

# Get ready for summer BBQ season with easy squeezy recipes using Kallø Stocks Pastes



With the sunshine finally out, the Great British Summer is fast on the horizon. To celebrate, the UK's number one for organic stocks, **Kallø**, has launched a set of brand new recipes to see in the season in style.

Utilising the brand's reformulated range of squeezable organic **Stock Pastes** – a revolutionary stock format, the recipes are made with ease in mind, while offering an extra boost of savoury flavour to dishes.



Available in three flavours – Vegetable & Mixed Herbs, Chicken & Rosemary and Garlic & Mixed Herbs – each is flavour-packed and made with natural and high-quality organic ingredients. Each stock is gluten and lactose free, as well as free from any artificial colours and preservatives.

## **STICKY CHERRY TOMATO RELISH**



### **Ingredients:**

- 450g Ripe Cherry Tomatoes
- 100g Caster Sugar
- 6 Tbsp White Wine Vinegar
- 1 Tbsp (15g) Kallo Stock Paste

### **Method:**

- Combine all ingredients gently and serve.

## **VEGETABLE / CHICKEN KEBABS WITH RED ONION MARMALADE**

**Ingredients:**

- Red onion
- Mixed colour peppers
- Courgette
- Cherry tomatoes
- Chicken

**Glaze for vegetables on kebab / chicken**

- 1 Tbsp (15g) Kallo Stock Paste
- 4 Tbsp Olive Oil
- 4 Tbsp Soy Sauce
- 4 Tbsp Red Currant Jelly
- 6 Tbsp Balsamic Vinegar

**Red Onion Marmalade**

- 2 Large Red Onions
- 2 Tbsp (2 X 15g) Kallo Stock Paste
- 100ml Balsamic Vinegar
- 50ml Red Wine Vinegar



- 2 Tbsp Rd Currant Jelly

**Method:**

- Finely slice red onions and stir in the wet ingredients, seasoning to taste.

**TASTY SPICED RICE SALAD**



*Enjoy served hot or cold*

**Ingredients:**

- 250g Long Grain Or Basmati Rice
- 1 – 2 Tbsp (15g) Kallo Stock Paste
- 1 Tsp Turmeric
- 1 Tsp Cumin
- 1 Tsp Curry Powder
- 1 Tsp Dried Coriander
- 1 Onion Finely Chopped

- 500/600ml Water

**Method:**

- Simmer together for 12-15 minutes until water is absorbed and rice is tender. Then add to the pan...
- 100g Frozen Peas
- 1 large carrot grated
- 75g Sultanas
- Generous amount of freshly ground black pepper

**COATED CRISPY COURGETTES**



**Ingredients:**

- 2 Tbsp (15g) Kallo Stock Paste
- 2 Tsp Olive/Vegetable Oil
- Approx. 300g of courgettes



**Method:**

- In a bowl, mix Kallo Stock Paste and oil.
- Add the courgette discs, cubes, or ribbons (300g) and coat fully then roast in over 195oC for 20 minutes.
- Alternatively, smear onto long slices of courgette and roast or pan fry each side.

**SPICY MARINATED MUSHROOMS****Ingredients:**

- 1 small Onion finely chopped
- 1 Tbsp vegetable oil

- 1 Tbsp (15g) Kallo Stock Paste
- 3 Tbsp Wine Vinegar or Balsamic Vinegar
- 2 Tsp Dijon Mustard
- 2 Tbsp Tomato Paste
- 2 Tbsp Dark Brown Sugar
- 2 Tsp Worcester Sauce
- 150ml Water
- 250g Button Mushrooms

**Method:**

- Fry onion with the oil and Kallo Stock Paste
- Add all remaining ingredients except mushrooms
- Simmer for 8-10 minutes then add mushrooms
- Stir through for 1 minute then cool and serve cold

ENDS

**About Kallo**

Natural food brand, Kallo was founded in 1984 and has a wide portfolio of products - from light, gluten-free snacks including rice, corn, lentil and veggie cakes, to organic stocks and gravies.

B Corp certified, Kallo is focused on making natural and organic food, believing that super-tasty, healthy food doesn't need to be boring or complicated. The brand encourages its customers to be 'Better by Nature' – inspiring shoppers to choose natural while connecting them to Kallo's portfolio of real-food products.

Kallo takes pride in using carefully selected good, honest and simple ingredients - with no added artificial preservatives, colourings or flavourings.

Part of the Ecotone UK family, the brand continues to innovate in plant-based products that support wildlife biodiversity and are better for people and the planet.

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