

Hungry for a grilling twist?

Taste delicious snacks, meals and desserts by Well Well and discover the richness of plant-based nutrients.

Great for any time of day, our menu is perfect for a barbecue gathering and made in 100% of a variety of plant-based ingredients.

Get a taste for plant-based barbecue!



EAT WELL, BE WELL!



Barbecue menu by WELL WELL:

Snacks

- NOODLE salad with plant-based shrimp
- GRILLED TOFU with mango salsa, peanut dip and pickled cucumber
- GRILLED SAUSAGES with vegetables and stewed onion
- GRILLED FALAFEL with hummus, vegetables and marinated red onion
- GRILLED NECTARINES with tofu lime cream





Snacks 6 servings

- Maswow Well Well plant-based butter alternative 200 g
- Well Well fish flavoured spread 125 g
- Well Well spread with sunflower seeds and dried tomatoes 125 g
- Well Well plant-based Veggie Shrimp 90 g (you can quickly heat them over a grill, using aluminium trays)
- Well Well Hummus Snack (classic and sriracha) with pretzels 2 x 120 g
- 2 sliced half baguettes toasted over a grill

Vegetables:

- Lettuce
- Radish
- Paprika
- Cucumber
- Cherry tomatoes
- Sprout, e.g. radish









NOODLE salad with plantbased shrimp

4 servings



Ingredients:

- Well Well plant-based Veggie Shrimp 90 g
- Rice vermicelli noodle 100 g
- 1 tablespoon of sesame seeds
- 1/2 snake cucumber
- 1 paprika
- Fresh chopped herbs: mint and coriander, 2 tablespoons of each

Salad dressing:

- 6 tablespoons of rice vinegar
- 1 lime
- 3 teaspoons of xylitol (or another sweetener like erythritol or brown sugar)
- 1 small chilli pepper
- 2 cloves of garlic

Pour boiling water over the noodle and soak it for 5-6 minutes under a cover. Rinse it under cold water and drain.

Dice the cucumber and paprika, chop the chilli pepper.

Prepare the dressing by pouring rice vinegar, soy sauce and lime juice into a bowl. Add the chopped chilli pepper, pressed garlic and the sweetener. Mix all together.

Add the noodle, drained plant-based shrimp, vegetables, herbs, and sesame seeds. Add the sauce and mix. You can also add chopped peanuts.



GRILLED TOFU with mango salsa, peanut dip and pickled cucumber 4 servings

- Well Well natural tofu 2 x 200 g or
- Well Well High Protein natural tofu 1 x 400 g

Tofu marinade:

- 4 tablespoons of light soy sauce
- 1.5 tablespoon of maple syrup
- 2 tablespoons of rice vinegar
- 1 teaspoon of chilli paste
- 1 large clove of garlic, pressed
- 2 teaspoons of grated ginger
- 2 tablespoons of rapeseed oil

Mix all the ingredients together. Drain and dry the tofu, then slice it. Rub marinade into it. Let the tofu marinade for 30 minutes (or even overnight). Grill it for 3-4 minutes on each side (cast iron plate works best), until it has browned. While the tofu is grilling, brush it with marinade. Outside of the barbecue season you can fry tofu in a pan.

Peanut dip:

- 4 flat tablespoons of peanut butter
- Coconut milk 150 ml
- 2-3 tablespoons of lime juice
- 1 tablespoon of maple syrup
- 2-3 tablespoons of light soy sauce
- 1 small chilli pepper (optional)



Mix the peanut butter with the coconut milk, soy sauce, maple syrup (add a tablespoon or more to better balance the flavours) and chopped chilli.

Mango salsa:

- 1 large mango
- 4 tablespoons of chopped coriander leaves
- 1 medium-sized red onion
- 4-5 tablespoons of pomegranate seeds
- 2 teaspoons of black sesame seeds
- Juice squeezed out of 1 lime
- 1 tablespoon of rapeseed oil
- 1 small chilli pepper

Dice the mango, finely chop the onion and chilli pepper. Put the ingredients into a bowl, add the pomegranate seeds, coriander, sesame seeds, oil and lime juice. Mix everything.

Pickled cucumber:

- 1 sliced snake cucumber or 6 sliced field cucumbers
- · 4 tablespoons of rice vinegar
- 1.5 tablespoon of light soy sauce
- 2-3 teaspoons of brown sugar or maple syrup
- 1 small chilli pepper
- 1.5 teaspoon of toasted sesame seeds
- 1 tablespoon of chopped chives
- 1 tablespoon of chopped coriander leaves

Pour the rice vinegar into a bowl. Add the sugar (or maple syrup) and the chilli pepper.

Mix the ingredients, add the cucumber (you do not need to peel it). Add the sesame seeds and herbs. Mix everything.

Leave it for at least 20 minutes. You can pickle the cucumber one day ahead of the barbecue and store it in the fridge.









GRILLED SAUSAGES with vegetables and stewed onion

6 servings

Well Well favourite sausages (veggie, plant-based Silesian, plant-based white) 2 x 250 g or Well Well hot-dogs (classic, spicy) 2 x 200g

Heat the sausage over a grill. Serve with vegetables, stewed onion, dried tomato dip and mustard.

Grilled vegetables:

- 2 paprikas
- 2 small zucchini
- 1 medium-sized eggplant
- Cherry tomatoes 300 g
- 2 medium-sized red onions
- 4 tablespoons of olive oil
- · 4 tablespoons of white wine vinegar
- 1 tablespoon of maple syrup (or xylitol, brown sugar, erythritol, honey – 2 teaspoons)
- 1 tablespoon of chopped parsley
- 1 tablespoon of chopped mint
- 2-3 sprigs of thyme
- Freshly ground pepper

Wash the vegetables. You can leave the tomatoes on the branch. Cut the zucchini into spears and the eggplant into rounds. Cut the paprika into pieces and the onion into eights. Grill the vegetables directly on a grill (zucchini, eggplant, paprika) or on trays (tomato, onion). Put all the vegetables into a bowl, add the olive oil, vinegar, maple syrup and herbs. Season with black pepper (and salt, optionally) and mix all together.



Stewed onion (perfect for hot-dogs)

Ingredients:

- 3 medium-sized onions
- 2 tablespoons of rapeseed oil
- 3 teaspoons of honey (or maple syrup)
- 5 tablespoons of ketchup
- 1 tablespoon of light soy sauce
- 120 ml of water
- ½ teaspoon of hot paprika
- ¼ teaspoon of cinnamon

Julienne the onion and sweat it over low heat. Steam it for around 12 minutes until it gets soft, stirring frequently. Be careful not to brown it. Add the ketchup, soy sauce, honey and seasoning.

Boil until the sauce is reduced (for around 20 minutes).

Leave it to cool.

Dried tomato dip:

- Well Well spread with sunflower seeds and dried tomatoes 125 g
- 3 flat tablespoons of vegan mayonnaise
- 1 clove of garlic, pressed
- 1 teaspoon of finely chopped capers
- 1 teaspoon of chopped parsley

Mix all the ingredients. You can add 2-3 finely diced dried tomatoes.





GRILLED FALAFEL with hummus, vegetables and marinated red onion

4 servings

- Well Well falafel with fava beans $2 \times 200 \text{ g}$
- Well Well classic hummus 2 x 125 g
- 4 tortilla wraps

Heat the falafel and tortillas on a grill. Serve with hummus, marinated onion, lettuce, cucumber, olives, peanuts and sesame seeds.

Filling:

- Favourite greens (rocket, young beet leaves, spinach, etc.)
- 1 sliced snake cucumber or 4 sliced field cucumbers
- Olives 60 g
- 1 tablespoon of chopped walnuts
- 1 teaspoon of toasted sesame seeds
- 2 tablespoons of pomegranate seeds
- 3-4 radishes

Marinated onion:

- 2 medium-sized red onions
- A pinch of salt
- 3 teaspoons of xylitol (or another sweetener like erythritol or brown sugar)
- 10 cloves
- A pinch of cinnamon
- A pinch of ground coriander seeds
- 3-4 tablespoons of vinegar (rice or white wine)

Peel the onion, julienne it, and put into a bowl. Add a pinch of salt, xylitol, and the seasoning.

Pour the vinegar into the bowl. Mix all together and let marinate for at least 30 minutes.





GRILLED NECTARINES with tofu lime cream

6 servings



Ingredients:

- Well Well soft natural tofu 400 g
- 6 nectarines (or peaches)
- 5 tablespoons of brown sugar
- 6-7 tablespoons of lime juice
- Zest of 1 lemon
- 2 tablespoons of chopped mint
- 2 tablespoons of chopped nuts, e.g. cashew

Crush the tofu into a bowl. Add the lime juice and sugar. Blend until smooth. Add the lemon zest and chopped mint.

Mix all together and put into the fridge for 20-30 minutes. Cut the nectarines (or peaches) into halves, place on the grill, and grill for 7-8 minutes, flipping them over while grilling. Place them on a platter and fill with the tofu cream. Sprinkle with nuts.





