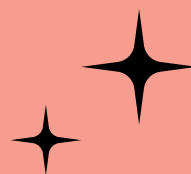




Plenty Reasons



MEATLESS GRILL

100%
PLANT-
BASED

INSPIRATION BOOK



10 RECIPES IN 10 MINUTES

Igor

BBQ tonight?

Rafat

Sure. I'm in!

Igor

Will you grab some food?

Rafat

Yeah, I can. I'll just bring our Plenty Reasons products and we will be set. Who's coming?

Igor

Everyone! So remember to bring a lot! And there's another thing - our office team prepared some recipes that they are asking us to try. I looked and... it sounds very demanding - Currywurst Sausages with lemons, sweet bagel burger....

Rafat

WHAT??!! WHO'S IDEA WAS IT? 



Send

CONTROL PANEL:

HI!

WHY DOES MEATLESS BBQ SOUND LIKE A GREAT IDEA?

TIPS & TRICKS TO BECOMING A MEATLESS GRILLMASTER

MEATLESS BBQ RECIPES:

"Sweet Classic" Bagel with Meatless Classic Burgers, caramelized onion and beetroot

Meatless Black Pudding Sausages grilled with onions, apples and marjoram

Hot dogs with Meatless Bratwurst Sausages and fried sauerkraut

Hot dogs with Meatless Classic Sausages and cucumber & paprika salsa

Meatless Chicken Burgers with homemade Thousand Islands dressing and coleslaw salad

Hungarian-style skewers with Meatless BBQ Sausages

Meatless Shoarma on a stick with tzatziki sauce

Hot dogs with meatless classic sausages and cucumber paprika salsa

Baked potato stuffed with Meatless Bacon

Toast with hummus grilled Meatless Bacon, and yellow zucchini

4

5

6

7

8

9

10

11

12


13

14

15

16





MEATLESS BBQ STARTS IN... 3,2,1!



Our intention in creating this ebook is to show that everyone can enjoy a BBQ party to the fullest no matter what kind of diet one follows. We would like to say a big goodbye to eating only grilled zucchini or eggplant at a BBQ party. Now everyone can become a vegan grillmaster that serves all kinds of food and has endless possibilities. That's why we have such a variety of products included in our BBQ specials category.



We are confident to say that this ebook may inspire you to create your recipes - if so, please share that with us via DM on our **Instagram @PlentyReasons**, or please tag us in your photos or stories.

You can also spread the word on this ebook to those who eat meat but want to cut back on it because of ecological or financial reasons - to inspire, to learn how to incorporate Meatless Alternatives in one's diet.

Let's show that there are Plenty Reasons to set this grilling season on enjoying Meatless dishes in every way possible!

RAFAŁ & IGOR





WHY DOES MEATLESS BBQ SOUND LIKE A GREAT IDEA?



IT'S EASIER
TO PREPARE



IT'S BETTER
FOR THE
ENVIRONMENT



YOU FEEL MUCH
LIGHTER



ANIMALS ARE
HAPPY YOU EAT
PLANT-BASED



WE WANT TO
SHOW YOU THAT
THERE ARE
Plenty Reasons
TO TRY OUR BBQ
SPECIALS

CONTACT US AND
FIND OUT MORE!

www.plentyreasons.com | contact@plentyreasons.com





TIPS & TRICKS

FROM MEATLESS BBQ MASTERS



THE GOLDEN RULE IS 4 MINUTES TOPS! Our Meatless products just need 3-4 minutes on the grill to be ready to be eaten. Always remember that this time may vary depending on the type of grill and how it has heated. Also, the thinner or smaller the slices are they might be ready earlier, so please be cautious so the grill does not turn into a fiasco. One exception! If our Meatless products are baked in parchment paper, or foil, or are placed on fruits - for example lemons or oranges, can prolong the cooking time.

WE ADVISE YOU TO ADD SOME OIL before cooking or frying Meatless products from Plenty Reasons.

IT'S OK TO CUT MEATLESS SAUSAGES BEFORE GRILLING. Adding some extra oil - even just brushing it over them will make them easier to prepare.

REMEMBER ABOUT TURNING SIDES so our Meatless alternatives grill evenly.

IF YOU FORGOT TO BUY FOIL GRILLING TRAYS you can always use fruit like oranges or lemons. They will add some flavor to those dishes. Look into the recipe on page 12 for inspiration.

EXPERIMENT WITH HOMEMADE SALSAS AND DRESSINGS! Try using mayo and yogurt as a base and then add ketchup, curry or thinly sliced pickles, horseradish, fresh or powdered garlic, and other fresh herbs.

IF YOU ARE PLANNING ON USING FOIL TO GRILL, try also wrapping Meatless products in parchment paper.

WHEN GRILLING OR BAKING Meatless products from Plenty Reasons try adding fruits (we recommend apples, blackcurrant for adding sweetness to the dish, and onions, garlic, and leek when going in for savory flavors).

MEATLESS SAUSAGES can be easily studded on a stick or skewer so they can be prepared while having a bonfire night. Remember to add some oil so they will cook better.

BLACK PUDDING SAUSAGE can be used as stuffing for an onion. Just cut the onion, mince the Meatless Sausage and wrap it in foil or parchment paper.

WANT TO GRILL MEATLESS PRODUCTS EFFORTLESSLY? Try using a grilling pan. It's a true game-changer - it's easy to wash and keep food from sticking.

TO BECOME A GREAT MEATLESS GRILL MASTER while composing dishes and planning meals for BBQ parties just try to think of products from Plenty Reasons as you would prepare the meat versions - you can go for well-known dishes and don't compromise on their taste. Just remember that Meatless products cook faster, so add them as the last ingredient.

WANT TO COOK OVER THE FIRE with a cauldron or something similar? Great! You can use Meatless Bacon, Meatless Sausages, and prepare letcho, hunter's stew or some sauces to go with baked or boiled potatoes.

"SWEET CLASSIC" BAGEL

WITH MEATLESS
CLASSIC BURGERS,
CARAMELIZED ONION,
AND BEETROOT



INGREDIENTS (SERVES 2):

- 2 bagels (use type as wished)
- 1 pkg **Meatless Classic Burgers**
- 1 precooked or baked beetroot
- 2 pkg arugula
- 1 big red onion
- 1 tsp sugar or any preferred sweetener
- mustard (use the one you like the most)
- vegetable oil

YOU CAN EASILY BUY
THEM ALMOST AT ANY
SUPERMARKET

PREPARATION:

1. Chop the onion and beetroot into slices. Cut bagels in half.
2. Sprinkle some oil on a frying pan, and toss onions on it. Add a pinch of salt and sugar. Heat the grill or grilling pan and start frying Meatless Classic Burgers with a bit of oil.
3. Grill them for 2 minutes on each side. When you reach the last minute add bagels to the frying or grilling pan.
4. Smear a bit of mustard on the bagels, add arugula, caramelized onions, beetroot and Meatless Classic Burgers, and... enjoy!

MEATLESS BLACK PUDDING SAUSAGES

GRILLED WITH ONIONS,
APPLES, AND MARJORAM



SOOO CLASSIC AND
DELICIOUS - MY FAV!
RAFAŁ

INGREDIENTS: (SERVES 2 OR 1 BIG PORTION)

- 1 pkg **Meatless Black Pudding Sausage**
- 1 onion
 - half of an apple
- 1 tsp marjoram
 - salt & pepper
 - bread, to serve (can be also grilled)

PREPARATION:

1. Take Meatless Black Pudding Sausage out of the package and their cellulose casings.
2. Chop the onion.
3. Peel the apple and dice it (not too tiny).
4. Take parchment paper and place some of the onion and diced apple on it. Sprinkle it with marjoram and salt, and add Meatless Black Pudding Sausages. Cover it with the rest of the onion and diced apple. Add other
5. spices. You can sprinkle some oil on it (not obligatory).
5. Grab the parchment paper and roll it tightly. Wrap it all in foil.
6. Grill for about 10 minutes on each side. You can add bread to the grill for the last couple of minutes of grilling the Sausages.
7. Serve with bread and your choice of mustard.



MEATLESS SHOARMA ON A STICK

WITH TZATZIKI
SAUCE



INGREDIENTS: (SERVES 2)

1 pkg **Meatless Shoarma**

- half of onion
- yogurt

1 small cucumber

1 clove of garlic

- salt, pepper & sugar

1 tsp lemon juice

- vegetable oil

PREPARATION:

For the tzatziki dip:

1. In a small bowl combine yogurt, salt, pepper, sugar, lemon juice, and minced garlic.
2. Peel the cucumber and get rid of the pulp. Then grate it on a coarse-mesh grater, add yogurt, mix it all and put it away, and refrigerate.

For the dish:

3. Peel the onion, slice it in half, and prepare to thread it on skewers.
4. Thread onion and Meatless Shoarma bits on the skewers. Try to mix them.
5. Sprinkle a bit of oil and grill on each side for about 2 minutes.
6. Serve with French fries, baked potatoes, or favorite bread. Remember to dip skewers in tzatziki dip.

HOT DOGS WITH MEATLESS BRATWURST SAUSAGES

AND FRIED SAUERKRAUT



INGREDIENTS: (SERVES 3)

- 1 pkg **Meatless Bratwurst Sausages**
- 200 g sauerkraut
- 1 onion
 - mustard (use the one you like the most)
- 1 pickle
- 3 hot dog buns (use the one you like the most)
 - roasted onion (optional)
 - salt, pepper

PREPARATION:

1. Dice the onion.
2. Divide sauerkraut into 3 even parts.
3. Prepare 3 sheets of parchment paper and place sauerkraut on each of them, add salt, and pepper and top it with 1 Meatless Bratwurst Sausage.
4. Sprinkle each sheet with oil.
5. Grab parchment paper sheets and fold all 3 of the Sausages tightly, then finish the wrapping with some foil.
6. Bake for 10 to 15 minutes on each side. In the last couple of minutes add hot dog buns, so they can grill a bit. Remember to slightly cut them, so they can be easily stuffed.
7. When all is ready, unroll the parchment paper and add sauerkraut and Meatless Bratwurst Sausage on each bun. Then top it with slices of pickle, and mustard and add roasted onion (optional). Enjoy!

MEATLESS CHICKEN BURGERS

WITH HOMEMADE THOUSAND
ISLANDS DRESSING
AND COLESLAW SALAD



INGREDIENTS: (SERVES 2)

BURGERS

- 1 pkg **Meatless Chicken Burgers**
- 2 burger buns or classical brioche (use the one you like the most)
 - coleslaw salad (homemade or ready-made)
 - few leaves of fresh Romaine Lettuce
 - few slices of cucumber
 - small bell pepper
 - cheese (optional - you can use vegan or dairy-free)

FOR THOUSAND ISLANDS DRESSING

- 1 tbsp spicy ketchup
- 2 tbsp mayonnaise (for a lighter version you can add half of the yogurt)
 - sugar
- 1 tsp mild mustard
- 1 pickle (diced very neatly)
- half of the onion (diced)
- salt, pepper

REMEMBER TO GET THE EXACT AMOUNT (OR MORE!) OF BURGERS AS THE NUMBER OF GUESTS. OTHERWISE, THE NIGHT MIGHT END UP WITH A GREAT DISAGREEMENT LIKE IT WAS THE LAST TIME WE GRILLED...
RAFAŁ

PREPARATION:

1. Sprinkle oil on Meatless Chicken Burgers and start grilling for about 2 minutes on each side. At the last minute add burger buns to grill them. Remember to slice them.
2. Mix all the ingredients for the dressing in a ball. If you like your burger spiced up add tabasco or sriracha.
3. Take buns & burgers from the grill and start assembling. Firstly, smear a bit of dressing on the bun, then add Romain Lettuce, coleslaw, Meatless Chicken Burger, diced pickle, and bell pepper and top it with cheese and the other side of the bun. And... bon appetit!

HUNGARIAN- -STYLE SKEWERS

WITH MEATLESS
BBQ SAUSAGES



INGREDIENTS: (SERVES 6 SKEWERS)

- 1 yellow bell pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 pkg Meatless BBQ Sausages
- mix of spices for grilling (hot)
- vegetable oil

PREPARATION:

1. Portion Meatless BBQ Sausages in thick slices.
2. Dice all of the bell peppers.
3. Thread bell peppers and Meatless BBQ Sausages on skewers. Try to mix them.
4. Sprinkle skewers with oil and add a mix of hot spices.
5. Grill for 5 minutes. Try changing sides frequently.
6. Serve with your favorite dip or dressing, bread or remove wooden skewers and add them to a salad and top it with vinaigrette. Yum!

IF SOMEHOW YOU ARE LEFT
WITH LEFTOVERS AFTER A
GRILL PARTY YOU CAN EASILY
ADD MEATLESS BBQ SAUSAGES
TO VEGETABLE STEW OR LETCHO
IGOR

MEATLESS CURRYWURSTS

GRILLED ON LEMON SLICES

THOSE LEMONS THEY ARE THE REAL
SECRET INGREDIENT HERE!
RAFAŁ



INGREDIENTS:

- 1** pkg **Meatless Currywurst Sausages**
- 1** big lemon
 - curry
 - ketchup or curry ketchup
 - French fries, baked potatoes or toasts (as a side dish, to serve)
 - vegetable oil

PREPARATION:

1. Scald lemons with boiling water, dry and cut them into thick slices.
2. Place lemons on a grill or frying pan that was sprinkled with oil. Top them with Meatless Currywurst Sausages. You can add another sprinkle of oil. Bake for 6 minutes, frequently rotating them from side to side.
3. Prepare the side dish as preferred.
4. Lemony Meatless Currywurst Sausages are now ready to be served! Remember adding ketchup and other condiments.

HOT DOGS WITH MEATLESS CLASSIC SAUSAGES

AND CUCUMBER PAPRIKA SALSA



INGREDIENTS: (SERVES 3)

- 1 pkg **Meatless Classic Sausages**
- 3 hot dogs buns
(use the one you like the most)
 - ketchup
 - mustard
- 2 pickles
- 1 cucumber
 - half of green bell pepper
 - half of small onion
 - salt, pepper
 - vegetable oil

SURELY NR 1 GRILL DISH!
ALWAYS COMES OUT WELL,
SO I SERVE IT ON EVERY
GRILL-PARTY!
IGOR

PREPARATION:

1. Take Meatless Classic Sausages out of the package and sprinkle them with oil. You can also make small cuts. Grill them for about 2 minutes on each side and at the last minute place the hot dog buns on the grill.
2. Dice bell pepper, cucumber, pickles, and onion, mix them all in a bowl, and add pepper, salt, and a bit of oil. You can add some vinegar and sugar to break the flavor.
3. Spread green salsa on the buns and add Meatless Classic Sausages. Top it with ketchup and mustard. Enjoy!

BAKED POTATO

STUFFED WITH MEATLESS BACON



INGREDIENTS: (SERVES 6)

- 1** pkg **Meatless Bacon Lardons**
(use the one you like the most, we used Hungarian- style with garlic)
- 6** medium baby potatoes
- 1** small bell pepper to avoid burning
(more in the preparation section)
 - vegetable oil
 - salt
 - sriracha (optional)

PREPARATION:

1. Wash and dry the potatoes. Then cut them in half (as you can see in the picture attached to this recipe) and gently take most of the inside pulp (not everything, but enough to fit the stuffing).
2. Slice bell pepper so that they can hide the cut you made on the potatoes.
3. Stuff the potatoes with Meatless Bacon, sprinkle it with oil, and close the potato with some bell pepper. Then sprinkle it with salt and a bit of oil.
4. Wrap the potatoes in parchment paper and foil. Bake them for 20-30 minutes on embers. This time may vary depending on the size of the potato. Remember to turn over the potatoes so they bake evenly.
5. Unwrap the potatoes from foil and parchment paper and gently remove the bell pepper. They are ready to eat! You can serve removed bell pepper as a side dish. If you like hot dishes you can sprinkle some sriracha on top of the potatoes.
- 6.

TOAST WITH HUMMUS

GRILLED MEATLESS BACON, AND YELLOW ZUCCHINI



INGREDIENTS:

- 1 pkg **Meatless Bacon Lardons**
(in this we are using maple syrup with mustard)
- 4 slices of bread of your choice
- 1 pkg of hummus (we recommend using lemon hummus)
- 1 yellow zucchini
 - mix of spices for grilling (mild)

PREPARATION:

1. Wash and dry the zucchini and cut it into semi-thick slices. Sprinkle it with oil and grill spices. Grill on each side for 4 minutes.
2. Grill Meatless Bacon for 2 minutes. Remember to mix it while doing it. We recommend grilling Meatless Bacon on a grilling pan which was sprinkled with oil.
3. Grill bread for a minute on each side. To add flavor you can take a clove of garlic and rub it on the pan with some olive oil.
4. Smear hummus on each of the bread slices, add grilled zucchini, and top it with Meatless Bacon Lardons.

For more
of our
recipes click
here



Scan the QR code
and get to know that
there are Plenty
Reasons to eat
Meatless!

www.plentyreasons.com

