

15 **ICONIC RECIPES**

**SIMPLE, FAST & DELICIOUS
PLANT-RICH COOKING**



EDITORIAL

ICONIC RECIPES TO INSPIRE MORE PLANT-RICH EATING

At Bonduelle, we believe that bringing more **plant-rich foods into everyday life should never feel like a constraint**. Eating better begins with pleasure, simplicity, and the confidence that anyone can cook with ease, no matter their schedule, budget, or level of cooking experience.

With this in mind, we created “**Iconic Recipes – Season 2**”: a series designed to remove barriers to **plant-rich cooking** and support people in their everyday kitchen routines.

For this new season, we developed **15 recipes designed to encourage a more plant-rich way of eating**, while meeting clear and precise nutritional standards. Each recipe follows a simple yet demanding framework: **delicious, made with few ingredients, ready in just 15 minutes, and costing under €2 per person**. The result is a collection of recipes that are satisfying, balanced, and above all, foolproof, bringing plant-rich foods back where they belong: **at the center of the plate**.

With “**Iconic Recipes – Season 2**”, we reaffirm a strong ambition: to make **plant-rich cooking craveable, simple, and accessible** to inspire people not only to cook, but to keep coming back to it.



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Culinary & Food Education
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RECIPES DESIGNED FOR EVERYDAY OCCASIONS

To make these recipes easy to project into everyday life, this season is structured around **real-life eating occasions**. Whether it's a casual get-together with friends, a quick weeknight dinner, or a family meal, each category is built around a concrete, familiar moment.

This usage-driven approach demonstrates how naturally **plant-rich cooking can fit into existing habits**. It also highlights its key nutritional benefits—**particularly sources of fiber, plant-based protein, and essential vitamins**—through recipes designed to strike the right balance between pleasure, simplicity, and nutritional value.



MAIN COURSE

PASTA WITH PEAS AND CREAMY COMTÉ CHEESE



15"



20"

HOSTING PLANT-RICH, STRESS-FREE

INGREDIENTS



- 2 cans (280 g each) Bonduelle peas
- 400 g pasta (shells or farfalle)
- 40 cl heavy cream
- 160 g grated Comté cheese
- Lemon zest
- Salt, nutmeg

STEPS

1. Cook the pasta in boiling, salted water according to the package instructions.
2. Drain the peas, reserving the cooking liquid.
3. Pour the reserved cooking liquid into a saucepan and bring it to a boil. Reduce it by half.
4. Add the cream, grated Comté cheese, and lemon zest.
5. Simmer for two to three minutes.
6. Season with salt and nutmeg, then add the peas.
7. Just before serving, add the pasta and stir until everything is well combined.



HEALTH BENEFITS

Source of **fiber**, **protein**, and **vitamin B9**.



PRO TIP

Sprinkle with chopped chives just before serving.



MAIN COURSE

RED LENTIL & SPINACH DAHL

 15"

 20"

SMART COOKING ON A BUDGET

INGREDIENTS



- 500 g frozen Bonduelle spinach leaves
- 200 g red lentils
- 200 ml coconut milk
- 1 onion
- 1 tbsp curry paste or curry powder
- 1 tbsp olive oil
- Salt, fresh cilantro

STEPS

1. Rinse and cook lentils in salted boiling water for 8–10 minutes; set aside.
2. Finely chop the onion and sauté in olive oil with the curry paste.
3. Add the frozen spinach and cook over medium heat for 10–12 minutes.
4. Pour in the coconut milk, add lentils, and let simmer on low heat.
5. Adjust seasoning with curry powder if needed.
6. Finish with chopped fresh cilantro.



HEALTH BENEFITS

Source of **fiber**, **protein**, and **vitamin B9**.



PRO TIP

Add freshly grated ginger and serve with rice.



DELICIOUS VEGGIES

THAI-STYLE SAUTÉED GREEN BEANS

 **15"**

 **10"**

LIGHT MEAL

INGREDIENTS



- 2 cans Bonduelle extra-fine green beans (steamed)
- 4 tbsp soy sauce
- 2 garlic cloves
- 20 g fresh ginger
- 4 tbsp cashews
- Chili

STEPS

1. Drain the beans.
2. Finely chop garlic and ginger.
3. Toast cashews in a dry pan.
4. Heat oil, sauté garlic and ginger.
5. Add beans, cook 3–4 minutes, season with chili.
6. Add soy sauce and cashews before serving.



PRO TIP

Works with frozen beans (adjust cooking time).



DELICIOUS VEGGIES

ROASTED CAULIFLOWER WITH SMOKED PAPRIKA

 **15"**

 **15"**

AIR FRYER COOKING

INGREDIENTS



- 800 g frozen Bonduelle cauliflower
- 4 tbsp olive oil
- 2 plain yogurts
- 2 tbsp lemon juice
- Parsley or chives
- Salt, smoked paprika

STEPS

1. Toss frozen cauliflower with 3 tbsp olive oil.
2. Season with salt and smoked paprika.
3. Roast at 350°F (180°C) for 15–20 minutes until golden (oven or air fryer).
4. Mix yogurt sauce with lemon juice, olive oil, salt, and paprika.
5. Serve cauliflower topped with sauce and herbs.



PRO TIP

Serve in a pita with hummus.



MAIN COURSE

CREAMY LENTIL SOUP WITH COMTÉ

 **15"**

 **15"**

LIGHT MEAL

INGREDIENTS



- 2 cans (280g each) of Bonduelle lentils
- 1 onion
- 150 g Comté cheese
- Croutons
- 1 tbsp olive oil
- Salt, smoked paprika

STEPS

1. Thinly slice the onion.
2. Heat olive oil in a saucepan and sauté the onion until softened.
3. Add the lentils with their liquid and cook for 5–6 minutes.
4. Blend until smooth.
5. Season with salt and smoked paprika.
6. Simmer a few more minutes and serve in bowls.
7. Top with Comté cubes and croutons.



HEALTH BENEFITS

Source of **protein** and **fiber**.



PRO TIP

Also delicious served with cheesy toast.



MAIN COURSE

CHEDDAR CORN MUFFINS

 **15"**

 **25"**

CROWD-PLEASING APPETIZER

INGREDIENTS



- 1 can of Bonduelle corn
- 200 g tomato sauce
- 100 g cheddar
- 150 g flour
- 3 eggs
- 1 baking powder packet
- Salt, pepper, herbs

STEPS

1. Drain corn.
2. Mix all ingredients into a batter.
3. Fill greased molds (about 12 muffins).
4. Bake at 350°F (180°C) for 25 minutes.
5. Let rest 5 minutes before unmolding.



HEALTH BENEFITS

Source of **protein**.



PRO TIP

Enjoy on their own or with a green salad.



MAIN COURSE

CREAMY PEA SOUP WITH HAZELNUTS

 **15"**

 **15"**

LIGHT MEAL

INGREDIENTS



- 3 cans (280 g each) of Bonduelle peas
- 1 leek
- 2 tbsp heavy cream
- Hazelnuts
- Olive oil
- Salt, nutmeg

STEPS

1. Slice the leek.
2. Heat olive oil in a saucepan and sauté the leek.
3. Add peas with their liquid and cook for a few minutes.
4. Blend until smooth, season with salt and nutmeg, and simmer.
5. Stir in the cream and serve.
6. Top with roughly chopped hazelnuts.



HEALTH BENEFITS

Source of **protein** and **fiber**.



PRO TIP

Add a drizzle of olive oil and fresh chervil before serving.



MAIN COURSE

RED BEAN & SWEET POTATO CROQUETTES

 **30"**

 **30"**

GAME NIGHT EXPRESS MENU

INGREDIENTS



- 2 cans Bonduelle red beans
- 1 sweet potato
- 2 eggs
- 120 g breadcrumbs
- 200 g diced cheddar
- Salt, paprika, cumin

STEPS

1. Peel, dice, and roast the sweet potato at 350°F (180°C) for 20 minutes.
2. Blend with the drained red beans.
3. Add 1 egg, salt, and spices.
4. Fold in cheddar cubes and chill for 30 minutes.
5. Shape into croquettes, dip in beaten egg, and coat with breadcrumbs.
6. Bake or air fry at 425°F (220°C) for 10 minutes.



HEALTH BENEFITS

Source of **protein** and **fiber**.



PRO TIP

Serve with spicy ketchup.



MAIN COURSE

CORN & HUMMUS WRAPS

 10"

 10"

SMART COOKING ON A BUDGET

INGREDIENTS



- 1 can (280 g) of Bonduelle corn
- 8 lettuce leaves
- 300 g hummus
- 100 g Bonduelle lemon carrot salad
- 4 tortillas

STEPS

1. Drain the corn.
2. Slice the lettuce.
3. Spread hummus on tortillas.
4. Add carrots and corn.
5. Top with lettuce and roll into wraps.
6. Serve chilled.



HEALTH BENEFITS

Source of **fiber** and **vitamin B9**.



PRO TIP

Add lime wedges just before serving.



MAIN COURSE

SPINACH & RICOTTA PHYLLO POCKETS

 15"

 20"

CROWD-PLEASING APPETIZER

INGREDIENTS



- 500 g frozen Bonduelle spinach
- 8 phyllo sheets
- 200 g ricotta
- 100 g almonds
- 4 sun-dried tomatoes
- Salt, mild chili

STEPS

1. Dice sun-dried tomatoes and crush almonds.
2. Toast almonds in a dry pan until lightly golden.
3. Cook spinach with olive oil for 7–8 minutes.
4. Mix ricotta, tomatoes, almonds, and spices.
5. Add spinach and chill.
6. Fill phyllo sheets and fold into pockets.
7. Brush with olive oil and bake or air fry at 350°F (180°C) for 15 minutes.



HEALTH BENEFITS

Source of **protein**, **fiber**, and **vitamin B9**.



PRO TIP

This recipe pairs perfectly with Lebanese tabbouleh and a chermoula sauce (a mixture of herbs, spices, and lemon).



MAIN COURSE

TEX-MEX BUDDHA BOWL

 15"

 20"

HOSTING PLANT-RICH, STRESS-FREE

INGREDIENTS



- 2 cans of Bonduelle red beans
- 240 g quinoa
- 2 ripe avocados
- 20 cherry tomatoes
- 1 yogurt
- 2 tbsp mayonnaise
- Lemon
- Salt, Tex-Mex spices

STEPS

1. Rinse the beans.
2. Cook the quinoa.
3. Dice the avocados and drizzle with lemon juice.
4. Quarter the tomatoes.
5. Season all the ingredients with spices.
6. Prepare the yogurt sauce with mayonnaise and lemon.
7. Assemble the bowls and top with the sauce.



HEALTH BENEFITS

Source of **fiber**, **protein**, and **vitamin B9**.



PRO TIP

Add spicy red bean hummus and lime wedges.



MAIN COURSE

CHICKPEA PITA WITH YOGURT SAUCE

 15"

 10"

SMART COOKING ON A BUDGET

INGREDIENTS



- 2 cans of Bonduelle chickpeas
- 4 pita breads
- Arugula
- Cream cheese or skyr
- Olive oil
- Fresh mint
- Salt, chili spices

STEPS

1. Toss chickpeas with olive oil and spices.
2. Roast at 390°F (200°C) for 8–10 minutes.
3. Mix the yogurt sauce with the mint, lemon juice, oil, salt, and spices.
4. Spread the sauce on the halved pita.
5. Add arugula and roasted chickpeas.



HEALTH BENEFITS

Source of **fiber**, **protein**, and **vitamin B9**.



MAIN COURSE

LOADED CORN NACHOS

CROWD-PLEASING APPETIZER

 **10"**

 **10"**

INGREDIENTS



- 2 cans of bonduelle corn
- 200 g nachos
- 2 tomatoes
- 1 ripe avocado
- 200 g shredded cheddar

STEPS

1. Drain the corn.
2. Dice tomatoes and avocado.
3. Layer nachos in a baking dish with toppings.
4. Sprinkle with cheddar.
5. Bake at 425°F (220°C) for 8–10 minutes.



HEALTH BENEFITS

Source of **fiber** and **vitamin B9**.



PRO TIP

Add a few drops of hot sauce.



MAIN COURSE

RED BEAN STEW WITH ROASTED FETA

 10"

 20"

HOSTING PLANT-RICH, STRESS-FREE

INGREDIENTS



- 2 cans of Bonduelle red beans
- 400 g crushed tomatoes
- 1 red onion
- 180 g feta
- 4 tbsp olive oil
- Salt, smoked paprika, parsley

STEPS

1. Slice the onion and sauté it in olive oil.
2. Add the tomatoes and beans, season, then simmer for 10 minutes.
3. Transfer to an ovenproof dish, add the diced feta, and drizzle with oil.
4. Bake at 390°F (200°C) for 10 minutes.
5. Garnish with chopped parsley.



HEALTH BENEFITS

Source of **fiber** and **vitamin B9**.



PRO TIP

Serve with whole-grain bread.



DESSERT

CORN BANANA BREAD

 15"

 30"

HOSTING PLANT-BASED, STRESS-FREE

INGREDIENTS



- 1 can of Bonduelle corn
- 2 ripe bananas
- 150 g flour
- 100 g brown sugar
- 1 baking powder packet
- 2 eggs

STEPS

1. Drain the corn thoroughly.
2. Blend the corn and bananas together to make a smooth purée.
3. Add the eggs and sugar and mix well.
4. Stir in the flour and baking powder.
5. Pour the batter into a greased loaf pan.
6. Bake at 350°F (180°C) for ~30 minutes.
7. Let cool before unmolding.



PRO TIP

Drizzle with homemade caramel sauce.

**SCAN.
WATCH.
COOK.**



Scan the QR code and dive into Bonduelle's plant-rich world.

Discover recipes to try, enjoy, and make again.
A dose of inspiration at your fingertips.

**B GROUPE
BONDUELLE**
La nature, notre futur



