



A CELEBRATION OF FETA

8 delicious new
plant-based recipes
for summer



BUTTERNUT FETA DIP

Ingredients:

200g cooked butternut (roasted, baked or steamed)
1 clove garlic (cooked with the butternut, or use ¼ t garlic powder instead)
85g Angel Food plant-based feta
2T vegetable oil
½ t lemon juice
1/8 t ground cumin

1. While the butternut is still hot, blend all of the ingredients in a food processor until very smooth.
2. Serve at room temperature, with dippers such as taco chips, pita triangles or carrot sticks.
3. Garnish with a swirl of olive oil, crumbled feta, cumin seeds and fresh parsley.



CUCUMBER, FETA AND CHICKPEA SALAD

Ingredients:

4T vegetable oil, divided
4 garlic cloves, thinly sliced
1t cumin seeds
1 can chickpeas, drained and patted dry
½ t turmeric
Juice of 1 lemon
1t sesame oil
1t sugar
1 ½ t salt, divided
1 large telegraph cucumber
100g Angel Food plant-based feta, cubed or sliced
Garnish: Seeded crackers broken into bite-size pieces (we used Superseed crackers), fresh basil leaves, chilli flakes

1. Heat 2T vegetable oil in a medium frying pan over medium heat.
2. Cook garlic slices and cumin seeds, stirring, until garlic is golden brown and seeds are fragrant, 1-2 minutes.
3. Transfer to a small bowl and set aside.
4. Into the same frying pan, add the remaining 2T vegetable oil, chickpeas, turmeric and 1t salt. Toss and stir in the pan to coat the chickpeas evenly, and cook until the chickpeas are starting to darken in patches, about 8 minutes.
5. Make the dressing: combine lemon juice, sesame oil, sugar, ½ t salt in a bowl or jug and stir to dissolve salt and sugar.
6. Just before serving, slice cucumbers about 4mm thick and arrange on a serving platter. Pour the dressing over the slices.
7. Add the chickpeas, feta, crackers, basil leaves and chilli flakes.



FETA WITH BAKED TOMATOES AND OLIVES

Ingredients:

12 cherry tomatoes, halved

1 garlic clove, minced or finely chopped

10 black olives

1 T olive oil

A few sprigs of fresh thyme or oregano, or ½ t dried thyme or oregano (or mixed Italian dried herbs)

100g Angel Food dairy-free feta cheese, cubed

1. Preheat the oven to 200°C.
2. Place the tomatoes, garlic, olives and olive oil in a small oven-proof dish.
3. Add most of the thyme/oregano (keep a little aside as a garnish).
4. Bake for about 15 minutes, until the tomatoes are very soft.
5. Remove from the oven, and tuck the feta cubes in among the tomatoes and olives. The heat of the dish will soften the feta.
6. Sprinkle with fresh thyme or oregano (or parsley or chives).
7. Serve immediately with crisp crackers for scooping and soft bread to soak up the juices.



FRUIT AND FETA CANAPES

Bursting with texture, flavour and colour!

We used rock melon, golden kiwifruit, cherry tomato and feta on a cucumber slice, garnished with black pepper and fresh mint (plus a tiny drizzle of vinaigrette).

You could use similar ingredients to make a checkerboard salad on a serving plate, or individual servings on kebab sticks or endive leaves.



GREEK LOADED FRIES

Ingredients:

50g plain coconut yoghurt

40g Angel Food plant-based feta, crumbled

300g fries

Cucumber, finely chopped (skin on)

Cherry tomatoes, quartered

Red onion, finely sliced

Fresh herbs e.g. oregano, thyme, parsley

1. While the fries are cooking, make the sauce by combining the coconut yoghurt and 30g of the feta.
2. Top fries with dollops of yoghurt sauce, then cucumber, tomato, onion and fresh herbs, and the remaining 10g of crumbled feta.
3. Season and serve.





PIZZA WITH FETA, MAPLE CARROTS AND BALSAMIC BEETS

Ingredients:

Medium beetroot
1T sesame oil
2t balsamic vinegar
½ t salt
Medium-large carrot
10g maple syrup
¼ t salt
Fresh ground black pepper
1T olive oil
Pizza base
Red onion rings
Artichoke hearts
Angel Food plant-based feta (cubed) and mozzarella (grated)

1. Preheat oven to 180C fanbake.
2. Top and tail the beetroot, cut in half and microwave for several minutes. Peel once cool enough to handle. Cut into 1cm cubes and toss in sesame oil, balsamic and ½ t salt. Bake for about 10 minutes until done.
3. Slice carrot on a mandolin and toss in maple syrup, ¼ t salt, black pepper and olive oil. Spread out in an even layer in a baking dish and cover with foil. Bake for about 20 minutes until carrots are softening.
4. When ready to bake pizza, increase temperature to 200C. Sprinkle base generously with mozzarella then arrange carrot slices and beetroot cubes on top. Add red onion and artichoke hearts and more mozzarella on top. Bake until mozzarella melts.
5. Add feta after baking - it will soften perfectly from the residual heat.



ROAST CABBAGE WEDGES WITH FETA AND PISTACHIOS

Ingredients:

1 small green savoy or red cabbage (or use half green and half red)

3T vegetable oil

1t salt

1 tcaraway seeds

60g Angel Food plant-based feta, roughly cubed

½ cup toasted pistachios or other nuts or seeds

Lemon wedges, to serve

1. Preheat oven to 200C fanbake.
2. Trim any tough or broken leaves off the cabbage. Cut into wedges, keeping some stem on each wedge if possible, to help it hold together during baking.
3. Place in a bowl and pour over the oil and salt. Toss gently with hands or tongs to mix.
4. Place cabbage wedges on a baking tray lined with baking paper.
5. Bake for about 15 minutes until the cabbage is tender and starting to get crisp on the edges. If the thicker parts of the cabbage aren't cooked enough, cover with foil and bake for another 5 or so minutes.
6. Transfer to a serving platter, and sprinkle over the feta and nuts/seeds.
7. Serve hot or warm, with lemon wedges.





SPANAKOPITA

Ingredients:

2T olive oil (plus olive oil or melted vegan butter for brushing pie tins and filo)
1 medium onion, finely chopped
1 large leek, washed and finely chopped
2t dried dill
2T nutritional yeast
1 ½ t vegetable stock powder
Freshly ground black pepper
Large bunch fresh spinach, washed and finely chopped
50g Angel Food plant-based feta, roughly chopped
Filo pastry
Sesame seeds

1. Heat olive oil in a large pot on medium heat.
2. Add the onions and leek (and the spinach stalks if you want to use them). Saute until well cooked, about 10 minutes, stirring often to avoid burning.
3. Add dill, nutritional yeast, vegetable stock powder and spinach. Cook for a couple of minutes until spinach is done and there is no moisture left in the pan.
4. Stir in the feta and remove from heat.
5. Brush 4 individual pie dishes with olive oil and preheat oven to 180°C.
6. Cut filo sheets to drape generously over the pie dish. Brush a sheet with oil and lower into the pie dish, easing it into the corners with the brush. Do this with 4 sheets for each pie dish.
7. Divide the leek, spinach and feta mixture between the four dishes and level the tops. Carefully lift the filo that is draped over the edges and scrunch it onto the top edge of the filling.
8. Brush another sheet for each with oil, crumple it and place on top. Sprinkle with sesame seeds.
9. Bake for approximately 15 minutes, turning after 10 minutes for even baking, until the top is golden brown and crisp.





About Angel Food

Angel Food was founded in 2006 by Alice Shopland – we're New Zealand's original vegan cheese company and still the market leader.

We were ahead of our time, but the world is catching up! Research* shows more than 30% of Kiwis are now actively reducing their consumption of animal products

As well as our new feta, our range includes alternatives to mozzarella, cheddar, smoked cheddar, grated parmesan and cream cheese.

Our aim is to support professional chefs and home cooks alike to create great plant-based meals.

Having delicious plant-based cheese alternatives available makes it easier to adapt existing recipes, minimising disruption in the kitchen and maximising customer satisfaction.

* HUNGRY FOR Plant-Based: NEW ZEALAND Consumer Insights OCTOBER 2019

Contact Us

Contact us with any enquiries, and please tag us when you share your plant-based creations on social media!

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