kg • CHOCCHULU • 🌱 🌿 🌱 🌱



Buckwheat - Unroasted

5kg • BUCWH05K • 🌱 🌿 🌱 🌱

In the Larder

Our larder is stacked full of the finest plant-based ingredients. From authentic grains and pulses to flavoursome spices and innovative meat alternatives. We have everything you need to create dishes from all over the world.

**Order today from
Vegetarian Express**

01923 249 714

www.vegexp.co.uk

Get the recipes

For full ingredient lists, cooking methods, plus analysed nutritional and environmental data visit:



PORTUGUESE

Omni Classic Fillet

30x50g • OMNCLFIL •

Zero Egg - Classic

1kg • ZEREGGCL •

Chopped Garlic (*Purée*)

1kg • GARCHOIK •

Chillies - Crushed

1kg • CHICRU1K •

Saffron

4g • SAF4G •

Vegan Mayonnaise

1L • MAYVEGIL •

Vegan Zeastar Sashimi No Tuna

310g • SASHTUN •

Kikkoman Sushi Seasoning

300ml • SEASUS300ML •

Sun Dried Tomatoes

1kg • TOMSUNIK •

Kombu Seaweed

113.4g • KOM115G •

Pesto Green Basil

900g • SAUPESGRE •

Semi-dried Tomatoes in Oil (*Pouch*)

1kg • TOMSEMDRI950G •

Nigella Seeds

1kg • NIGSEE1K •



CALIFORNIAN

Sushi Rice

2.5kg • RICSUS2.5KG •

Kikkoman

Sushi Seasoning

300ml • SEASUS300ML •

Vegan Zeastar

Sashimi Zalmon

310g • SASHZAL •

Rice Paper 22cm

500g • PAPRIC22CM •

Avocado - Diced

500g • AVODIC500G •

Sanchi Furikake

Seasoning

65g • SEAFUR65G •

Vegan Junkfood

Sushi Mayo

500ml • SAUSUSHMAY •

Heura Original Plant-based Chicken Chunks

2.5kg • HEUCHUNK •

Vegan Junkstar Truffle Flavour Sauce

500ml • SAUTRUF •

Violife Parmesan style Cheese Wedge

150g • CHEVEGPARI150G •

Omni Plant-based Pork-Style Strips

650g • OMNPOSTRI •

Rapeseed Oil - Garlic Infused

250ml • OILRAPGAR250ML •

Semi-dried Tomatoes in Oil (Pouch)

1kg • TOMSEMDRI950G •

Vegan Applewood Block

8x200g • CHEAPBL •

Crispy Fried Shallots

1kg • SHAFRI1KG •

Kikkoman Sushi Seasoning

300ml • SEASUS300ML •

Chia Seeds

500g • SEECHI500G •

Black Salt Kala Namak

300g • SALBLA300G •

Agar Agar Powder

100g • AGARPOW100G •

LEVANTINE

Heura Original Plant-based Chicken Chunks

2.5kg • HEUCHUNK •

Zero Egg - Classic

1kg • ZEREGGCL •

Houmous - Harissa

1kg • HOUHAR •

Baharat Spice

500g • BAH500G •

Rapeseed Oil - Chilli Infused

250ml • OILRAPCHI250ML •

Sumac

1kg • SUMAC1KG •

Plant-based Meatballs

1kg • BALLVE •

Lemon Juice

1L • JUILEMILT •

Marigold Swiss Vegetable Bouillon

500g • BOUSWIVEG •

Rapeseed Oil - Lemon Infused

250ml • OILRAPLEM250ML •

Cinnamon (Cassia) - Ground

1kg • CINGRO1K •

Plant-based Mince

1kg • MINCVE •

Cloves - Ground

500g • CLOGRO0.5K •

Cumin - Ground

1kg • CUMGRO1K •

Turkish Sultanas

3kg • SULTUR3KG •

Pinenuts

1kg • NUTPINIK •

Cashews - Whole

1kg • NUTCASWHO1K •



BBQ SMOKEHOUSE

Pepper - Sichuan Whole

100g • PEPSIC100G •  

Sunflower Seeds

1kg • SEESUN1KG •  

Pumpkin Seeds

1kg • SEEPUM1KG •  

Star Anise

300g • STARANI •  

Rapeseed Oil - Oak Smoked

250ml • OILRAPSMO250ML •  

Vegan Zeastar Shrimpz

1kg • SHRIMP •   

Smoky Barbecue Spice / Rub

1kg • RUBSMOBBQ1KG •  

Vegan Mayonnaise

1L • MAYVEGIL •  

Nigella Seeds

1kg • NIGSEI1K •  

Onion Powder

1kg • POWON1KG •  

Mesquite BBQ Sauce

2.2L • SAUBARMES •  

Puffed Millet

500g • MILPUF •   

Puffed Quinoa

500g • QUIPUF •   

Gluten Free Oats

5kg • OATGF5KG •  

Almonds - Ground

1kg • NUTALMGRO1KG •  

DESSERT BAR

Cacao Powder

1kg • CACPOW1 •   

Plenish Soya Milk

1L • SOYMILKS •   

Zero Egg - Classic

1kg • ZEREGGCL •  

Willie's Cacao Chocolate Chef Drops - Chulucanas 70%

1kg • CHOCCHULU •  

Vanilla Paste (Tube)

100ml • PASTEVAN100ML •  

Flora Plant Cream

1L • CREFLO •   

Buckwheat - Unroasted

5kg • BUCWHOSK •   

Cacao Nibs

1kg • CACNIB1 •   

Agar Agar Powder

100g • AGARPOW100G •  

Vinegar - Raspberry

1L • VINRASIL •  

Pinenuts

1kg • NUTPINIK •  

Almonds - Ground

1kg • NUTALMGRO1KG •  

Roasted Black Sesame Seeds

1kg • SEESBLA1KG •  

Oggs Aquafaba

1L • AQUAF •  

Vegan Matcha Ice Cream

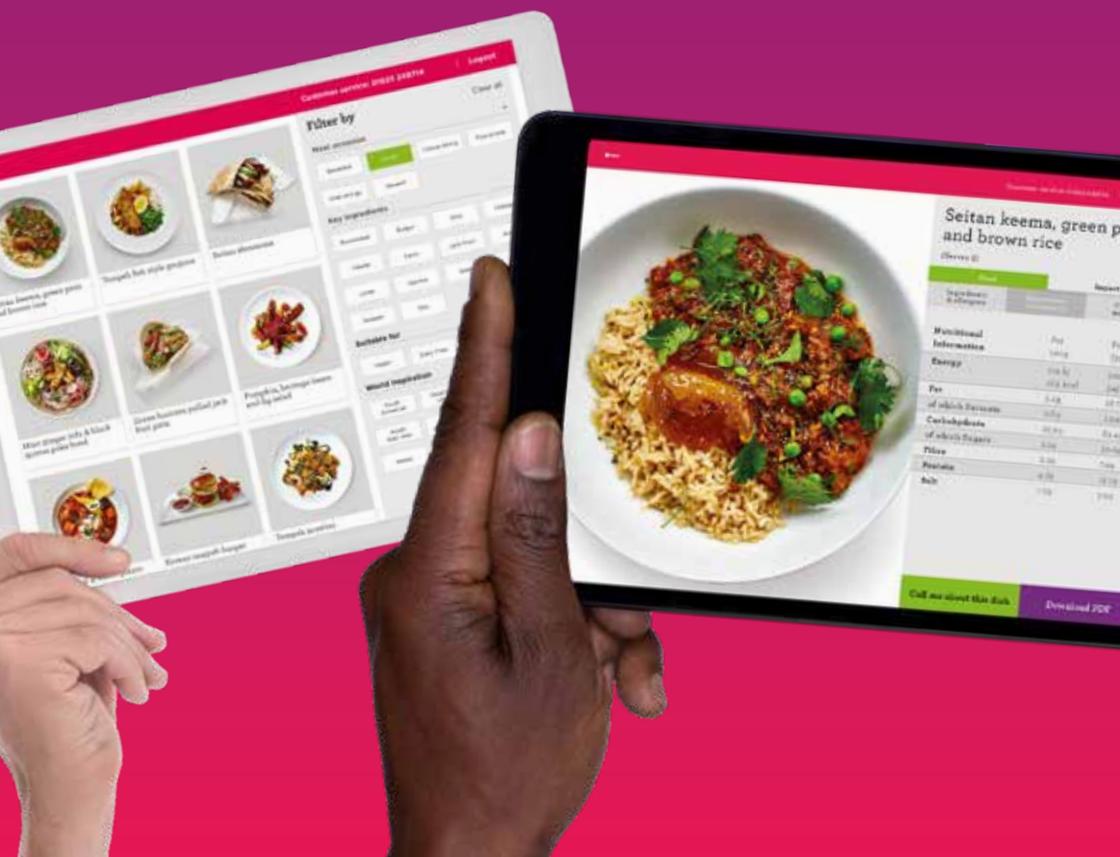
2L • ICECREMAT •   

Premium Mango Chutney

1kg • CHUMAN •  

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the easy way to get plant-based food on your menus



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