



# FLORA'S KITCHEN

*Light & Tasty*





# FLORA'S ALL ABOUT WHAT'S BEST FOR YOU & MOTHER EARTH

“Skip the cow, dodge the gluten,  
and wave goodbye to lactose  
but never skip the taste!”





Whether you're cooking up a storm or baking your heart out, Flora provides you with plant-based goodies that are so creamy but not cow-y...

# FLORA PLANT

6 TASTY INGREDIENTS



START WITH OILS  
PRESSED FROM PLANTS  
(COCONUT, SUNFLOWER,  
RAPESEED)



DON'T FORGET THE  
PLANT-BASED  
EMULSIFIER FOR THE  
PERFECT BLEND



ADD IN THE MAGIC  
OF FAVA BEANS



POUR IN SOME  
FILTERED WATER



NATURAL COLOUR  
(MUSHROOM EXTRACT)



NATURAL FLAVOURING  
(CAROTENE EXTRACT)



# SPICED LENTIL SOUP



Time:  
35 minutes




Difficulty Level:  
Easy



Servings:  
4



## INGREDIENTS:

Flora Plant 2 tablespoon 	(40 gm)
1 cup red lentils, washed	(500 gm)
1 onion, finely chopped	(125 gm)
2 carrots, diced	(100 gm)
2 cloves garlic, minced	(10 gm)
1 tsp ground cumin	(5 gm)
1 tsp ground coriander	(5 gms)
Leek fresh	(40 gm)
4 cups vegetable broth	(1000 ml water)
Salt and pepper to taste	(5 gm each)
Flora cooking 	(250 ml)



## INSTRUCTIONS:

In a large pot, melt Flora Plant over medium heat. Sauté chopped onions, chopped leeks, and minced garlic until softened and fragrant.

Add washed red lentils, diced carrots, ground cumin, to the pot. Stir well to combine, allowing the flavors to mingle.

Pour in the vegetable broth and bring the mixture to a gentle boil. Reduce the heat to simmer and let it cook until the lentils are tender, approximately 15-20 minutes.

Season the soup with salt and pepper according to your taste preferences. Give it a final stir, ensuring all the ingredients are well incorporated. Add Flora cooking and let it cook together for 2 minutes.

Finish the soup with a generous amount of Flora Plant before serving. Allow the Flora Plant to melt into the hot soup, enhancing the richness and adding a delightful creaminess.

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



# CREAM OF MUSHROOM SOUP



Time:  
35 minutes





Difficulty Level:  
Easy



Servings:  
4



## INGREDIENTS:

3 tbsp Flora Plant 	(60 gm)
1 onion, diced	(125 gm)
Mushrooms sliced	(500 gm)
2 cloves garlic, minced	(10 gm)
1/4 cup all-purpose flour	(40 gm)
4 cups vegetable broth	(1000 gm)
1 cup Flora Cooking 	(250 gm)
Salt and pepper to taste	(5 gm each)
Fresh thyme for garnish	



## INSTRUCTIONS:

In a pot, melt Flora Plant and sauté onions, mushrooms, and garlic until mushrooms release their moisture.

Sprinkle flour over the mushrooms and stir to coat. Pour in vegetable broth, stirring continuously, and bring to a simmer.

Add Flora Cooking, salt, and pepper. Simmer until the soup thickens.

Garnish with fresh thyme before serving.

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



# LAMB SPICY KABSA



Time:  
60 minutes



Difficulty Level:  
Moderate



Servings:  
4



## INGREDIENTS:

700g beef, cut into cubes	(lamb cubes 800 gm)
2 cups basmati rice, washed and soaked.	
1 large onion, finely chopped	(400 gm)
3 cloves garlic, minced	(125 gm)
2 tomatoes, diced	(30 gm)
1/4 cup Flora plant 	(100 gm)
2 tablespoons kabsa spice mix	(60 gm)
1 teaspoon ground turmeric	(20 gm)
1 teaspoon ground cinnamon	(5 gm)
1 teaspoon ground cumin	(5 gm)
1 teaspoon chili powder	(5 gm chilli flex)
4 cups beef or vegetable broth	(1250 ml lamb broth)
Salt, to taste	(10 gm)
Fresh cilantro or parsley for garnish	(20 gm)



## INSTRUCTIONS:

In a large pot, melt Flora Plant over medium heat. Add chopped onions and sauté until they become translucent. Add minced garlic and continue to sauté for another minute until fragrant.

Add the lamb cubes to the pot and brown them on all sides. Stir in the Kabsa spice mix, ground turmeric, ground cinnamon, ground cumin, and chili powder. Cook for an additional 2-3 minutes to allow the spices to release their flavors.

Add diced tomatoes to the pot and cook until they soften. Pour in the washed and soaked basmati rice, stirring to coat the rice with the spice and tomato mixture. Pour in the beef or vegetable broth. Season with salt according to your taste.

Bring the mixture to a boil, then reduce the heat to low, cover the pot, and let it simmer for 15-20 minutes or until the rice is cooked and the liquid has been absorbed.

Once the rice is cooked, fluff it with a fork and let it sit, covered, for an additional 5 minutes to steam. Garnish the spicy lamb kabsa with chopped cilantro or parsley before serving.

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



# ROASTED HERBED CHICKEN



Time:  
45 minutes




Difficulty Level:  
Moderate



Servings:  
4



## INGREDIENTS:

4 boneless, skinless chicken breasts	(1 kg)
1/2 cup Flora Plant, 	
3 cloves garlic, minced	(15 gm)
1 tablespoon fresh parsley, chopped	(10 gm)
1 tablespoon fresh thyme, chopped	(10 gm)
1 tablespoon fresh rosemary, chopped	(10 gm)
Salt and black pepper to taste	(5 gm each)
Juice of 1 lemon	(40 ml)
Lemon slices for garnish	(optional)



## INSTRUCTIONS:

Preheat your oven to 375°F (190°C). In a bowl, mix together the melted Flora Plant, minced garlic, chopped parsley, thyme, rosemary, salt, and black pepper.

Pat the chicken breasts dry with paper towels. Place the chicken breasts in a baking dish. Brush the herbed butter mixture over the chicken breasts, ensuring they are well-coated.

Bake in the preheated oven for about 25-30 minutes or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). During the last 10 minutes of baking, squeeze the juice of one lemon over the chicken breasts and continue baking.

Once the chicken is done, remove it from the oven. Garnish with lemon slices if desired. Allow the chicken to rest for a few minutes before slicing. Serve your herbed chicken breasts hot and enjoy!

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



# BASBOUSA/ HARISSA



Time:  
20 minutes




Difficulty Level:  
Easy



Servings:  
6



## INGREDIENTS:

3 cup semolina	(600 gm)
1 cup Flora Plant, melted 	(200 gm)
1 cup sugar	(200 gm)
1 cup yogurt	(200 gm)
1 tsp baking powder	(10 gm)
1/4 cup almond slivers for garnish	(100 gm)
Rosewater or orange blossom	(optional)
Water for syrup	



## INSTRUCTIONS:

Preheat the oven to 350°F (175°C). In a bowl, mix semolina, melted Flora Plant, sugar, plant-based yogurt, desiccated coconut, and baking powder. Let the mixture rest for 10 minutes to allow the semolina to absorb the liquids.

Grease a baking dish and pour the batter into it, spreading it evenly. Cut the batter into diamond or square shapes. Place an almond sliver on each piece. Bake for 35-40 minutes or until golden brown.

While baking, prepare a syrup by mixing sugar with water and bringing it to a boil. Add rosewater or orange blossom water if desired. Once Basbousa is out of the oven, immediately pour the hot syrup over it. Allow it to absorb the syrup and cool before serving.

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



# DATE TAMRIYAH



Time:  
30 minutes



Difficulty Level:  
Moderate



Servings:  
6



## INGREDIENTS:

For the date filling:

1 cup medjool dates, pitted	(200 gm)
2 tbsp Flora Plant 	(60 gm)
1/2 tsp ground cinnamon	(5 gm)
1/4 cup crushed nuts	(100 gm)

For the dough:

2 cups all-purpose flour	(400 gm)
1/2 cup Flora Plant, melted 	(100 gm)
1/4 cup sugar	(50 gm)
1/2 cup warm water	(100 ml)
1 tsp instant yeast	(10 gm)
1/4 tsp salt	(2.5 gm)

For coating:

1/2 cup powdered sugar	(100 gm)
1 tsp ground cinnamon	(10 gm)



## INSTRUCTIONS:

**Date filling:**

In a food processor, combine pitted dates, Flora Plant, and ground cinnamon. Blend until you get a smooth and sticky date paste. If desired, mix in crushed nuts for added texture. Set aside.

**Dough:**

In a small bowl, mix warm water and sugar. Add instant yeast and let it sit for 5-10 minutes until frothy. In a large mixing bowl, combine flour, melted Flora Plant, and salt. Pour in the yeast mixture and knead until you get a soft, smooth dough. Cover the dough and let it rest in a warm place for 1-2 hours or until it doubles in size.

**Assembly:**

Preheat the oven to 350°F (175°C). Punch down the dough and divide it into small portions. Take each portion, flatten it, and place a small amount of the date filling in the center. Close the dough around the filling, shaping it into a ball or your desired form. Place the shaped tamriyah on a baking sheet lined with parchment paper. Bake in the preheated oven for 15-20 minutes or until the tamriyah turns golden brown. Remove from the oven and let them cool slightly.

**Coating:**

In a shallow bowl, mix powdered sugar and ground cinnamon. Roll the warm tamriyah in the sugar-cinnamon mixture until well coated. Delicious tamriyah with natural light goodness of Flora!

**FLORA**

100% Plant-Based. Free From:

 **Gluten**  **Lactose**  **Palm Oil**  **Trans-Fat**



**NEW**  
IRRESISTIBLE  
TASTE

creamy,  
not cow-y skip the cow



SCAN ME FOR MORE  
FOR **FLORA** RECIPES

