

planted.

THE COOKBOOK



Your guide
to cooking with
planted.chicken



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WELCOME TO PLANTED.

We love our product, and we want you to love it too. That's why we have teamed up with Swiss influencers to create this cookbook of simple, healthy and delicious recipes using our debut product, [planted.chicken](#).

Planted was created out of our passion for food and love for our planet. In the last 50 years, meat has changed from being a treat enjoyed at special occasions, to something that is eaten at nearly every meal. That needs to change. Today's meat consumption is simply no longer sustainable. With animal agriculture already taking up 30% of the Earth's land, our planet's resources are being stretched beyond their limit.

And it is only getting worse. The world's population is expected to increase to more than 9 billion people by 2050, during which time global demand for meat is expected to rise by 73%.



The science is clear. Eating less meat is essential if we want to avoid a climate breakdown.

That's where Planted comes in. Our mission is to help you to help the planet, without sacrificing the flavours and memories of meat that you love. Whether it's crispy, juicy Katsu Curry or creamy and comforting Zürcher Geschnetzeltes, we're here to satisfy your cravings for filling, delicious food that makes a difference.

We want this cookbook to inspire creativity, create memories and, most importantly, fill tummies with tempting, tasty food. Planted. The possibilities are endless.

Happy cooking.



PLANTED.CHICKEN

KATSU CURRY

RECIPE BY YOLANDA CRUZ-SUAREZ
@VEGANSOFZURI

RECIPE 01 | KATSU CURRY

Founder of the popular vegan food guide @vegansofzuri, Yolanda moved to Switzerland from the UK two years ago. Her blog highlights restaurants, cafes and vegan products in Zürich.



45 MIN PREP TIME



SERVES 3-4

INGREDIENTS

- 7 tbsp flour
- salt & pepper
- 250 – 300g planted.chicken
- vegetable oil
- 1 onion, finely chopped
- 2 large or 3 small carrots, finely chopped
- 2 garlic cloves, minced
- 1 ½ tbsp curry powder
- 600mL vegetable stock
- 1 bay leaf
- 1 tbsp maple syrup
- pinch of cinnamon
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- cooked sushi rice, to serve
- black sesame seeds, to serve

PREPARATION

1. Mix 5 tablespoons flour with a little water until it reaches the consistency of double cream. Season with salt and pepper.
2. Coat planted.chicken with the flour mixture, then remove and coat with panko breadcrumbs.
3. Deep-fry for a couple of minutes or until golden brown. Once cooked, place fried planted.chicken on kitchen towel (to absorb excess oil).
4. Heat a tablespoon of vegetable oil in a pan and gently fry the onion and carrots until softened, about 10 minutes. Add the garlic, and fry for a further 30 seconds.
5. Add flour and curry powder to the pan and cook for 1 minute, stirring continuously.
6. Add vegetable stock, bay leaf, maple syrup, cinnamon, and soy sauce to the pan and simmer until the sauce is thickened and the carrots are cooked through.
7. Remove bay leaf and adjust seasoning to taste. Stir in toasted sesame oil.
8. Pour sauce into a blender and blend until smooth and creamy.
9. Serve planted.chicken and sauce with sushi rice and black sesame seeds.



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DÖNER KEBAB

RECIPE BY VERENA FREI
@FREI_STYLE



RECIPE 02 | DÖNER KEBAB

On her food, travel and lifestyle blog Freestyle, Verena shares her passion for healthy, plant-based food. With her colourful, fresh recipes she hopes to inspire others to try out new dishes and experience the abundance of ingredients nature offers.



30 MIN PREP TIME
(PLUS MARINATING TIME)



SERVES 4

INGREDIENTS

- 500g planted.chicken
- 2 tomatoes
- ½ iceberg lettuce
- ½ small red cabbage
- 1 small cucumber
- 4 pita pockets
- fresh coriander (to serve)

MARINADE

- 1 medium onion
- 3 tbsp coconut or soy yoghurt
- 3 tbsp olive oil
- 2-3 tsp salt
- 3 tsp ground paprika
- 2 tsp garlic powder
- 1 tsp oregano
- 1 tsp ground cumin
- salt & pepper to taste

GARLIC SAUCE

- 1 cup cashew nuts
- 2 garlic cloves
- 1 tsp salt
- Juice of half a lemon
- 5 tbsp coconut or soy yoghurt
- approx. 5-8 tbsp plant-based milk
- pinch of pepper

PREPARATION

1. For the marinade, finely chop the onion and combine all of the marinade ingredients in a bowl.
2. Add the planted.chicken to the marinade, cover and leave in the fridge to marinate for 4-12 hours (preferably overnight).
3. Heat 2-3 tablespoons of olive oil in a large pan and fry planted.chicken in two batches until crispy (overcrowding the pan will prevent the planted.chicken from getting properly crispy).
4. For the garlic sauce, cover the cashews with water and leave to soften for 1-2 hours.
5. Drain the cashews, rinse with cold water and then place the cashews, garlic, salt, lemon juice and yoghurt in the bowl of a food processor and blend.
6. While blending, add the milk or cream 1 tablespoon at a time until the mixture is creamy and smooth. Season with pepper.
7. Toast the pita bread, and slice the lettuce, cabbage, tomatoes and cucumber.
8. Fill the pita bread with planted.chicken, your choice of toppings and sauce. Garnish with coriander.





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BAMI GORENG

RECIPE BY JEANNETTE RUH
@JEA.RUH

RECIPE 03 | BAMI GORENG

Creator of the blog Food by Jea.Ruh, Jeannette promotes a healthy balanced lifestyle through nourishing recipes. Jeannette's expertly styled food photography highlights her talent of creating simple but sophisticated meals.



30 MIN PREP TIME
(PLUS MARINATING TIME)



SERVES 2

INGREDIENTS

- 250g planted.chicken
- 3 tbsp peanut oil
- 200g buckwheat noodles
- 3 spring onions, finely sliced
- 150g button mushrooms, sliced
- 200g broccoli, separated into florets
- 2 tbsp soy sauce
- 2 tbsp toasted sesame seeds

MARINADE

- 1 garlic clove
- 5 tbsp soy sauce
- 2 tbsp maple syrup
- 1 tsp sesame oil

PREPARATION

1. Finely grate the garlic and combine with the other marinade ingredients.
2. Add planted.chicken to the marinade, cover and leave in the fridge for at least 30 minutes and up to 12 hours.
3. Heat 2 tablespoons of peanut oil in a pan, remove planted.chicken from the marinade and fry on a medium heat until golden brown and crispy.
4. Cook the noodles in salted water according to package instructions. Drain and rinse with cold water.
5. Heat the remaining tablespoon of oil in a pan and fry the sliced spring onion (reserving some of the green part for later).
6. Add the broccoli and mushrooms to the pan and stir fry on a medium heat for about 10 minutes.
7. Next, add the noodles to the pan and stir fry on high heat.
8. Finally, add the planted.chicken and the reserved marinade and heat through.
9. Serve with sesame seeds and the reserved spring onion.





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CALZONE

RECIPE BY ANASTASIA LAMMER
@ANAUNDNINA



RECIPE 04 | CALZONE

Anastasia Lammer can't remember a time when she wasn't passionate about cooking. For Anastasia, thinking about food is a bit like breathing. When she's not behind the stove you'll find her hosting supper clubs and posting recipes and new discoveries on her blog ANA + NINA.



45 MIN PREP TIME



SERVES 4

INGREDIENTS

- 6 tbsp sugo
- 250g planted.chicken
- 2 tbsp curry powder
- ½ tsp cayenne pepper
- 1 tsp salt
- 200g shredded mozzarella
- 1 bunch of basil
- 550g wholemeal pizza dough



PREPARATION

1. Pre-heat the oven to 220°C. Line a baking tray with baking paper.
2. To make the calzone filling, mix the sugo, planted.chicken, curry powder, cayenne pepper and salt in a bowl.
3. Roll the pizza dough out into a 45cm x 45cm square. Divide the dough into four squares.
4. Spoon a quarter of the filling in the middle of each individual square of dough and top with the mozzarella.
5. Gently fold each square of dough in half, dampen seams with water and pinch together, then crimp edges all around. Repeat with remaining dough.
6. Place each calzone onto the prepared baking tray. Brush tops with oil and sprinkle with salt. Using kitchen scissors or a sharp knife, slit tops in 2 to 3 spots to create steam vents.
7. Bake until tops are golden and filling is bubbling, 25-30 minutes, brushing with more oil halfway through. Let cool 5 minutes before cutting open.

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ZÜRCHER GESCHNETZELTES

RECIPE BY CARLO CAO
@VEGALICIOUSLY



RECIPE 05 | ZÜRCHER GESCHNETZELTES

Swiss Italian food blogger Carlo Cao started cooking for his whole family when he was 12, and hasn't stopped since. Carlo describes cooking as his life, and the thing that gives him the most satisfaction.



30 MIN PREP TIME



SERVES 4

INGREDIENTS

- 500g planted.chicken
- 4 tbsp rapeseed oil
- 2 tbsp flour, for dusting
- 2 small onions, finely chopped
- 300g button mushrooms, thinly sliced
- 2 tsp lemon juice
- 100mL white wine
- 300mL plant-based cream or soy milk
- 50mL vegetable stock
- 1 tsp red miso paste
- 1 tsp garlic powder
- 1 tsp cornflour
- 1 tsp flour
- a pinch of sugar
- salt & pepper

PREPARATION

1. Place planted.chicken in a large bowl, coat with 2 tablespoons of rapeseed oil and dust with flour.
2. Heat a tablespoon of rapeseed oil in a pan, then add planted.chicken and fry for 5 minutes. Remove planted.chicken from the pan and keep warm.
3. Add another tablespoon of rapeseed oil to the same pan and lightly sauté the onions.
4. Add the mushrooms and lemon juice to the pan and cook for 5 minutes.
5. Deglaze with wine and cook for another 5-10 minutes.
6. Whisk the cream, vegetable stock, flour, miso paste, sugar and garlic powder in a bowl. Add to the pan, mix well and cook for a further 5 minutes.
7. Next, add the planted.chicken to the pan and mix well.
8. Serve warm with mashed potatoes, vegetables or rösti.





DOS AND DON'TS WHEN COOKING WITH PLANTED.CHICKEN

DOS

- DO use delicious marinades; planted.chicken loves to soak up flavour!
- DO fry planted.chicken in vegetable oil until it is golden brown. The taste and aroma is most delicious when the outside is caramelised and the edges are crisp.
- DO use planted.chicken on the BBQ. DON'T leave it on the BBQ for too long though. Unlike animal chicken, planted.chicken does not need to be cooked for safety reasons.

DON'TS

- DON'T leave planted.chicken sitting in a warm sauce for more than an hour. Planted sucks up moisture (which is great for flavour), but if you leave it in liquid for too long it can get soggy.
- DON'T let planted.chicken dry out. Store it in a sealed container. If the package has been open for a couple of days feel free to add a little water and let sit for approximately 30mins before cooking (or just add it to the marinade you are using).
- DON'T marinate planted.chicken in white wine. This flavour combination unfortunately doesn't work.

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