Plant-based Cusine Multicultural new ideas











Do you love food, have sophisticated tastes, and like to try new things? This cookbook, created in partnership with chefs, ushers you into the new world of plant-based cuisine.

On each page, we guide you through the small pleasures of preparing and sharing a meal, introducing you to multicultural recipes that are easy to prepare and created using NUTRALYS® pea protein.

From savory entrées to sweet desserts, see how NUTRALYS® pea protein can be used around the globe, in a range of delicious recipes.

Innovate to delight young and old alike! Surprise your guests with crispy Asian pops, spinach crumble, and traditional Breton shortbread cookies with passionfruit cream, and introduce your tastebuds to exotic flavors like Otak-otak.

Take a trip around the world... without leaving your kitchen!

The Roquette team





What is NUTRALYS® pea protein?

Yellow peas belong to the legume family. They are an excellent source of protein, in terms of both quality and quantity.

Roquette extracts the pea protein using an innovative and patented water-based method that creates the NUTRALYS® protein.

NUTRALYS® pea protein takes the form of a range of essential ingredients used to prepare various dishes: meat alternatives, protein-rich cereal bars, plant-based desserts, and many more!

Currently developed in France in a dedicated production unit, NUTRALYS® will also soon be produced in Canada, the world's top pea producer.

- NUTRALYS® pea protein contributes to a healthy diet in many ways, offering impressive nutritional and functional properties.
- NUTRALYS® is a perfect fit for gluten-free and vegetarian diets, as well as for healthy, athletic, clinical, and senior diets.
- The first source of pea protein to undergo clinical studies, NUTRALYS® has demonstrated benefits for increased muscle mass, blood glucose management, satiation, and caloric intake.
- The vast range of NUTRALYS® pea protein makes it perfect for creating multiple food products: sweet, savory, and healthy (grain-based snacks and products, nutrition bars, soups, sauces, pastas, cookies, protein supplements and drinks).

- NUTRALYS® supports sustainable food systems and agriculture.
- Yellow peas are an exemplary legume crop. They are non-GMO and require little water to grow.
- Pea crops naturally support crop rotation since yellow peas fertilize the soil by fixing nitrogen.
- Finally, the plant nourishes the soil rather than depleting it. This means that peas have a very low environmental impact.
- NUTRALYS® is an environmentally friendly protein that helps improve wellness by offering the best of nature.

Different kinds of NUTRALYS® pea protein











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Zucchini and turmeric











Ingredients

- 70 g NUTRALYS® TP65M textured pea protein
- 200 g julienned zucchini
- 80 ml water
- 80 g corn starch
- 10 g sesame seeds
- 10 g baking powder
- 1 tsp. olive oil
- 2 g fleur de sel
- 1 g turmeric
- 50 g wheat flour

Equipment

- 1 cutting board
- 1 food processor
- 1 mixing bowl
- 1 spatula
- 1 fryer
- Absorbent paper

Recipe steps

- Grind the textured pea protein in the food processor.
- Add the water, cornstarch, baking powder, olive oil, fleur de sel and turmeric to the food processor bowl, and mix on a low speed to make a mixture.
- In a mixing bowl, use the spatula to mix the mixture with the julienned zucchini and sesame seeds.
- Shape 25 g balls, then roll them in flour and remove the excess.
- Fry in oil heated to 170°C until browned.
- Use absorbent paper to soak up excess oil.
- Serve hot.







Crunchy Asian







Ingredients

- 100 g NUTRALYS® TP-C textured pea protein
- 24 ml soy sauce
- 12 g ketchup
- 10 g grated ginger
- 8 g sesame seeds
- 1 tsp. sherry vinegar
- 1 tsp. agave syrup
- 4 g fleur de sel
- 1 pinch of dehydrated garlic
- 100 g superfine sugar

- 1 mixing bowl
- 1 whisk
- 1 spatula
- 1 baking tray
- Parchment paper
- 1 oven
- 1 saucepan
- 1 spoon

Equipment Recipe steps

- In a mixing bowl, use a whisk to mix the soy sauce, ketchup, grated ginger, sesame seeds, sherry vinegar, agave syrup, fleur de sel and dehydrated garlic.
- Pour the mixture onto the textured pea protein and mix using a spatula so that the liquid soaks the protein evenly.
- Spread out on a baking sheet covered in parchment paper, then toast at 120°C for 16 minutes.
- Make a dry caramel: pour the sugar into a pan and gently heat it until it turns an amber color.
- Use the caramel to stick the protein pieces together and leave to cool at room temperature.









curried







Veggie stuffed curried

Ingredients

- 40 g NUTRALYS® TP65M textured pea protein
- 100 ml water
- 15 g raisins
- 1 tsp. olive oil
- 4 g chopped cilantro
- 2 g fleur de sel
- 1 g Madras curry powder
- 500 g eggplant
- 20 ml olive oil

Equipment

- 1 board
- 1 knife
- 1 saucepan
- 1 mixing bowl
- 1 spatula
- 1 baking sheet
- Parchment paper
- 1 oven
- 1 spoon

Recipe steps

- Wash the eggplants, then slice them into 3 mm thick slices.
- Spread them over a baking sheet covered in parchment paper, pour a trickle of olive oil over them and then bake at 160°C for 10 minutes.
- Bring the water to a boil with the olive oil, fleur de sel and curry, then mix it in a mixing bowl with the textured pea protein, raisins and chopped cilantro. Leave the protein to rehydrate for 5 minutes, then mix again to have an even filling.
- Place a spoon of filling in the center of the eggplant, then roll it to form cylinders.
- Place on a baking sheet covered in parchment paper and bake them at 160°C for 12 minutes.







Spinach











Ingredients

- 50 g NUTRALYS® TP-C textured pea protein
- 150 g green coulis:
- 200 g leaf spinach
- 100 g flat parsley
- 2 tsp. hazelnut oil
- 7 g baking powder
- 1.5 g dehydrated garlic
- 2 g fleur de sel
- 50 g wheat flour

Equipment

- 1 saucepan
- 1 sieve
- 1 mixer
- 1 spatula
- 1 food processor
- 1 baking sheet
- Parchment paper
- 1 oven

Recipe steps

- Make the green coulis by blanching 200 g of green leaf spinach and 100 g of flat parsley, then drying them and mixing them on a high speed.
- Grind the textured pea protein in the food processor.
- Add the green coulis, hazelnut oil, baking powder, dehydrated garlic, fleur de sel and flour to the bowl of the food processor, and mix until the mixture is smooth and even.
- Shape large pieces of crumble and place them on a baking sheet covered with parchment paper, then toast in the oven at 110°C for 35 minutes.
- Leave to cool on the sheet, then keep dry in the refrigerator.

















Empanada pastry:

- 150 g corn flour
- 50 g wheat flour
- 100 ml water
- 20 ml canola oil
- ½ tsp. fine salt

Protein rehydration:

- 250 g tomato pulp
- = 150 ml water
- 5 g sweet paprika
- 3 g smoked paprika
- 3 g ground cumin
- 2 g oregano
- 2 g Espelette pepper
- 60 g NUTRALYS® TP70G textured pea protein

Filling:

- ½ red onion
- 3 red tomatoes
- 1 red bell pepper
- 60 g cooked kidney beans
- 40 g cooked sweet corn
- 2 garlic cloves
- Canola oil
- Salt and white pepper

Equipment Recipe steps

- 1 cutting board
- 1 saucepan
- 1 mixing bowl
- 1 rolling pin
- 10 cm round cutter
- 1 fan oven
- 1 baking sheet
- Parchment paper
- Food film

Empanada pastry:

- Mix the ingredients together in a mixing bowl to make an even pastry.
- Wrap the pastry in film and chill in the refrigerator for at least 1 hour.

Protein rehydration:

■ Bring the tomato pulp, water and spices to a boil in a saucepan, then add the textured pea protein and leave to cook over a low heat until they are completely rehydrated.

Filling:

- Peel and slice the onion and garlic.
- Wash and chop the bell pepper and tomato into small cubes.
- Rinse and drain the kidney beans and sweet corn.
- Fry the onion and garlic in oil in a saucepan, add the sweet corn, beans and bell pepper. Fry until lightly browned.
- Add the tomatoes and rehydrated pea protein with the rest of the sauce. Cook at a light boil for ten minutes until all the cooking liquid has been absorbed. Season with salt and pepper.

Finish:

- Roll out the empanada pastry to 2 mm thick. Cut out 10 cm rounds.
- Place the filling on one half of the pastry, then fold over the other half to form the empanada.
- Cook in a fan oven preheated to 180°C for 20 minutes.
- Leave to cool before serving.





Spring Rolls

Savory d







SPRING ROLLS

Ingredients

Protein rehydration:

- 350 ml water
- 1 peeled garlic clove
- 15 g sliced ginger
- ½ lemongrass stick
- 10 ml soy sauce
- 5 g nori dried seaweed sheets
- 10 g dried black mushrooms
- 80 g NUTRALYS® TP70G textured pea protein

Filling:

- 150 g carrots
- 100 g beansprouts
- 1 bunch cilantro
- 1 scallion
- + Rice sheets

Equipment

- 1 cutting board
- 1 saucepan
- 1 mixing bowl
- 1 spatula

Recipe steps

Protein rehydration:

- Bring the water, soy sauce, ginger, garlic, lemongrass, seaweed and black mushrooms to a boil, then leave to infuse with the heat turned right down for 15 minutes.
- Remove the seaweed, black mushrooms, ginger, lemongrass and garlic clove, then add the textured pea protein and leave them to rehydrate over a low heat by mixing with a spatula.

Filling:

- Wash, peel and finely julienne the carrots.
- Wash and rinse the bean sprouts.
- Strip the cilantro leaves from the stalks.
- Slice the seaweed and black mushrooms separately.
- Slice the new onion.

Finish:

- Rehydrate the rice sheets by soaking them in cold water.
- Place the carrots, rehydrated protein, black mushrooms, seaweed, cilantro, bean sprouts and scallion on the rice sheets.
- Roll and fold the sheet to make a spring roll.















Gyoza pastry:

- 275 g wheat flour
- 125 ml water
- 3 g salt

Protein rehydration:

- 150 ml mirin
- 200 ml water
- 20 ml rice vinegar
- 70 g honey
- 1 cinnamon stick
- 5 cloves
- 1 g ground star anise
- 1 g green anise
- 10 g sliced ginger
- 2 g fine salt
- 70 g NUTRALYS® TP70G textured pea protein

Filling:

- 50 g white onion
- 100 g brown mushrooms
- 100 g chinese cabbage
- 10 g black sesame
- 5 ml canola oil

Equipment Recipe steps

- 1 cutting board
- 1 saucepan
- 1 mixing bowl
- 1 rolling pin
- 10 cm round cutter
- 1 steamer hasket
- 1 frying pan
- Food film

Gyoza pastry:

- Mix the ingredients together in a mixing bowl to make an even pastry.
- Wrap the pastry in film, and chill in the refrigerator for at least 1 hour.

Protein rehydration:

- Bring the mirin, honey, water, vinegar, salt and spices to a boil, then leave to infuse with the heat turned right down for 15 minutes
- Remove the ginger, cloves and cinnamon, then add the textured pea protein and leave to reduce over a low heat until the cooking liquid becomes slightly syrupy.

Filling:

- Peel and chop the onions.
- Wash and slice the mushrooms.
- Wash and finely slice the Chinese cabbage.
- Fry the onion in a frying pan, then add the mushrooms, Chinese cabbage and protein, and cook it all for 2 minutes.
- Season to taste.

Finish:

- Roll out the gyoza pastry to 1 mm thick. Cut out 10 cm rounds.
- Place the filling on one half of the pastry, then fold over the other half to form the gyoza.
- Cook for 1 and a half minutes in the steamer basket, then fry in canola oil in a frying pan to brown.















- 380 g NUTRALYS® T70S textured pea protein
- 20 g finely chopped shallots
- 80 ml olive oil
- 9 g ground cilantro
- 9 g ground turmeric
- 12.5 g sugar
- 6 g salt
- 21 g corn starch
- 30 g rice flour
- 100 ml coconut milk
- 30 ml water (optional)
- 2 bags of banana leaves
- 130 g chili pastry (chili-based mixture. You can choose a ready-to-use chili paste)

Chili pastry:

Mix a pinch of dried chili (to soak), 4 padi chilies, 2 red chilies and 4 shallots (cut into small pieces). Fry the mixture with the 2 tsp. of olive oil.

Equipment

- 1 knife
- 1 spoon
- A few toothpicks
- 1 blender
- 1 oven

Recipe steps

- Wash the textured pea protein, leave them to soak for 30 minutes, then drain them.
- Wash the banana leaves, leave them to soak and dry them using a clean cloth. Cut off the uneven edges.
- Blend the shallot, textured pea protein, olive oil, chili paste, ground cilantro, ground turmeric, cornstarch, rice flour and coconut milk until the mixture is smoothed. To keep a bit of texture, use the blender's "pulse" function. Only add the water if the mix seems too dry.
- Spread 2 tbsp. of paste on each otak.
- Fold the ends over and close using the toothpicks, making sure the mixture does not run. Press the mixture lightly to even it out.
- Bake at 200°C for 10 to 15 minutes. After 5 minutes, turn over your otak, then bake for another 10 minutes.















Veggie

Ingredients

- 75 g NUTRALYS® TP65M textured pea protein
- 10 ml soy sauce
- 120 ml water
- 20 ml vegetable bouillon
- 10 g corn starch
- 1 ripe tomato
- 1 bell pepper
- 1 small red onion
- 1 carrot
- A few celery leaves
- 50 g tomato pulp
- 6 brick pastry sheets
- 10 g parsley
- 1 tsp. ground ginger

- 1 tsp. Madras curry powder
- 1 garlic clove
- 1 salt pinch
- 1 pepper pinch
- 2 tbsp. olive oil

Equipment

- 1 cutting board
- 1 vegetable knife
- 1 frying pan
- 1 fan oven
- 1 cooking brush

Recipe steps

- Mix the water with 75 g textured pea protein.
- Cut the vegetables into cubes.
- Heat the oil in the frying pan.
- Start by adding the garlic and all of the vegetables, except the tomato. Leave to cook for 5 minutes.
- Add 1 teaspoon of ground ginger, 1 teaspoon of Madras curry powder, the tomato, the soy sauce, the tomato pulp and 120 ml water, a pinch of pepper, then the vegetable bouillon and a pinch of salt.
- Mix the corn starch with the water, then add this mixture to the mixture in the frying pan.
- Mix the two mixtures together.
- Add the chopped parsley.
- Butter the brick pastry sheets.
- Place the mixture on the brick pastry sheets, and fold them into triangles.
- Brush on the soy sauce.
- Bake in an oven pre-heated to 180°C for 10 minutes.

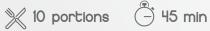


You can replace the parsley with fresh cilantro.













Filling:

- 70 g NUTRALYS® T70S textured pea protein
- 150 ml water
- 5 ml olive oil
- 2 tomatoes
- 1 onion
- 20 g fresh cilantro
- 2 g salt
- 2 g pepper
- 2 g Mexican spice powder

Topping:

- 10 corn tortillas
- 200 g small potatoes
- 1 bell pepper
- 1 avocado
- 1 lime

- 1 cutting board
- 1 knife
- 1 frying pan
- Containers
- Wooden sticks

Equipment Recipe steps

- Rehydrate the textured pea protein with water.
- Add the olive oil and Mexican spice powder.
- Stir the mixture and leave to rest for 30 minutes.
- During this time, chop the onion and tomatoes, chop the cilantro, peel the bell peppers and cut them into small cubes (more digestible), and cut the avocado and small tomatoes into small cubes.
- Grind the hydrated pea protein mixture to obtain small pieces. (Doing this means the taco filling texture will be good, like that of meat.).
- Heat the frying pan and add the olive oil.
- Add the chopped vegetables (onion, tomatoes), salt and pepper.
- Leave the vegetables to simmer for 5 minutes.
- Pour the pea protein mixture into the pan.
- Let cook for another 5 minutes, stirring regularly. The filling is ready. Fill the tortillas.
- Add a few vegetable pieces (avocado, small tomatoes, chopped cilantro, bell pepper), and use a wooden stick to hold the tortillas closed.























- 150 g NUTRALYS® TP65M textured pea protein
- 5 g vegetable powder (rosemary, thyme)
- = 230 ml water
- 5 ml liquid chicory
- 25 ml sunflower oil
- 10 g parsley
- 2 ripe tomatoes
- 1 bell pepper
- 350 g pasta (of your choice)
- 10 g tomato concentrate
- 20 g corn starch

- 1 cutting board
- 1 knife
- 1 frying pan
- 1 large pan (to cook pasta)

Equipment Recipe steps

Cut the tomato and bell pepper into small cubes, set aside.

Bolognese mixture:

- Mix the textured pea protein with the vegetable powder.
- Add liquid chicory, water, sunflower oil and a few pinches of parsley. Leave the mixture to rest for 30 minutes.

While its rests:

Bring salted water to boil in the large pan, and cook the pasta.

Finish off the bolognese:

- Fry the tomatoes and bell pepper cubes in the pan, previously heated with sunflower oil.
- Add the tomato concentrate then the bolognese mixture and leave to reduce for 5 minutes.
- Mix the corn starch in a small amount of water and add to the mixture.
- Leave to cook for 2 minutes.

The bolognese is ready to be enjoyed!















Nutralys®







Ingredients

- 100 g NUTRALYS® TP65M textured pea protein
- 170 ml coconut milk
- 40 g corn starch
- 30 g powdered sugar
- 15 g baking powder
- 10 ml canola oil
- 1 vanilla bean

Equipment Recipe steps

- 1 food processor
- 1 knife
- 1 waffle maker
- 1 spoon

- Grind the textured pea protein in the food processor to obtain a powder.
- Add the coconut milk, canola oil, baking powder, powdered sugar, vanilla bean seeds and corn starch to the bowl of the food processor, then mix to form a mixture.
- Heat the waffle maker to 200°C, then oil it using absorbent paper.
- Use a spoon to pour the waffle mix into the waffle maker, then cook the waffle for 3 to 4 minutes, turning it over, until it is evenly browned.
- Serve the waffle hot.



Use the same waffle recipe to make wafers or bubble waffles.







Cocoa









Ingredients

- 100 g NUTRALYS® TP-C textured pea protein
- 220 ml water
- 60 g brown sugar
- 20 g cacao nibs
- 14 g cocoa powder
- ¼ vanilla bean

Equipment Recipe steps

- 1 saucepan
- 1 spatula
- 1 food processor
- Baking sheet
- Parchment paper
- 1 oven
- 1 cutting board
- 1 knife

- Break up the textured pea protein slightly using the food processor to obtain pieces that are half as small.
- In a saucepan, bring the water to the boil with the brown sugar, cacao nibs, cocoa powder and the scraped-out quarter vanilla bean and its seeds.
- Remove the vanilla bean, then mix the cocoa syrup with the protein in the mixing bowl, then stir with a spatula so that the liquid soaks evenly into the protein.
- Spread out on a baking sheet covered in parchment paper, then toast at 120°C for 30 minutes.
- Leave to cool on the sheet, then keep dry in the refrigerator.









Chocolate











Ingredients

Mixture:

- 60 g chocolate (55% cocoa)
- 80 g unsalted butter
- 56 g wheat flour
- 40 g NUTRALYS® B85F pea protein
- 2 g baking powder
- 68 g sugar
- 2 whole eggs (96 g)
- 3.2 ml liquid vanilla extract

Chocolate ganache:

- 100 ml liquid cream
- 100 g chocolate drops (55% cocoa)
- 50 g candied ginger (optional)

Equipment Recipe steps

- 1 saucepan
- 1 bain-marie bowl
- 1 whisk
- Muffin cases
- 1 fan oven
- Parchment paper

Mixture:

- Melt the chocolate and butter in a bain-marie.
- Remove from heat, add the sugar, then stir in the eggs.
- Add the remaining ingredients and stir well to combine.
- Put the batter in parchment paper cases (6.5 cm diameter). 50 g of batter per case.
- Bake in a convection oven at 180° C for 15 minutes.

Even more delicious with a gooey center:

Place cubes of frozen ganache in the center of the muffin batter.

Chocolate ganache:

- Bring the cream to a boil, then take off the heat and add the chocolate. Mix with a whisk.
- Option: Finely chop the candied ginger and mix with the ganache.
- Fill 4-cm diameter containers with the ganache for 18 g of ganache.
- Freeze the ganache cubes.



Marmalade version:

Use orange, lemon or grapefruit marmalade. Freeze cubes of orange, lemon, or grapefruit marmalade the same way as the ganache, for a fruity, melting and decadent center. to the center of the batter before baking.





Healthy











Ingredients

- 8 cl water
- 20 g NUTRALYS® S85 PLUS pea protein
- 125 g yogurt (Fjord type)
- 180 g fresh mango
- 70 g banana
- 4 cl lemon juice

Euipment

- 1 blender
- 1 peeler
- 1 citrus press

Recipe steps

- Heat the water to 45°C and pour it into the blender.
- Add the pea protein.
- Switch the blender on and leave it to run while preparing the other ingredients.
- Peel the mango, cut it into small cubes.
- Peel the banana, slice it.
- Juice the lemon.
- Once the mixture (water + pea protein) has cooled down, add the fruit, lemon juice and yogurt to the blender.
- Blend until smooth and even in consistency.
- Refrigerate or enjoy immediately.



This smoothie recipe has a high protein content, is a source of fiber, has no added sugar and is a source of vitamin C: a balanced combination to wake up the body at any moment of the day!





Breton butter and passion cream









(Convection oven)

■ 1 ice cream maker

■ 1 rolling pin

■ 1 cookie cutter

(6 cm circle)

Parchment paper

■ 1 food processor

■ 1 knife

Containers



Breton butter cookie: ■ 1 oven

4 egg yolks

- 140 g sugar
- 135 g flour
- 65 g NUTRALYS® B85F pea protein
- 1 baking powder packet (11 g)
- 50 g ground almonds
- 160 g butter
- 7 g fleur de sel
- ½ vanilla bean

Passion cream (ice cream):

- 15 cl milk
- 100 ml liquid cream (30% fat)
- ½ vanilla bean
- 3 egg yolks
- 100 g sugar
- 65 g parsnip purée (parsnip, water)
- 20 g NUTRALYS® S85 Plus pea protein

Decoration

■ 10 chocolate sticks and cocoa powder

Ingredients Equipment Recipe steps

Instructions for the butter cookie:

- Whisk together the egg yolks with the superfine sugar until the mixture whitens.
- Add the wheat flour, the baking powder NUTRALYS® B85F pea protein,
- Incorporate the fleur de sel in the softened butter (not melted), and add to the mixture. Mix again.
- Put the pastry on a baking sheet between two parchment sheets.
- Roll out with the rolling pin (over the parchment paper) until you have pastry that's 5 mm thick.
- Place in the freezer for about 1 hour.
- Heat the oven to 150°C.
- Cut out 6 cm diameter circles.
- Arrange the cookies on parchment paper on a baking sheet (space them out, they will spread when baking).
- Bake them in the oven for 15 to 20 minutes according to the cookie size.

To prepare the ice cream:

- Whisk together the egg yolks with the superfine sugar until the mixture whitens.
- Boil the milk with the cream and vanilla (split the bean so that it infuses in the milk).
- Gradually pour the hot milk onto the egg yolks and whisk. Put the cream back on the heat and whisk until it thickens. The cream is ready when there is no more foam on the surface. The cream must not boil so that it does not cook the eggs.
- Pour it into another container to stop it cooking.
- Add the parsnip puree and the NUTRALYS® S85 Plus pea protein. Stir.
- Place the mixture in the ice cream maker. When it starts to freeze, use it directly or transfer it to another container or place it in the freezer.



cream. Sprinkle cocoa powder on top. Mango can be used instead of the parsnip.



Pea is not listed among major allergens and intolerant agents in EU (Annex II Regulation 1169/2011) neither in the Codex list of allergens to be labeled (Codex Stan 1-1985 (Rev. 1-1991)-§4.2.143).

Due to a few rare reported allergic reactions with pea (and their derived products), we strongly suggest to our customers to list the botanical origin of their pea derived products in their ingredient statement.

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