



**LOW CALORIE • GLUTEN FREE • SODIUM FREE  
DAIRY FREE • FAT FREE • VEGAN • WHEAT FREE  
GMO FREE • NO HVP • NO SULFITES • ORGANIC**

# **MR. SPICE<sup>®</sup> RECIPE BOOK**

**GOURMET QUALITY, GOURMET TASTE**





BUFFALO CAULIFLOWER



PIZZA





# BUFFALO CAULIFLOWER PIZZA

## INGREDIENTS

- 1 cup Mr. Spice Hot Wing sauce, separated
- 1 head cauliflower, chopped
- 2 tbsp olive oil
- 2 tbsp cornstarch
- 1 tbsp butter
- ½ cup shredded mozzarella
- ½ cup yellow onion, diced
- ½ cup arugula
- ¼ cup ranch dressing
- 2 tbsp chives, chopped

★★★★★ M. Kelley, Amazon  
A fantastic marinade for burgers, chicken, chops, etc. Also terrific as a dipping sauce.



**HOT WING**

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Remove stem and leaves from cauliflower head. Chop the head of cauliflower into small florets.
3. Combine cauliflower, ½ cup Mr. Spice Hot Wing sauce, olive oil, and cornstarch in a bowl. Use clean hands to evenly coat the cauliflower.
4. Transfer cauliflower to a nonstick baking sheet. Bake for 25 minutes. After, remove from oven and increase the temperature to 475 degrees F. Set cauliflower aside.
5. Meanwhile, prepare pizza dough according to package. Melt butter in a microwave-safe dish for 20 seconds. Combine melted butter with ½ cup Mr. Spice Hot Wing sauce. Add sauce, mozzarella, diced onion, and baked cauliflower on top of the pizza dough. Bake for 10-15 minutes.
6. Remove pizza from the oven. Garnish with chives, arugula, avocado, and vegan ranch dressing. Slice and serve.



DELICIOUS FLAVOR WITHOUT ANY FAT

## CAULIFLOWER BITES

### INGREDIENTS

- 2/3 cups Mr. Spice Hot Wing sauce
- 1 tsp garlic powder
- 1 tbsp virgin olive oil
- 1/2 cup gluten-free flour
- 2 tbsp vegan butter, melted
- 1 head cauliflower, chopped
- 1/4 tsp black pepper, freshly ground
- 1/4 tsp black pepper, freshly ground
- 1/2 cup unsweetened almond milk or water



Recipe created by Laurel Anderson, wild-plate.com

### DIRECTIONS

1. Heat oven to 450 degrees. In large mixing bowl whisk flour, water, garlic powder, and pepper. Add cauliflower pieces and toss until evenly coated.
2. Drizzle olive oil evenly over baking sheet. Place coated cauliflower pieces on baking sheet and bake for 15 minutes turning once.
3. In large mixing bowl, whisk melted vegan butter and Mr. Spice Hot Wing sauce. Take cauliflower out of oven and add to mixing bowl with sauce tossing lightly to coat.
4. Spread cauliflower out on baking sheet and place back in oven for 25-30 minutes flipping a few times so you get a good crispy edge on all sides. Serve with vegan ranch and celery sticks. Enjoy!

Recipe created by @glutenfreefollowme



## BUFFALO CHICKEN GRILLED CHEESE

### INGREDIENTS

- 1/2 cup Mr. Spice Hot Wing sauce
- 1-2 tbsp butter
- 4-8 slices of cheese
- 1/2 cup shredded cheese
- 8 oz whipped cream cheese
- 8 slices of gluten-free bread
- 2 cups cooked chicken, shredded

### DIRECTIONS

1. In a medium-sized bowl, combine the shredded chicken, cream cheese, Mr. Spice Hot Wing sauce, and shredded cheese. Use a spatula to mix it together.
2. Use a fork to put this mixture on bread, and make sandwiches with it. Add a slice or two of cheddar cheese to each sandwich as well. This recipe makes four full sandwiches. In a pan over medium heat, melt butter.
3. Add sandwich to pan. Cook for about 2 minutes, or until golden brown. Add more butter. Flip sandwich and grill the other side for another 1-2 minutes. Keep an eye on it because the second side will cook faster than the first side. Repeat with 3 more sandwiches using more butter. Enjoy while warm.

## SPINACH TOFU SCRAMBLE

### INGREDIENTS

- 1½ tbsp Mr. Spice Hot Wing sauce
- ¼ tsp pepper
- 6 oz extra firm tofu, 170g
- ½ tsp olive oil
- 3 tbsp chopped onion
- ½ tsp minced garlic
- 2 tbsp red bell peppers, chopped, 20g
- ½ tsp turmeric powder
- 3 cups spinach, packed, 90g



Recipe created by @hayls.kitchen

### DIRECTIONS

1. In a large bowl, crumble Tofu with a fork or hands.
2. Heat oil in a skillet over medium-high and fry onions and garlic for 2 minutes until translucent.
3. Add bell peppers and cook another 1-2 minutes.
4. Add tofu mixture and turmeric powder and cook for about 5 minutes, stirring occasionally until mixture resembles scrambled eggs.
5. Pour in Hot Wing sauce, season with pepper and mix. Add spinach, stir and cook for 1-2 minutes until wilted.

Recipe created by @purelykaylie



## CAULIFLOWER SLIDERS

### INGREDIENTS

- 1 head cauliflower
- 1 cup all purpose flour
- 1 cup plant based milk
- 1 tsp onion powder
- 1 tsp paprika
- 1 cup panko breadcrumbs
- 1 cup Mr. Spice Hot Wing sauce
- 2 tbsp melted butter

### DIRECTIONS

1. Preheat oven to 450 degrees F. Line a large baking sheet with parchment paper. Remove stem and leaves from cauliflower head. Slice cauliflower into small, flat florets. Combine flour, plant based milk, garlic powder, onion powder, and paprika in a bowl. Mix together until evenly combined.
2. In a separate bowl, add panko breadcrumbs. Dip each cauliflower floret into the batter, tapping off any excess. Immediately dip the battered cauliflower into the breadcrumbs. Toss to evenly coat. Transfer cauliflower to the baking sheet. Repeat until all batter is used.
3. Bake cauliflower for 15 minutes. Combine Mr. Spice Hot Wing sauce and melted butter in a bowl. Toss the bakes cauliflower in the sauces, evenly coating each floret.
4. Transfer cauliflower wings back to the baking sheet. Bake for another 15 minutes. Serve cauliflower wings between slider buns with your favorite toppings. Enjoy!

## BUFFALO CHICKPEA TACOS

### INGREDIENTS

- 1/3 cup Mr. Spice Hot Wing sauce
- 1 tbsp oil
- 2 cloves garlic, minced
- 1 can garbanzo beans, drained/rinsed
- 1/2 tsp onion powder
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 6 corn or flour tortillas
- 2 cups shredded lettuce
- 1 ripe avocado, diced
- 1/2 cup red onion
- 1/4 cup ranch dressing
- 1/4 cup fresh cilantro

### DIRECTIONS

1. Warm a skillet over medium-low heat.
2. Add oil, garlic, garbanzo beans, onion powder, chili powder, and cumin. Cook for 5 minutes, stirring frequently, or until garbanzo beans begin to brown. Add Mr. Spice Hot Wing sauce and stir together. Cook for 3-4 minutes.
3. Warm the tortillas. Assemble shredded lettuce, buffalo chickpeas, avocado, red onion, ranch dressing, and cilantro on top. Enjoy!



Recipe created by @purelykylie

Recipe created by @glutenfreefollowme



## BUFFALO CHICKEN PASTA BAKE

### INGREDIENTS

- 1/2 cup Mr. Spice Hot Wing sauce
- 12 oz gluten-free pasta
- 8 oz cream cheese, softened
- 3/4 cup ranch dressing
- 1/2 cup + 1 cup mozzarella cheese, shredded
- 2 cups cooked chicken, shredded
- 1.5 cups cheddar cheese, shredded
- Green onions for garnish
- Ranch dressing for drizzling

### DIRECTIONS

1. Preheat oven to 375 degrees. Spray a baking pan with cooking spray. Cook penne pasta according to package directions.
2. While the pasta is cooking, make the sauce. In a large bowl, combine cream cheese, 3/4 cup ranch, hot wing sauce, and 1/2 cup shredded mozzarella cheese. Mix well.
3. Add shredded chicken to large bowl. Mix together. Add pasta to large bowl. Mix together. Add all the contents of the large bowl to the greased baking pan.
4. Top with the rest of the shredded cheese (1 cup mozzarella cheese & 1.5 cups cheddar cheese). The cheese will be level with the pan. Bake for about 25 minutes. The cheese should get bubbly.
5. Garnish with green onions. Drizzle ranch on the buffalo chicken pasta bake. Or blue cheese dressing.

CHICKPEA



QUESADILLAS



# TANGY BANG CHICKPEA QUESADILLAS

## INGREDIENTS

Tangy Bang Chickpeas:  
Mr. Spice Tangy Bang sauce  
1 tbsp oil  
1 small onion, diced  
½ bell pepper, diced  
3 cloves garlic, minced

1 15-oz can chickpeas, drained and rinsed

Cashew Cheese:

1 cup cashews, soaked  
1 cup water  
2 tbsp nutritional yeast  
1 tbsp lemon juice  
½ tsp garlic powder

3 tbsp tapioca starch (also called tapioca flour)

★★★★★ Izzi, Amazon  
Most salt-free products have no taste, this is the exception!



**TANGYBANG!**

## DIRECTIONS

1. Place cashews in a bowl. Pour boiling hot water over the cashews and soak for 20 minutes. After, drain the water and set aside.
2. Warm a frying pan on medium-low heat. Add oil, onion, and bell pepper. Cook, stirring frequently, for 5 minutes or until onion is translucent. Add minced garlic and chickpeas, and cook for an additional minute. Add Mr. Spice Tangy Bang sauce and stir to combine. Lower heat and simmer for 7-10 minutes.
3. Meanwhile, combine all cashew cheese ingredients in a blender. Blend until smooth and creamy. Warm a small pot on medium-low heat. Pour cashew cheese into the pot. Stir continuously for 3-5 minutes, or until the cheese becomes thick and stretchy.
4. Spread cashew cheese across an entire warm tortilla. Add spoonfuls of the Tangy Bang chickpeas to one half of the tortilla. Fold the tortilla in half and transfer to a frying pan. Cook for 5 minutes, flipping once, until golden and crispy. Repeat with all tortillas.
5. Slice quesadillas and garnish with cilantro. Serve with guacamole, salsa, and sour cream.



Serving: 4-6 tortillas



## TANGY BANG TEMPEH TACOS

### INGREDIENTS

- ½ cup Mr. Spice Tangy Bang sauce
- 1 small yellow onion, diced
- 1 tbsp avocado oil
- 2 cloves garlic, minced
- 1 package tempeh (8 oz)

Other:

- 4 tortillas (corn or flour)
- Lettuce
- Corn
- Pico de Gallo
- Avocado
- Cashew sour cream
- Lime



Recipe created by @purelykaylie

### DIRECTIONS

1. Heat a skillet on medium temperature. Add avocado oil and diced yellow onion. Sauté for 3-5 minutes. Add minced garlic and sauté for an additional minute.
2. Crumble tempeh over the skillet. Cook, stirring occasionally, for 5 minutes. Add Mr. Spice Tangy Bang sauce and evenly coat the ingredients. Cook for an additional 2-3 minutes.
3. Add the tempeh mixture to tortillas along with toppings. Serve.



Recipe created by Laurel Anderson, wild-plate.com

## TANGY BANG NACHOS

### INGREDIENTS

- 1 tbsp Mr. Spice Tangy Bang sauce
- ½ medium avocado, sliced
- White corn tortilla chips
- 2 tbsp red onion, diced
- 2 tbsp green onions, chopped
- 2 tbsp fresh cilantro, chopped
- ¼ cup vegan cheddar cheese
- ¼ black beans, drained and rinsed
- ¼ cup vegan cotija cheese or regular

### DIRECTIONS

1. Set oven on broil. While oven is heating line a medium baking sheet with foil and a bit of avocado oil so the nachos don't stick. Spread out tortilla chips and top with cheddar, black beans, and red onion.
2. Cook nachos for 5-6 minutes watching carefully so they don't burn. Remove from oven and sprinkle with cotija cheese, avocado slices, green onion, cilantro and drizzle with Mr. Spice Tangy Bang sauce. Serve immediately.

## TANGY BANG QUESO DIP

### INGREDIENTS

- 1/3 cup Tangy Bang sauce
- 1 1/2 cup raw cashews
- 1/3 cup nutritional yeast
- 1 tbsp lemon juice
- 2 tbsp pickled jalapeno (tamed)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp turmeric powder
- 3/4 cup hot water

### DIRECTIONS

1. If you do not own a high-powered blender, soak raw cashews in hot water for 20 minutes. After, drain the water and proceed with the recipe.
2. Combine all ingredients in a high-powered blender. Blend until smooth and creamy.
3. Transfer queso dip to a bowl. Add garnish of your choosing, such as pico de gallo, cilantro, and crushed red pepper. Enjoy!



Recipe created by @purelykaylie

Recipe created by @glutenfreefollowme



## TANGY BANG CHILI

### INGREDIENTS

- 2 tbsp Mr. Spice Tangy Bang sauce
- 1 lb ground beef or turkey
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 1 tbsp garlic powder
- 1/2 tsp ground black pepper
- 31 oz red kidney beans, drained
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 1/2 cup beef or chicken broth
- Toppings of your choice

### DIRECTIONS

1. In a large stock pot, brown the ground beef or turkey. Occasionally stir it as it browns, about 6-7 mins. Drain off excess fat. Add onion and red bell pepper, continue cooking until soft.
2. Add Mr. Spice Tangy Bang sauce, garlic powder, and pepper. Add red kidney beans, crushed tomatoes, tomato sauce, and beef/chicken broth. Bring to a boil.
3. Turn to low, add the lid, and let it simmer for at least 1 hour. Stir occasionally. Take lid off at 1 hour mark, continue to simmer. Cook on low heat until excess liquid evaporates, and you reach the desired thickness. Rest for 5-10 mins before serving. Serve with toppings of your choice.

## SPINACH QUESADILLA

### INGREDIENTS

- 1 tbsp Mr. Spice Tangy Bang sauce
- 1 tbsp unsalted butter
- 5 cups of baby spinach, rinsed & dried
- 1 clove of garlic, minced
- For The Spinach Tortillas
- 4 flour tortillas
- 2 cups shredded monterey jack cheese
- 2 tablespoons unsalted butter, melted
- Optional:** Sour cream & cilantro



Recipe created by @foolproofliving

### DIRECTIONS

1. Heat 1 tbsp of butter in skillet with a lid over medium heat. Add in the spinach. Put the lid on and let it cook for 3-4 mins or until spinach starts to lose most of its volume.
2. Add in garlic, Mr. Spice Tangy Bang sauce and stir. Transfer spinach onto a plate and set it aside. Clean the skillet with a paper towel and set it aside. No need to wash it.
3. To assemble, lay 4 tortillas on a flat surface, add ½ cup shredded cheese on one half of each tortilla. Divide cooked spinach amongst the tortillas mounting it onto the cheese. Fold half over.
4. Place the skillet over medium heat. Brush each tortilla with melted butter and transfer 2 of them onto the skillet. Cook 1-2 minutes on each side (or until it turns golden brown). Once cooked, transfer them onto a cutting board to cool off.
5. Repeat the same process with the rest of the quesadillas. Slice them into wedges. Enjoy!



## TANGY BANG KETO BURGER

### INGREDIENTS

### DIRECTIONS

1. Can't find recipe.



## CAULIFLOWER & CARROT BURGERS

### INGREDIENTS

- 2 tbsp Mr. Spice Tangy Bang! sauce
- 2 eggs
- ½ tsp Olive Oil
- 1½ tbsp Minced Garlic, 3-4 cloves
- 1 tbsp paprika
- 1 tsp cumin
- ½ tsp cayenne pepper (optional)
- ½ tsp black pepper
- 1 cup instant or quick oats, 90g
- 1½ cups black eyed peas, chickpeas or white beans, canned (390g) or cooked from dry
- 2 cups cauliflower, chopped, 214g
- 1 cup carrot, chopped, 128g
- ⅔ small onion, about 80g

### DIRECTIONS

1. Preheat oven to 350°F and line a baking sheet with parchment paper. Drain peas/chickpeas/beans until dry.
2. One at a time, pulse cauliflower and carrot in a food processor and until ground into large "rice" grains (or use a large-hole grater). Chop onion using food processor or knife. Heat oil in a nonstick skillet over medium and fry onion and garlic until fragrant, 2 minutes.
3. Add cauliflower and carrot and cook about 3-4 minutes until tender and cooked. Add paprika, cumin, cayenne pepper, pepper and cook for 30 seconds.
4. Transfer to large bowl and set aside to cool. Pulse peas/beans and oats in food processor to form rough textured mixture.
5. In a small bowl, whisk eggs. Add pea/bean-oat mixture, eggs and Tangy Bang! sauce to cooled vegetables and mix.
6. Shape burgers: Line a 1-cup measuring cup with plastic wrap, add a portion of the burger mix and press down to pack. Lift out of cup with lining edge, and flip onto baking sheet. (You should have 8 patties). Bake 28-30 minutes until lightly browned and crisp.



FLAVOR THAT YOU DON'T HAVE TO FEEL GUILTY ABOUT.

JACKFRUIT



SANDWICHES



# HONEY BBQ JACKFRUIT SANDWICHES

## INGREDIENTS

### Easy Coleslaw

- ½ cup vegan mayo or mashed avocado
- 1 tbsp lime juice
- 1 tbsp honey or maple syrup
- 1/8 tsp black pepper (optional)
- 2 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 cup shredded carrots

### BBQ Jackfruit

- 2/3 cup Mr. Spice Honey BBQ sauce
- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 2 cans young green jackfruit (in water or brine, not syrup)
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp chili powder
- ¼ tsp black pepper
- 1/3 cup water

★★★★★ J. Stroup, Amazon  
The best Mr. Spice flavor by far.  
My family likes it better than  
regular BBQ sauce!



**HONEY BBQ**

## DIRECTIONS

1. Drain and rinse the jackfruit. Chop off the inner core of each jackfruit piece and discard.
2. Break the jackfruit apart to create a nearly shredded appearance, leaving some pieces intact.
3. Warm a frying pan on medium-low heat. Add oil and onion. Cook for 5 minutes or until the onion is translucent. Add jackfruit, paprika, garlic powder, chili powder, and pepper. Combine and cook for 5 minutes, stirring occasionally. Add the Mr. Spice Honey BBQ sauce and water. Stir to combine. Reduce heat and simmer (covered) for 20 minutes, stirring occasionally.
4. Meanwhile, prepare the coleslaw. In a large bowl, combine mayo, lime juice, honey/maple syrup, and black pepper. Whisk together. Add shredded cabbage and carrots. Toss to coat the ingredients. Store in the refrigerator while the jackfruit cooks.
5. Serve jackfruit on whole grain buns along with the coleslaw.



For Serving: 6 whole grain buns  
Onion, pickles, etc. (Optional)

## HONEY BBQ BABY BACK RIBS

### INGREDIENTS

- ½ cup Mr. Spice Honey BBQ sauce
- 2 ⅔ lbs baby back ribs
- 1 cup beef broth, canned, low sodium
- 4 tsp sherry (optional)
- ⅔ tsp ginger root, chopped
- 1 medium garlic clove, finely chopped
- 6 tbsp of unsalted butter, cut into cubes



### DIRECTIONS

1. Place baby back ribs in gallon zip lock bag. Add beef broth, Mr. Spice Honey BBQ sauce, sherry, ginger, and garlic. Close bag and mix ingredients together. Cover and refrigerate at least 6 hours, turning 2 to 3 times.
2. Pre-heat oven to 250 degree F. and wrap baking pan in foil. Remove ribs from marinade and place on foil covered pan. Place in oven for 3 hrs. Save marinade.
3. Remove ribs from oven, flip over to expose bone side. Add cubes of butter on top of ribs. Begin to wrap the ribs with foil but leave opening to add marinade back in. Completely seal ribs and put back in oven. Bake for 2 hours or until rib meat pulls away from bones and is tender.
4. Remove from foil, baste with more Mr. Spice Honey BBQ sauce and bake at 350 until sauce is set.

Recipe created by Laurel Anderson, wild-plate.com



## HONEY BBQ JACKFRUIT TACOS

### INGREDIENTS

- ½ cup Mr. Spice Honey BBQ sauce
- 8 corn tortillas
- ¼ cup radishes
- 1 medium avocado
- 2 tbsp fresh cilantro
- ¼ cup pickled red onion
- 1 cup red and green cabbage
- 1 ½ cups canned jackfruit, drained

### DIRECTIONS

1. Rinse, drain and dry jackfruit well and place in medium bowl. Add Mr. Spice Honey BBQ sauce and toss to coat. Let marinate for 30 minutes while you make lime cream sauce and chop vegetables.
2. In small bowl add vegan mayonnaise and lime juice. Stir with spoon until well combined. Cover and set aside. Over medium heat sauté jackfruit for 5-7 minutes.
3. Top each tortilla with BBQ jackfruit, red and green cabbage, radishes, pickled onions, slice of avocado, fresh cilantro, a drizzle of lime cream sauce, and a little hot sauce. Serve immediately. Enjoy!

## HONEY BBQ 7 LAYER DIP

### INGREDIENTS

#### Pico de Gallo:

- 1 cup diced tomato
- 1/3 cup diced red onion
- 1/4 fresh cilantro
- 2 tbsp diced jalapeno
- 1 tbsp lime juice
- 2 tsp minced garlic

#### Other:

- 1 cup sour cream
- 1 cup shredded lettuce
- 1 cup corn
- 1/4 cup olives

#### Honey BBQ Beans:

- 1 can refried pinto beans
- 1/2 cup Mr. Spice Honey BBQ Sauce

#### Guacamole:

- 2 ripe avocados pitted
- 1 tbsp garlic powder
- 1 tbsp lime juice
- 1 tsp onion powder
- 1/4 tsp black pepper



Recipe created by @purelykaylie

### DIRECTIONS

1. **Create Honey BBQ Beans:** Add all ingredients to a bowl, mix together, keep separate until assembly.
2. **Create Guacamole:** Add all ingredients to a bowl. Mix together. Keep separate until assembly.
3. **Create Pico de Gallo:** Add all ingredients to a bowl. Mix together. Keep separate until assembly.
4. **Assemble the Dip:** Spread the Honey BBQ Beans across the base of the dish. Then top with a layer of guacamole, a layer of sour cream, a layer of shredded lettuce, corn, pico de gallo, and olives. Serve with corn tortilla chips.

Recipe created by @hayls.kitchen



## HONEY BBQ CHICKEN WINGS

### INGREDIENTS

- 3 tbsp Mr. Spice Honey BBQ sauce
- 1 lb chicken breast, chopped 2" cubes, 454g
- 1 egg
- 1/2 cup almond flour
- 2 tbsp tapioca starch/flour
- 1/4 tsp paprika
- 1/4 tsp chili powder
- 1/8 tsp cayenne pepper
- 1/8 tsp pepper
- 2 tbsp water

### DIRECTIONS

1. In a shallow bowl, combine almond flour, tapioca starch, paprika, chili powder, cayenne pepper, black pepper and mix.
2. In another bowl, whisk egg. Dredge each piece of chicken in egg then flour mixture until coated well. Shake to remove any excess, and set on a plate.
3. Line air-fryer basket with parchment paper and place chicken pieces inside, leaving enough room for air to flow. Work in batches if needed.
4. Lightly spray with cooking oil spray and cook. Place in parchment-lined air fryer basket, lightly spray with cooking spray, and cook at 375° F for 12 minutes, shaking halfway.
5. Prepare sauce: When chicken is almost done, heat a small pot or medium-sized nonstick pan over medium. In a small bowl, whisk together the Honey BBQ sauce and water. Pour mixture into pot/pan and allow to slightly thicken. Combine and serve: Transfer chicken to bowl, pour heated sauce; toss to coat well.



## HONEY BBQ GLAZED SALMON

### INGREDIENTS

- 1/2 cup Mr. Spice Honey BBQ sauce
- 1 lb (16 oz) salmon
- Lemon (to clean salmon)
- Cauliflower, roasted
- Broccoli, roasted
- Sweet potato, sliced & roasted
- Zucchini, sliced & roasted
- Scallions, chopped

### DIRECTIONS

1. Preheat oven to 400 degrees. Rinse the salmon under cool running water. Squeeze some lemon on the salmon. Dry the salmon completely with a paper towel.
2. To roast the vegetables, use a baking sheet lined with parchment paper. Drizzle avocado or olive oil all over the vegetables and sprinkle pepper. Bake for about 30-40 minutes. Roast the vegetables first as they take longer than the salmon.
3. Line another baking sheet in tin foil. Lay salmon on this baking sheet. Using a brush or spoon or spatula, generously spread the Honey BBQ on top of the salmon fillet. Bake for about 12-15 minutes.
4. Switch the oven to high broil. Broil until the Honey BBQ sauce is caramelized on the edge of the salmon. It should take 1-2 minutes but watch carefully because ovens differ especially on broil.
5. Remove the salmon from the oven. Carefully remove the skin from the salmon, using a fork & knife. Start making a plate. Add spinach and other greens to the plate. Add the roasted cauliflower, broccoli, zucchini, and sweet potato. Garnish with scallions.



Recipe created by @glutenfreefollowme

Recipe created by @purelykaylie



## LOADED BBQ FRENCH FRIES

### INGREDIENTS

- | For serving:           | For baking:                                    |
|------------------------|--|
| 1/4 cup Mr Spice       | 1 package frozen fries                         |
| Honey BBQ sauce        | 1 tbsp oil                                     |
| 1 tomato, diced        | 2 cups chicken or meat-free alternative (10oz) |
| 1 avocado, diced       | 1 tsp garlic powder                            |
| 1/2 jalapeno, diced    | 1/2 tsp chili powder                           |
| 1/4 cup ranch dressing | 1/2 tsp smoked paprika                         |
| 1/4 cup green onion    | 1/2 tsp ground cumin                           |
|                        | 1/2 cup Mr Spice                               |
|                        | Honey BBQ sauce                                |
|                        | 1 cup shredded cheese                          |
|                        | 1/2 red onion, diced                           |

### DIRECTIONS

1. Bake the frozen fries according to the package instructions. Meanwhile, warm a skillet over low heat. Add oil, diced chicken or meat-free alternative, garlic, chili, paprika, cumin, and Mr. Spice Honey BBQ sauce. Simmer on low heat, stirring together, for 3-5 minutes. The chicken or meat-free alternative should be warm and saucy. Remove from heat and set aside.
2. Preheat the oven to 425 degrees F. In a casserole dish or a baking sheet, layer half of the baked fries, chicken or meat alternative, shredded cheese, and red onion. Repeat with the remaining half.
3. Bake the loaded fries for 7-10 minutes or until the cheese is melted. Remove from the oven and add tomato, ranch dressing, Honey BBQ sauce, avocado, jalapeno, and green onion on top. Serve and enjoy!

**HONEY BBQ  
TACOS**

**INGREDIENTS**



Recipe created by @xxxxxxxxxxxx

**DIRECTIONS**

1. Can't find recipe.

Recipe created by @xxxxxxxxxxxx

**XXXXXX  
XXXXXXXXXXXX**

**INGREDIENTS**

XXXXXXXXXXXX

**DIRECTIONS**

1. XXXXXX

TOFU



WINGS



# HONEY MUSTARD TOFU WINGS

## INGREDIENTS

- ½ cup Mr. Spice Honey Mustard sauce
- 1 block extra-firm tofu
- 1 cup panko breadcrumbs
- 2 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ⅓ cup cornstarch or tapioca starch (also called tapioca flour)
- ¼ cup plant-based milk

## DIRECTIONS

1. Drain the package of tofu. Use a tofu press for 15 minutes to remove the moisture. After, slice tofu into 8 blocks.
2. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
3. Combine breadcrumbs, olive oil, garlic powder, onion powder in a bowl. Then, transfer mixture to a plate. Add cornstarch to a second bowl and plant-based milk to a third bowl.
4. Coat each piece of tofu in the cornstarch mixture, then dip into the plant-based milk. Immediately coat the tofu in the breadcrumb mixture and transfer to the baking sheet. Repeat until all tofu is prepared.
5. Bake tofu for 30 minutes, flipping halfway through. Remove tofu from the oven and increase the temperature to 450 degrees F.
6. Add Mr. Spice Honey Mustard sauce to a plate. Coat each piece of tofu in the sauce, then transfer back to the baking sheet. Bake for 10 minutes or until golden and crispy.
7. Serve honey mustard tofu wings with carrots and celery, or toss over a salad.

★★★★★ TKrug, Amazon  
I have ordered this several times because I like it a lot and use it quite a bit. Honey mustard is my favorite.



Honey Mustard



Notes \*If you do not have a tofu press, wrap the tofu block in a clean kitchen towel and place a heavy object on top. Set aside for 15 minutes to remove the moisture.

## HONEY MUSTARD ROASTED VEGGIES

### INGREDIENTS

- ½ cup Mr. Spice Honey Mustard sauce
- Pepper (optional)
- 6 small red potatoes
- 1 medium sweet potato
- 6 small purple potatoes
- 12-15 brussel sprouts, cut in half

### DIRECTIONS

1. Preheat oven to 400 degrees. In medium bowl toss purple potatoes, sweet potatoes, red potatoes, and brussel sprouts with Mr. Spice Honey Mustard sauce.
2. Sprinkle with pepper to taste.
3. Line a baking sheet with parchment paper and drizzle with olive oil.
4. Spread vegetables on baking sheet and bake uncovered for 45-60 minutes turning occasionally until edges are crispy. Serve immediately.



Recipe created by Laurel Anderson, wild-plate.com



## SPINACH & CHEESE STUFFED POTATOES

### INGREDIENTS

- 3 tbsp Mr. Spice Honey Mustard sauce
- 1 egg white
- 3 tbsp skim milk
- 2 whole baking potatoes, washed
- 1 tbsp cheddar cheese, low sodium
- 10 oz spinach, frozen, thawed, drained

### DIRECTIONS

1. Bake potatoes in a 425 degree F. oven until tender, about 45 minutes.
2. Cut in half lengthwise. Scoop out the center.
3. Whip together the centers, skim milk, egg white, and the Mr. Spice Honey Mustard sauce.
4. Add the spinach. Stuff the potato shells with the potato mixture.
5. Sprinkle the cheddar cheese on top. Broil until golden brown.

## PARMESAN BURGER BUN BREAD STICKS

### INGREDIENTS

- 1 tbsp Mr. Spice Honey Mustard sauce
- 1 hamburger bun
- 2 tbsp shredded parmesan cheese, 10g
- Garlic powder (optional)
- Minced onion (optional)
- Parsley (optional)

### DIRECTIONS

1. Preheat oven to 400°F and line a baking sheet with foil. Slice open the bun in half.
2. Use a butter knife or spatula to spread the honey mustard sauce on each open face of the bun. Optionally, sprinkle with a pinch of garlic powder and onion powder.
3. Sprinkle on shredded Parmesan, dividing equally between both halves. Place the bun halves, face-up, on the lined baking sheet. Bake for 15 minutes; cheese should be melted and edges starting to brown.
4. Use a pizza cutter or serrated knife to cut each piece into 3 sections. Garnish with parsley and serve!



Recipe created by @hayls.kitchen



Recipe created by @glutenfreefollowme

## APPLE HONEY PANINI

### INGREDIENTS

- ¼ cup Mr. Spice honey mustard
- 4 slices of gluten-free bread
- 1 apple, thinly sliced
- 4 slices of cheese

### DIRECTIONS

1. Preheat panini press on medium heat, or use a skillet. Spread honey mustard evenly on the inside of two of the slices. Layer apple slices and cheese on two slices of bread. Add two other slices of bread on top. This recipe makes 2 sandwiches.
2. Place the sandwiches in panini press for 4-5 minutes or until the bread has toasted and the cheese has melted.
3. Remove the sandwich, and enjoy while warm. You can even dip the sandwich in more honey mustard!

**HONEY MUSTARD  
HUMMUS**

**INGREDIENTS**

- 1/3 cup Mr. Spice Honey Mustard sauce
- 1 can garbanzo beans, drained & rinsed
- 1/4 cup + 1 tbsp tahini
- 2 tbsp olive oil
- 2 cloves garlic
- 2 tsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- Fresh parsley, for garnish



Recipe created by @purelykaylie

**DIRECTIONS**

1. Combine garbanzo beans, Mr. Spice Honey Mustard sauce, tahini, olive oil, garlic cloves, lemon juice, ground cumin, and ground turmeric in a food processor.
2. Blend the ingredients until smooth and creamy, adding water to thin as needed.
3. Transfer the honey mustard hummus to a bowl.
4. Garnish with fresh parsley, garbanzo beans, and a drizzle of olive oil.
5. Serve with pita chips, crackers, or veggies. Enjoy!

**XXX  
XXXX**

**INGREDIENTS**

xxxxxxxxxxx

**DIRECTIONS**

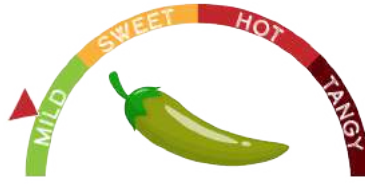
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CHICKPEA



POTATO CURRY





# CHICKPEA POTATO CURRY

## INGREDIENTS

- 2/3 cup Mr. Spice Indian Curry sauce
- 1 tbsp oil
- 1 small onion, diced
- 4 garlic cloves, minced
- 3 large carrots, chopped
- 1 gold potato, chopped
- 1 cup full-fat coconut milk
- 1/2 cup vegetable broth
- 1 can chickpeas, drained
- 1 cup basmati rice
- Lime and cilantro, to garnish

★★★★★ OhTom, Amazon  
I will be ordering more in the future.  
And NO salt!!!! Thank you Mr. Spice.

## DIRECTIONS

1. Cook basmati rice according to package.
2. Heat a skillet on medium-low temperature. Add oil, onion, and garlic. Sauté for 2-3 minutes or until onion is translucent.
3. Add carrots, potato, and chickpeas. Cook for 2-3 minutes.
4. Add coconut milk, vegetable broth, and Mr. Spice Indian Curry sauce. Stir to combine. Simmer, partially covered, for 20-25 minutes.
5. Serve with basmati rice. Garnish with lime and cilantro.



**Indian Curry**

WE ALL WANT TO BE HEALTHY.  
WE MAKE IT EASY.

## POTATO & PEA COCONUT CURRY

### INGREDIENTS

- 1/3 cup Mr. Spice Indian Curry sauce
- 1 ripe medium tomato
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 1 tbsp virgin coconut oil
- 1 cup full fat coconut milk
- 1 cup fresh or frozen peas
- 1/2 teaspoon cumin powder
- 4 cloves garlic, peeled and minced
- 3 tbsp fresh cilantro, stems removed
- 1 1/2 lbs small new potatoes, quartered
- 1 medium red onion, peeled and chopped



Recipe created by Laurel Anderson, wild-plate.com

### DIRECTIONS

1. In large skillet over medium heat add coconut oil, potatoes, red onion, garlic, turmeric, coriander, and cumin. Cook for 5 minutes until onions are translucent.
2. Add tomatoes and cook another 5 minutes stirring frequently. Add Mr. Spice Indian Curry sauce and stir until potatoes are coated.
3. Add coconut milk and give it another good stir. Cover, reduce heat to medium low and let simmer for 20 minutes. Add peas and let simmer another 3 minutes.
4. Take off heat and stir in 2 tablespoons of fresh cilantro. Serve immediately over a bed of rice or quinoa. Garnish with remaining cilantro. Enjoy!



## CURRY MEATBALLS

### INGREDIENTS

- 2 tbsp Mr. Spice Indian Curry Sauce
- 1 egg, 1 tbsp olive oil, 2 cloves garlic
- 2 tsp mint leaves, 1 tbsp cilantro leaves
- 1/4 cup almond flour, 1 tbsp tomato paste
- 2 tsp granulated sugar
- 1 lb ground chicken breast
- 15 oz unsweetened coconut milk
- 1 tbsp cornstarch mixed with some water

### DIRECTIONS

1. **For the sauce:** To a saucepan add oil and heat over medium heat. Add the garlic, Mr. Spice Indian Curry sauce, and tomato paste. Mix well, cook for 1 minute. Add the coconut milk & sugar. Stir well and bring to a simmer. Stir in the corn starch mix and simmer for 3 minutes until thickened. Test for seasoning. Pour into a bowl and set aside.
2. **For meatballs:** In large bowl mix ground chicken, egg, almond flour, curry sauce, mint leaves and cilantro. Using a small cookie scoop, the meat and roll into balls. Heat oil in large frying pan over medium heat. Sear meatballs on all sides until cooked to 150 degrees F. Pour Mr. Spice Indian Curry sauce over meatballs and heat until meatballs reach 165 degrees F.
3. Serve on platter with toothpicks as an appetizer, over rice or between a folded Naan bread. Top with cilantro & enjoy!

## INDIAN CURRY PUFFED RICE

### INGREDIENTS

- 3 tbsp Mr. Spice Indian Curry sauce
- 1 tsp oil
- $\frac{2}{3}$  small onion, chopped, 70g
- $\frac{1}{4}$  tsp cumin
- $\frac{1}{4}$  tsp turmeric
- 2 cups puffed rice cereal, brown
- $\frac{1}{3}$  cup green peas, thawed, 48g
- $\frac{1}{4}$  cup peanuts, 28g

### DIRECTIONS

1. Heat oil in a pan over medium, and fry onion until translucent, about 2 minutes.
2. Add cumin and turmeric, mix, and fry for about 30 seconds until fragrant.
3. Add puffed rice and mix until slightly toasted. Turn off heat and fold in green peas and peanuts.
4. Transfer mix to a large bowl, add Mr. Spice Indian Curry Sauce and toss to combine. Serve immediately!



Recipe created by @hayls.kitchen

Recipe created by @purelykaylie



## CHICKPEA CURRY CAULIFLOWER PIZZA

### INGREDIENTS

- 1 cup Mr. Spice Indian Curry sauce
- 2 cups chopped cauliflower florets
- 1 cup garbanzo beans, drained and rinsed
- 2 tbsp olive oil, separated
- $\frac{1}{2}$  cup vegan shredded mozzarella
- $\frac{1}{2}$  small red onion, sliced
- $\frac{1}{2}$  avocado, for topping
- 2 tbsp cilantro, for topping
- 1 package pizza dough or prepared crust

### DIRECTIONS

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Add garbanzo beans to a bowl. Toss with 1 tbsp olive oil. Chop cauliflower into small florets and add to a bowl. Toss with  $\frac{1}{3}$  cup Mr. Spice Indian Curry sauce and 1 tbsp olive oil.
2. Transfer the garbanzo beans and cauliflower to the baking sheet. Bake for 20 minutes. After, remove from the oven and set aside. Prepare the pizza dough or crust according to package.
3. Top the prepared pizza dough or crust with  $\frac{2}{3}$  cup Mr. Spice Indian Curry sauce, vegan shredded mozzarella, baked cauliflower, baked chickpeas, and sliced red onion. Bake pizza for 10 minutes or until the crust is golden and cooked through. Remove from the oven and top with avocado and cilantro. Slice and serve.

**RED LENTIL  
CURRY**

**INGREDIENTS**

- ½ cup Mr. Spice Indian Curry sauce
- 1 tbsp coconut oil
- 1 small yellow onion, diced
- 1 tbsp fresh ginger, minced
- 3 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- ½ tsp turmeric
- ½ tsp cumin
- ¼ tsp cayenne pepper
- ¾ cup red lentils, rinsed
- 2 cups vegetable broth
- 1 14oz can full-fat coconut milk
- 1 tbsp coconut sugar
- 1 cup uncooked rice, optional



Recipe created by @purelykaylie

**DIRECTIONS**

1. If serving with rice, cook the rice according to the package. Warm a large pot or deep skillet over medium-low heat. Add oil, onion, garlic, and ginger. Cook for 3 minutes, stirring frequently. Add carrot, celery, turmeric, cumin, and cayenne pepper. Cook for 3 minutes, stirring frequently.
2. Add red lentils, vegetable broth, coconut milk, Mr Spice Indian Curry sauce, and coconut sugar. Mix together. Bring ingredients to a boil, then reduce heat to medium-low and simmer for 20-25 minutes. Cook until the lentils are tender.
3. If needed, add water to thin the consistency near end of cooking. Serve red lentil curry with rice.

**XXXXXX  
XXXXXXXX**

**INGREDIENTS**

XXXXXXXXXXXXXXXXXXXX

**DIRECTIONS**

1. Recipe here.

THAI



PEANUT



NOODLES





# THAI PEANUT NOODLES

## INGREDIENTS

2 tbsp sesame oil  
3 cloves garlic, minced  
1.5 cup shredded carrot  
1 red bell pepper, thinly sliced  
1.5 cup broccoli florets  
1.5 cup bean sprouts

½ cup Mr. Spice Thai Peanut sauce  
½ cup green onion (white bulbs only)  
½ cup crushed roasted peanuts  
¼ cup water  
8 oz brown rice noodles  
Lime and cilantro to garnish

★★★★★ P. Eason, Amazon  
I am always searching for salt free  
condiments. I like ALL the flavors.



Thai Peanut

## DIRECTIONS

1. Cook brown rice noodles according to package. Prepare vegetables by mincing garlic, thinly slicing red bell pepper, and dicing green onion (using only the white bulbs).
2. Warm a skillet on medium-low temperature. Add sesame oil, garlic, carrot, red bell pepper, and green onion. Sauté for 3-5 minutes. Add broccoli and bean sprouts. Sauté again for 2-3 minutes.
3. Combine Mr. Spice Thai Peanut Sauce and water. Whisk together. Add cooked brown rice noodles, sauce, and crushed peanuts to the skillet. Sauté for 3-5 minutes.
4. Serve and garnish with lime wedges, crushed peanuts, and fresh cilantro.



## GADO GADO PEANUT SALAD

### INGREDIENTS

- Mr. Spice Thai Peanut sauce
- 2 ½ oz tofu
- 1 egg, hard-boiled
- ½ cup bean sprouts
- ½ cup cabbage, shredded
- ½ cup green beans, cooked
- ½ medium cucumber, sliced
- ½ cup carrots, cooked, sliced
- ½ cup potatoes, cooked, sliced
- 1 tablespoon coconut, shredded
- 2 tbsp chicken broth (or vegetable oil)



### DIRECTIONS

1. Pour enough boiling water over bean sprouts and cabbage to cover. Let stand 2 minutes. Drain.
2. Cook and gently turn tofu in broth (oil) in skillet over medium heat until light brown. Remove and drain. Cook potato in same pan until brown. Drain.
3. Arrange bean sprouts, cabbage, tofu, potatoes, green beans, carrots, cucumber, and sliced egg beautifully on a serving plate. Pour Mr. Spice Thai Peanut sauce over and around.
4. Garnish with shredded coconut, if you like.



## PAD THAI NOODLES

### INGREDIENTS

- ½ cup Mr. Spice Thai Peanut sauce
- 2 cloves garlic
- 1 large zucchini, diced
- 3 egg whites (optional)
- 1 tbsp lemon peel, grated
- ½ cup bean sprouts, fresh
- ½ cup peanuts, dry-roasted
- 2 cups vermicelli (or rice sticks)
- 1 medium carrot, cut in 1" pieces
- 4 large green onions, thinly sliced
- ¼ cup beef broth (or vegetable oil)

### DIRECTIONS

1. Soak vermicelli (or rice sticks) in hot water until soft.
2. Drain thoroughly. Cut noodles into shorter pieces. Blanch bean sprouts in boiling water. Rinse with cold water and dry. Trim ends from the lemon grass, save 2 ½" of the white core.
3. Coarsely chop peanuts in blender. Mince carrots, lemon peel and garlic until carrots. Add to peanuts. Heat broth in a wok. Add carrots, zucchini, and half the onions. Stir-fry for 1 minute.
4. Add Mr. Spice Thai Peanut sauce. Add the beaten egg, let set 30 seconds. Gently stir. Add noodles and bean sprouts; stir-fry until eggs are cooked and mixture is well heated. Mix in chopped peanuts and remaining onions.

## SWEET POTATO & BROCCOLI QUINOA

### INGREDIENTS

1 cup quinoa, cooked, 185g, or  
1/3 cup uncooked

### INGREDIENTS FOR SWEET POTATO & BROCCOLI:

2-3 tbsp Mr. Spice Thai Peanut  
2 cups broccoli, chopped, 180g  
1/2 large sweet potato, 122g  
1/3 medium onion, 35g  
1/2 tsp olive oil  
1/4 tsp cumin  
1/4 tsp chili powder  
1/4 tsp garlic powder



Recipe created by @hayls.kitchen

### DIRECTIONS

1. If using uncooked quinoa: Rinse thoroughly in cold water (this is required to avoid any bitter taste). Bring 2/3 cup water and quinoa to a boil in saucepan. Reduce heat to a low simmer, cover and cook for 15-20 minutes until quinoa is fluffy and all the water is absorbed. Remove from heat and let it rest for 5 minutes. Fluff with a fork and transfer to bowl.
2. Preheat oven to 400°F. Chop broccoli into small florets; peel sweet potato and chop into 1/2" cubes; thinly slice onion.
3. Transfer vegetables to a large baking sheet and spread into a single layer. Drizzle on oil, sprinkle cumin, chili powder and garlic powder, and stir to coat. Bake for 15 minutes until lightly charred and roasted. Transfer cooked quinoa to a bowl, add roasted broccoli and sweet potato, pour Mr. Spice Thai Peanut sauce and toss.



Recipe created by @glutenfreejodi

## THAI CHICKEN SALAD

### INGREDIENTS

1/3 cup Mr. Spice Thai Peanut sauce  
1 small boneless skinless chicken breast  
1/3 cup chopped red onion  
1/3 cup chopped celery  
1/2 cup chopped apples  
Greens with julienned carrots  
Cilantro for garnish  
Chopped peanuts (optional)

### DIRECTIONS

1. Boil 1 small boneless skinless chicken breast in water for approximately 15 minutes. Drain and shred chicken.
2. Mix together chopped red onion, chopped celery, chopped apples, 1/3 cup Mr. Spice Thai Peanut sauce. Put over greens with julienned carrots. Garnish with cilantro and chopped peanuts. Serve and enjoy!



GINGER



FRIED RICE



# GINGER FRIED RICE

## INGREDIENTS

- 2/3 cup Mr. Spice Ginger Stir Fry sauce
- 1 block extra-firm tofu
- 1 cup uncooked brown rice
- 4 garlic cloves, minced
- 1 cup chopped green onion
- 2/3 cup diced carrots
- 2/3 cup shelled edamame
- 2/3 cup green peas
- 1.5 tbsp soy sauce
- 1 tbsp oil

★★★★★ Old Texan, Amazon

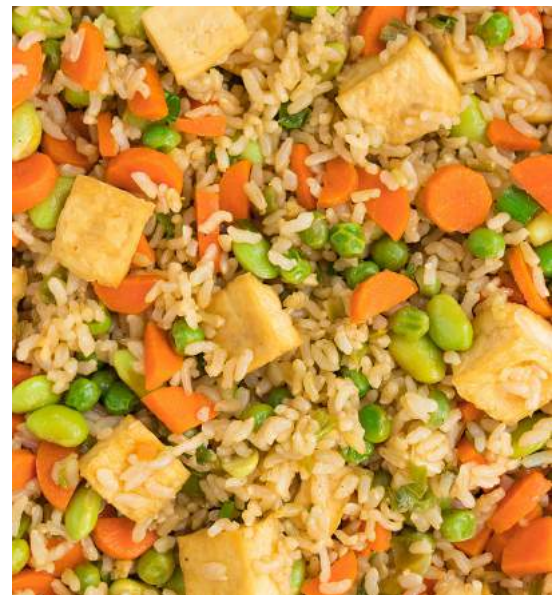
Mr. Spice Ginger Stir Fry sauce is very good in a stir fry or to just to add a bit of flavor to steamed rice.



**GINGER STIR-FRY**

## DIRECTIONS

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper. Prepare rice according to package.
2. Press tofu for 10 minutes to drain excess moisture. Chop tofu into cubes and transfer to the baking sheet. Bake for 35 minutes.
3. Add baked tofu to a bowl. Evenly coat with 1/3 cup Mr. Spice Ginger Stir Fry sauce. Set aside to marinate.
4. Heat a skillet on medium temperature. Add oil, minced garlic, green onion, diced carrots, edamame, and green peas. Cook veggies, stirring occasionally, for 3-5 minutes. Add soy sauce and stir again.
5. Add cooked brown rice, marinated tofu, and 1/3 cup Ginger Stir Fry sauce. Cook for 5 minutes, stirring occasionally.
6. Remove from heat and serve.



FLAVORFUL AND HEALTHY

## GINGER PEA STIR FRY

### INGREDIENTS

- ½ cup Mr. Spice Ginger Stir Fry sauce
- 1 cup snap peas
- 8-10 small bok choy
- 1 cup broccoli, chopped
- 2-inch piece fresh ginger
- ¼ cup green onion, chopped
- 2 medium garlic cloves, minced
- 2 tablespoons virgin coconut oil
- 1 tablespoon furikake (optional)
- 1 cup heirloom carrots, julienne
- 2 tablespoons lemon-grass, minced
- 1 cup eggplant, or crimini mushrooms



Recipe created by Laurel Anderson, wild-plate.com

### DIRECTIONS

1. In large non-stick fry pan or wok heat 2 tablespoons coconut oil over medium-high heat. Add ginger, lemon-grass, and garlic and stir moving around in pan for about 20 seconds until lightly golden.
2. Add the bok choy, carrots, and broccoli. Cook for about 2 minute stirring frequently. Add snap peas, eggplant, and green onions cooking another 2 minutes until eggplant is soft and shiny.
3. Add ⅓ cup Mr. Spice Ginger Stir Fry sauce and lightly stir vegetables in pan to coat for about 1 minute. Serve immediately over a bed of rice or quinoa. Drizzle with sauce and sprinkle with furikake. Enjoy!



## GINGER ALMOND CHICKEN

### INGREDIENTS

- 4 tbsp Mr. Spice Ginger Stir Fry sauce
- ½ clove garlic
- ½ tsp paprika
- 1 egg
- 4 chicken breast halves, skinless
- ½ cup almonds, blanched

### DIRECTIONS

1. Grind almonds, garlic and paprika in blender until finely ground. Place mixture in a bowl.
2. Whisk egg and Mr. Spice Ginger Stir Fry sauce together in another bowl.
3. Dip chicken in egg mixture, and roll in almond mixture.
4. Place chicken, meaty side up, in an ungreased baking pan. Cook, uncovered, in 375 degree F. oven until chicken pieces are done, 45 to 55 minutes.

**GINGER GLAZED  
MEATBALLS**

**INGREDIENTS**

- 2/3 cup Mr. Spice Ginger Stir Fry sauce
- 2 lbs vegan ground beef
- 1 cup panko
- 2 tbsp worcestershirer sauce
- 5 garlic cloves, minced
- 1 1/2 tbsp ginger, minced
- 1 tsp granulated onion
- 1/2 black pepper
- 1 tbsp sesame oil
- 2/3 cup vegetable brother
- 2 tbsp maple syrup
- 2 tsp cornstarch



Recipe created by @purelykaylie

**DIRECTIONS**

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper.
2. In a large bowl, combine all meatball ingredients. Mix together Until Ingredients are evenly incorporated. Using a scoop or tablespoon, scoop and roll the meat into balls.
3. Bake for 20-25 mins or until crispy and golden.
4. In a large skillet, add sesame oil, garlic, and ginger. Cook, stirring continuously, for 2 mins. Add Mr. Spice Ginger Stir Fry sauce, vegetable brother, and maple syrup. Bring to a light simmer over low heat, then add cornstarch and stir. Add meatballs, toss together evenly. Enjoy!

**XXXXX  
XXXXXXXXXX**

**INGREDIENTS**

XXXXXXXXXXXXXXXXXXXX

**DIRECTIONS**

1. XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX



## DIRECTIONS

1. Arrange tofu between 5-6 paper towels and press down with heavy pots/pans. Let drain for 15 min. Cut into  $\frac{1}{4}$ " thick slices. Pulse cauliflower in a food processor and until finely ground into "rice" form, or grate.
2. Heat  $\frac{3}{4}$  tsp of oil in a large nonstick skillet over medium-low, add cauliflower and spread into an even layer. Cook about 2 minutes. Season with garlic powder, and pepper, stir and cook another 1-2 minutes. Transfer to a plate.
3. Heat remaining  $\frac{3}{4}$  tsp of oil in same skillet and add tofu. Cook 2-3 min, flip and cook other side for another 2-3 min until lightly golden and crispy. Set aside.
4. In a small bowl, stir together ginger stir fry sauce and water. Pour mixture into skillet and allow to start bubbling. Add tofu and toss for a minute till uniformly coated and heated through. Transfer to plate with cauliflower rice and serve hot!

## STICKY GINGER TOFU

### INGREDIENTS

- 2 tbsp Mr. Spice Ginger Stir Fry sauce
- 6 oz extra firm tofu, 170g
- $1\frac{1}{2}$  cup cauliflower florets, 160g
- $\frac{3}{4}$  +  $\frac{3}{4}$  tsp olive oil
- $\frac{1}{4}$  tsp garlic powder
- Pinch of pepper
- $1\frac{1}{2}$  tbsp water



FLAVORFUL AND HEALTHY  
JUST BECAME BEST FREINDS.

SWEET & SOUR



TOFU





# SWEET AND SOUR TOFU

## INGREDIENTS

- ½ cup Mr. Spice Sweet & Sour sauce
- 1 block extra firm tofu, cubed
- 3 tbsp oil (olive or avocado)
- 2 cloves garlic, minced white bulb
- 2 scallions, minced white bulb
- White rice and broccoli, to serve

★★★★★ Daisy, Amazon

This is a delicious sauce, and great for a low-sodium diet.



**Sweet & Sour**

## DIRECTIONS

1. Drain liquid from the tofu package. Place the tofu block on a paper towel and rest for 10 minutes to remove excess moisture.
2. Chop tofu block into 1-inch cubes.
3. Heat a skillet on medium temperature. Add oil and cubed tofu. Cook for 10 minutes, tossing occasionally, until all sides are golden brown. Remove from heat and set aside.
4. Add 1 tbsp water, minced garlic, and scallions (white bulb only) to the skillet. Sauté for 2-3 minutes. Add Mr. Spice Sweet & Sour sauce and fried tofu. Combine to evenly coat the tofu. Cook for 3-5 minutes or until the sauce is slightly reduced.
5. Serve with steamed white rice and broccoli. Garnish with green onion and sesame seeds.



NO SALT? NO PROBLEM.

## SWEET & SOUR LETTUCE WRAPS

### INGREDIENTS

- ½ cup Mr. Spice Sweet & Sour sauce
- 1 tbsp olive oil
- 1 small garlic clove
- 1 cup shredded carrot
- 1 tbsp fresh ginger
- Butter, romaine, or iceberg lettuce
- 1 lb ground pork, chicken or turkey
- 2 cups shredded cabbage or slaw mix
- Optional toppings: chopped green onion, cilantro, hot sauce to taste



### DIRECTIONS

1. Heat a large pan medium heat. Add the olive oil and pork/chicken/turkey, stirring to break the meat into chunks. Cook, stirring occasionally, until the meat is cooked through and golden brown, about 8 minutes.
2. Meanwhile, make the sauce by whisking together the Mr. Spice Sweet & Sour sauce, ginger, and garlic in a medium bowl.
3. Add the cabbage, carrot, and sauce to the hot pan, stirring to combine. Cook until the veggies are just softened and the sauce has reduced slightly, about 2-3 minutes.
4. Serve in lettuce cups, adding toppings if desired.

Recipe created by Laurel Anderson, wild-plate.com



## SWEET & SOUR VEGGIE SKEWERS

### INGREDIENTS

- ⅓ cup Mr. Spice Sweet and Sour sauce
- 1 red bell pepper
- 1 yellow bell pepper
- ½ red onion, quartered
- 2 tsp raw coconut oil, melted
- 1, 15 oz package extra firm tofu
- ½ pineapple, cut into large cubes
- green onions, diced (optional)
- 1 tsp black sesame seeds (optional)

### DIRECTIONS

1. Start grill. Soak wooden skewer sticks in water for 1 hour prior to assembling.
2. In large bowl whisk melted coconut oil and Mr. Spice Sweet & Sour sauce. Add tofu, red pepper, yellow pepper, red onion, pineapple and lightly toss to coat. Assemble skewers alternating veggies and tofu to create a colorful kebab.
3. Place on grill and cook for about 8-10 minutes or until edges are lightly charred turning every few minutes so heat is distributed evenly. Remove from heat and serve immediately!





## VEGAN LENTIL MEATBALLS

### INGREDIENTS

- 4 tbsp Mr. Spice Sweet & Sour sauce
- $\frac{2}{3}$  cup dried lentils, 130g
- 2 cups water
- 1 tsp olive oil
- $\frac{1}{2}$  cup chopped onion, 80 g
- 1  $\frac{1}{2}$  tbsp minced garlic, 4-5 cloves
- 1  $\frac{1}{2}$  cup mushrooms, sliced, 105 g
- 1 tsp cumin
- $\frac{1}{2}$  tsp cayenne pepper
- $\frac{1}{4}$  tsp black pepper
- $\frac{2}{3}$  cup instant or rolled oats, 60 g
- 2 tbsp coconut aminos  
or low sodium soy sauce

### DIRECTIONS

1. Rinse lentils in water until it runs clear. Boil water in a small pot over medium heat, add lentils, bring to simmer and cook until tender, about 20 minutes. Set aside to cool.
2. Preheat oven to 350 degrees F. Heat oil in a nonstick skillet over medium and fry onion and garlic until fragrant, 2 minutes. Add mushrooms and cook about 3 minutes until soft and cooked.
3. Turn off heat, add coconut aminos, cumin, cayenne pepper, and pepper. Cook for 30 seconds. Set aside to cool.
4. Pulse oats in food processor to rough flour. Add cooked lentils and mushrooms and pulse until combined. Mixture should have texture and not be completely pureed. Transfer to bowl and let sit for 10 minutes.
5. Using slightly wet hands to shape mixture into small balls and place on greased baking sheet. Lightly spray with cooking spray, flip, and spray again. Bake 25 mins.
6. Whisk Sweet & Sour sauce and 2 tbsp water in a pan over medium heat until thick and bubbly. Add meatballs and toss to coat.



SAY GOODBYE TO SALT  
SAY HELLO TO MR. SPICE

CAULIFLOWER

STEAKS





# ROASTED GARLIC CAULIFLOWER STEAKS

## INGREDIENTS

- ½ cup Mr Spice Garlic Steak sauce
- 2 heads cauliflower
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper
- 2 tbsp extra virgin olive oil
- Cashew cream, for garnish (optional)
- Toasted pine nuts, for garnish (optional)
- Fresh parsley, for garnish (optional)

★★★★★ P. Trafford, Amazon  
Nice flavorful sauce. I've used it on  
beans and mushrooms so far.

## DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Remove outer green leaves from the cauliflower heads. Slice the cauliflower in half lengthwise, leaving the inner core intact. Slice again lengthwise to create ½ to 1-inch thick cauliflower steaks. You should have 6-8 steaks. Save any florets that do not remain intact; use the florets for another recipe or bake along with the steaks.
3. Combine garlic powder, onion powder, and black pepper in a small bowl. Set aside.
4. Transfer cauliflower steaks to a baking sheet. Brush the cauliflower with olive oil on both sides. After, generously coat with Mr. Spice Garlic Steak sauce on both sides. Finally, sprinkle the seasoning on both sides.
5. Roast cauliflower steaks for 25 minutes, flipping once. After, serve with garnish of your choosing.



NO FAT. STILL DELICIOUS.



**Garlic Steak**

## GARLIC & THYME STEAK

### INGREDIENTS

- 1 tbsp Mr. Spice Garlic Steak sauce
- 1 tsp ground black pepper
- 2 tbsp high heat oil (avocado oil)
- 1, 16 oz organic grass fed rib eye steak
- A few sprigs of thyme (optional)



Recipe created by Laurel Anderson, wild-plate.com

### DIRECTIONS

1. Place 12-inch cast iron skillet in the oven, and pre-heat it to 500 degrees.
2. In the meantime, sprinkle your steak with pepper on both sides. Drizzle 1 tablespoon high heat oil over the pepper until the steak is coated so it doesn't stick to the pan.
3. Keep oven on and move cast iron to stove top on high heat. Add remaining oil to skillet and sear steak for 1 minute on each side. This will get you a nice crust on your steak.
4. Immediately place cast iron with steak back in the 500 degree oven for 2 to 3 minutes depending on how thick your steak is.
5. Remove from oven and let rest for 4-5 minutes before. The steak will continue to cook. Garnish with fresh thyme and serve with Mr. Spice Garlic Steak sauce.



## STUFFED BELL PEPPERS

### INGREDIENTS

- ½ cup Mr. Spice Garlic Steak sauce
- 1 tbsp garlic
- 1 tbsp olive oil
- 2 bell peppers
- 1 sweet onion, sliced
- 1 lb thinly sliced steak
- 4 slices provolone cheese
- 8 oz sliced baby portabella mushrooms

### DIRECTIONS

1. Put thinly sliced steak in zip lock bag, add ½ cup Mr. Spice Garlic Steak sauce. Seal bag and remove air. Marinate for at least 4 hours or overnight for full flavor.
2. Heat frying pan over medium heat. Add olive oil. Add onions and cook for 3 minutes; add garlic and mushrooms. Cook until onions are translucent and mushrooms cooked through. Add marinated steak (hold marinade to the side). Sear steak for 1 min. Add marinade and cook 2 minutes. Put to side.
3. Heat oven to 375 degrees F. Prepare baking pan by covering with foil. Slice bell peppers in half lengthwise, de-seed. Fill peppers with meat and veggie mixture. Top with sliced provolone cheese. Cook 15-20 minute until cheese is melted and bubbly.

## BEEF & BROCCOLI

### INGREDIENTS

- 1 cup Mr. Spice Garlic Steak sauce
- 1 lb rib eye steak, cubed & trimmed fat
- 330 g or 4 cups of frozen broccoli
- 15 g grated Ginger root, or 1 knob ginger
- 175 g grated carrots or 1 cup
- 105 g white onion, or 1 cup
- 30 g sugar snap peas or 1/4 cup
- 2 cloves garlic
- 2 tbsp avocado oil



Recipe created by @hangrywoman

### DIRECTIONS

1. Add rib eye to Ziploc bag, keep the end open. With a kitchen mallet, or a heavy pan, pound the beef until it's about half of its original thickness.
2. Cube beef, get rid of large fat chunks. Pour Mr. Spice Garlic Steak sauce over beef, toss until fully coated. Refrigerate for at least 1 hour for more intense flavor.
3. Julienne carrots, chop onions, garlic and sugar snap peas. Grate ginger. Set aside. Heat pan to medium heat, add avocado oil. Cook onions until translucent, then add carrots, ginger, and garlic. Cook for about 5 mins.
4. Add in your marinated beef, and stir. Cover and cook for 2 to 3 mins, or until steak is at desired doneness. Add snap peas and broccoli, and cook until broccoli is completely cooked through, about 2 minutes. Serve and enjoy!



## STEVE & DAVE'S GARLIC NACHOS

### INGREDIENTS

- 2 tbsp Mr. Spice Garlic Steak Sauce
- 4 oz tortilla chips, unflavored
- 2 oz cheddar cheese, low sodium
- Serving size: 4

### DIRECTIONS

1. Pour tortilla chips on a serving plate. (Don't munch any until we're done with this recipe!) Put cheese in a non-stick skillet, and melt over medium heat
2. Stir rapidly, adding Mr. Spice Garlic Steak sauce, until fully mixed in with the cheese. Turn off heat. IMMEDIATELY pour the mixture over tortilla chips, and now you've got nachos.
3. Drizzle additional Mr. Spice Garlic Steak sauce over nachos for appearance and flavor intensity, and serve 'em piping hot!

**NOTE:** You may use any cheese. Use your favorite. Even a healthy, low-fat cheese will taste great when this recipe is done, so be good to yourself.

**GARLIC STEAK  
SHRIMP STIR FRY**

**INGREDIENTS**



Recipe created by Victoria Squirlock

**DIRECTIONS**

- 1. Can't find recipe.

**XXX  
XXXXXXXX**

**INGREDIENTS**

XXXXXXXXXXXXXXXX

**DIRECTIONS**

- 1. XXXXXXXXXXXXXXXXXXXX



## GARLIC STEAK SHEPHERD'S PIE

### INGREDIENTS

- 6 tbsp Mr. Spice Garlic Steak sauce
- 6 cups cauliflower, chopped, 642g
- 6 tbsp low sodium chicken or vegetable broth
- ¼ tsp pepper
- 2 tsp olive oil, divided
- 1 lb ground lamb, beef, turkey or chicken
- ½ cup onion, finely chopped, 80g
- 2 tsp minced garlic, about 2 cloves
- 2 cups celery, 202g, about 3 large stalks
- ¾ cup carrots, chopped, 95g
- ½ cup bell peppers, chopped, 75g
- ½ cup green peas, frozen, 72g
- ¾ cup low sodium chicken or vegetable broth
- ½ tsp black pepper
- ¼ tsp cayenne pepper

### DIRECTIONS

1. Preheat oven to 400°F. Cook cauliflower: bring water to a boil in pot, add cauliflower and boil for 15 minutes until tender and easily pierced with a fork. Drain. Transfer cauliflower, broth, and pepper to a blender (or food processor) and blend until smooth, about 15 seconds. Add more broth if too thick.
2. Cook filling: while cauliflower is cooking, heat a nonstick pot or saucepan over medium-high, pour 1 tsp oil and add meat. Break down into crumbs and cook until no longer pink. Transfer to plate and set aside. Pour remaining oil on pan and fry onion, garlic, celery, carrots and bell peppers until onions are translucent and vegetables are tender, about 5 minutes.
3. Return meat to pan, add broth, Garlic Steak sauce, pepper, and cayenne pepper. Reduce heat to medium-low and simmer about 5 minutes till mixture starts to thicken. Stir in frozen peas and remove from heat.
4. Prepare pie: pour filling into a 2 qt casserole (or 8 x 8" baking pan) and smooth out. Spread mashed cauliflower on top. Bake 25-30 mins until cauliflower is lightly golden-brown.



IT'S IMPOSSIBLE TO HAVE FLAVOR  
IN A STRICT DIET, RIGHT? WRONG.



# NUTRITIONAL FACTS



	CALORIES	TOT. FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOL. (MG)	SODIUM (MG)	POTASSIUM (MG)	CARB. (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (DV)	VITAMIN C (DV)	CALCIUM (DV)	IRON (DV)
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<b>Garlic Steak</b>	20	0	0	0	0	4	150	4	0	3	0	0%	2%	2%	2%
<i>GINGER STIR-FRY</i>	15	0	0	0	0	1	15	4	0	3	0	0%	0%	0%	0%
<b>HONEY BBQ</b>	40	0	0	0	0	5	250	10	0	8	0	0%	4%	2%	6%
Honey Mustard	35	0	0	0	0	5	150	8	0	7	0	0%	0%	0%	2%
<b>HOT WING</b>	15	0	0	0	0	3	125	3	0	2	0	4%	2%	0%	2%
Indian Curry	15	0	0	0	0	2	90	3	0	2	0	0%	2%	0%	2%
Sweet & Sour	45	0	0	0	0	5	150	10	0	7	0	4%	2%	0%	2%
<b>TANGYBANG!</b>	5	0	0	0	0	1	5	1	0	1	0	0%	0%	0%	0%
Thai Peanut	25	1	0	0	0	2	115	3	0	2	0	0%	0%	0%	2%

NUTRITION FACTS BASED ON 1 TBSP SERVING SIZE\*



# THANK YOU!