

glenisk
naturally from Ireland

Savour the Outdoors!

Let's make this summer unforgettable,
one dish at a time.





#SavourtheOutdoors

A Recipe book

When the sun breaks through the clouds in Ireland, it's time to #SavourtheOutdoors and make the most of it.

For barbeques and dining al fresco, it helps if the food can be prepared simply and quickly. Welcome to our guide to outdoor eating for the Irish Summer. Enjoy our range of delicious, easy to prepare snacks, meals and treats, many of which have the added benefit of using yogurt as a lower calorie, healthy alternative to mayonnaise, creams and dressings.

**WISHING YOU HEALTH AND WELLNESS!
FROM EVERYONE AT GLENISK**

Coming soon!

Introducing the newest additions to our family;
Glenisk Organic Natural 500g &
Glenisk Organic Vanilla 450g Cartons.



CONTENTS

#SavourtheOutdoors

Mains	Sides	Sweets
06 Beef Sliders with Greek Burger Sauce	16 Raw Slaw	26 Lemon & Raspberry Yogurt Bars
08 Chilli Garlic & Ginger Chicken Kebabs	18 Chickpea Salad with Mexican Avocado & Yogurt Sauce	28 Pavlova with Summer Berries
10 Roast Beef with Horseradish Yogurt	20 Sundried Tomato & Dill Potato Salad	30 Yogurt Bark
12 Pork & Fennel Salad	22 Carrot & Sunflower Seed Salad	32 Orange Yogurt Cake
14 Rustic Pizza	24 Beetroot, Feta & Rocket Salad	34 Unicorn Popsicles



Beef Sliders with Greek Burger Sauce
with Glenisk 0% Fat Natural Strained Protein Yogurt

Beef Sliders with Greek Burger Sauce

with Glenisk 0% Fat Natural Strained Protein Yogurt



Shopping list



ingredients	nutrition	total time	serves
9 count	98 calories	15 mins	6 servings

Ingredients

- 300g lean beef mince
- 1 tsp mixed herbs
- 1 tbs tomato ketchup
- 1 tbsp American mustard
- 50g Glenisk 0% Fat Natural Strained Protein Yogurt
- 1 tbsp BBQ ketchup / BBQ sauce
- Salt and pepper
- Mixed leaves for garnish
- 6 mini burger buns

How to

- Season the mince and stir in the herbs. Mould mixture into 6 flattened patties.
- Cook on a BBQ or pan for 3-4 minutes each side until firm to the touch.
- Meanwhile add the ketchup, mustard etc to the Glenisk 0% Fat Natural Strained Protein Yogurt to create your burger sauce.
- Warm buns, spread burger sauce on base, top with leaves and burger and more sauce and serve!



Chilli Garlic & Ginger Chicken Kebabs

with Glenisk Organic Bio Low Fat Natural Yogurt

Chilli Garlic & Ginger Chicken Kebabs

with Glenisk Organic Bio Low Fat Natural Yogurt



Shopping list



Ingredients

- 3 large chicken fillets
- 2 cloves garlic crushed
- 1 tsp grated fresh ginger
- 1 tsp chilli flakes or hot chilli powder or 1/2 hot chilli chopped
- Salt and pepper
- Juice of 1/2 a lemon
- 1 tbs sunflower oil
- 50g Glenisk Organic Bio Low Fat Natural Yogurt
- Wooden kebab sticks

ingredients

9

count

nutrition

72

calories

total time

20

mins

serves

6

servings

Dipping sauce:

- 100g Glenisk Organic Bio Low Fat Natural Yogurt
- Juice of 1/2 a lemon
- 1 clove garlic crushed
- Pinch chilli
- Salt and pepper

How to

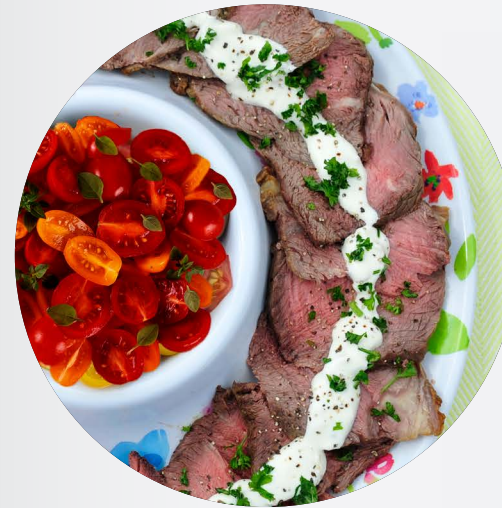
- Slice each chicken breast into four lengthways. Push a kebab stick through the meat and set aside.
- Mix all marinade ingredients together in a flat dish or tray. Add the chicken and turn to coat well.
- Cover and leave in the fridge for at least 2 hours or overnight (ideally).
- Remove excess marinade when ready to cook, and grill or BBQ for 3-4 minutes each side until golden and firm.
- For the dipping sauce, mix all of the ingredients with the Glenisk organic bio low fat natural yogurt and serve alongside the meat.



Roast Beef with Horseradish Yogurt
with Glenisk Organic Bio Low Fat Natural Yogurt

Roast Beef with Horseradish Yogurt

with Glenisk Organic Bio Low Fat Natural Yogurt



Shopping list



ingredients
6
count

nutrition
174
calories

total time
60
mins

serves
6
servings

Ingredients

- Rib or fillet of beef
- 100g Glenisk Organic Low Fat Natural Yogurt
- Salt and pepper
- 500g cherry tomatoes
- 4 cloves of garlic
- Olive oil

How to

- Roast a cut of rib or fillet beef for 20 minutes per 500g at 200oc. Allow to rest for at least 20 minutes before slicing finely.
- Stir 2 tsp hot horseradish sauce into Glenisk Organic Low Fat Natural Yogurt and season with salt and pepper. Slice cherry tomatoes in half and toss with a little salt and pepper, crushed garlic and a drizzle of olive oil.
- Lay out the beef slices and spoon over the horseradish yogurt.
- Serve with tomato salad.



Pork & Fennel Salad
with Glenisk Organic Greek Style Natural Yogurt

Pork & Fennel Salad
with Glenisk Organic Greek Style Natural Yogurt



Shopping list



Ingredients

- 4 lean pork chops
- 10 grapes sliced
- 8 radishes thinly sliced
- 1/2 cucumber sliced thinly
- 1 tbsp fresh pomegranate seeds
- 10 walnuts chopped into quarters
- Small bunch of fennel fronds or dill
- Olive oil for roasting the garlic and frying the pork chops
- 1/2 lemon
- 1 head of garlic roasted
- 200g Glenisk Greek Style Organic Luxury Natural Yogurt
- 1 large fennel bulb, cut in half lengthwise, thinly sliced

ingredients	nutrition	total time	serves
12 count	400 calories	50 mins	4 servings

How to

- Preheat the oven to 200°C. Wrap the head of garlic in tin foil after drizzling with 1 tbsp of olive oil and a sprinkle of salt. Cook on a baking tray for 35 minutes until soft and squeezable.
- Meanwhile place fennel in a large bowl; squeeze 1/2 lemon and a pinch of salt over the top and toss, massaging with your hands to help soften the fennel.
- Heat a pan with some oil and add the pork chops, cooking on the first side for 3 minutes over a medium to high heat. Flip over and cook until the chops are golden brown on the other side (about 2 minutes – make sure no pink juices remain). Move to a plate and keep in a warm oven at low temperature.
- Remove the garlic pulp from its skin by squeezing it into a bowl. In a blender, combine the roasted garlic and Glenisk Greek Style Organic Luxury Natural yogurt. Spoon some of the garlic and yogurt dressing over the fennel and toss it so it coats the salad.
- Place the pork chops on a serving plate and add the dressed fennel. Toss with the other salad ingredient and garnish with fennel or dill fronds, pomegranate seeds and a drizzle of the remaining dressing



Rustic Pizza

with Glenisk 0% Fat Natural Strained Protein Yogurt

Rustic Pizza

with Glenisk 0% Fat Natural Strained Protein Yogurt



Shopping list



Ingredients

Base

- 200g of wholemeal flour
- 1 tsp baking powder
- Extra flour for dusting
- 250g of Glenisk Organic 0% Fat Strained Protein Natural Yogurt

Pizza sauce

- 250ml of passata
- 1 tsp of white or cider vinegar.
- 1 tsp of honey
- Dash of worcestershire sauce
- 1/2 tsp of basil
- 1/4 tsp of dried oregano
- 1 tsp of onion granules
- 1 clove of crushed garlic
- Salt and pepper to season

ingredients	nutrition	total time	serves
17	150	30	8
count	calories	mins	servings

Toppings

- Diced vine tomato
- 1 tbsp pesto
- 45g low fat grated mozzarella cheese
- 20g low fat buffalo mozzarella cheese

Tip

Place the ball of mozzarella cheese into the freezer for half an hour and you will be able to grate easily.

How to

- Preheat the oven to 200°C
- In a bowl, combine the flour, yogurt and baking powder and bring together to form a dough.
- Turn out onto a floured board to knead and roll.
- Knead for 5-8 minutes and roll into a pizza shape.
- Spoon on your pizza sauce and add toppings.
- Bake for 15 minutes and serve
- Serve with a green salad and season



Raw Slaw

with Glenisk Organic Bio Whole Natural Yogurt

Raw Slaw

with Glenisk Organic Bio Whole Natural Yogurt



Shopping list



ingredients

8

count

nutrition

145

calories

total time

5

mins

serves

6

servings

Ingredients

- 2 red apples, finely sliced
- 1 fennel bulb, finely sliced
- 1 raw beetroot, thinly sliced
- Seeds of 1/2 pomegranate
- 500g Glenisk Organic Bio Whole Natural Yogurt
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 lemon, juiced

How to

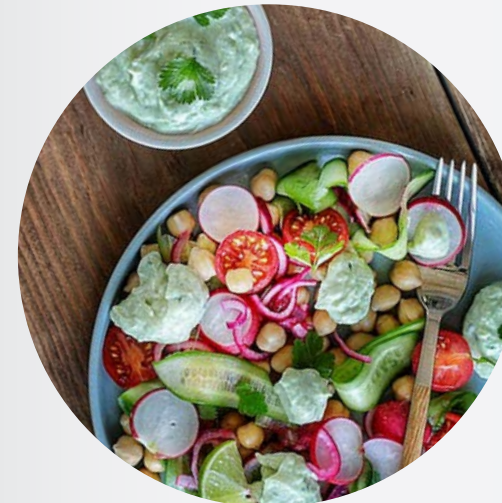
- Mix ingredients together in a mixing bowl.



Chickpea Salad with Mexican Avocado & Yogurt Sauce
with Glenisk 0% Fat Natural Strained Protein Yogurt

Chickpea Salad with Mexican Avocado & Yogurt Sauce

with Glenisk 0% Fat Natural Strained Protein Yogurt



Shopping list



Ingredients

- 1 ripe avocado
- 1-2 tins chickpeas in water
- 180g Glenisk Natural 0% Fat Strained Protein Yogurt
- 1 green chilli
- 1 tbsp cumin
- 1 lime
- 3 tbsp water
- 2 spring onions
- 1 small red onion
- 1/2 cucumber or 4 mini cucumbers
- 16 cherry tomatoes
- 6 radishes
- Small bunch of fresh coriander

ingredients

13
count

nutrition

119
calories

total time

30
mins

serves

4
servings

How to

- Chop the red onion into thin slices, squeeze half the lime over the top and put aside. Chop the cherry tomatoes into halves. Using a potato peeler shave slices of cucumber and the radishes. Add the cherry tomatoes, radishes and cucumber to a bowl. Strain and wash the chickpeas, pat dry with kitchen paper. Add the chickpeas to the salad bowl, mix gently and set aside.
- For the sauce, chop the spring onion. Half the avocado, remove the skin and stone and add the flesh to a blender. Chop the chilli in half, remove the seeds, add to the blender along with the Glenisk natural 0% fat strained protein yogurt, cumin, spring onion, remaining lime juice and water. Pulse the blender until you have a smooth mixture. Decant into a serving bowl.
- Arrange the salad equally to the serving plates, top with the red onion, dot teaspoons of the sauce over the salad and top with coriander leaves, serve immediately.



Sundried Tomato & Dill Potato Salad
with Glenisk 0% Fat Natural Strained Protein Yogurt

Sundried Tomato & Dill Potato Salad
with Glenisk 0% Fat Natural Strained Protein Yogurt



Shopping list



ingredients	nutrition	total time	serves
8 count	72 calories	25 mins	5 servings

Ingredients

- 250g baby potatoes
- 3 tbsp sun-dried tomatoes
- 1 tbsp capers
- 2 tbsp fresh dill
- 3 tbsp Glenisk Organic 0% Fat Strained Protein Natural Yogurt
- 1 tsp oil
- 1 tbsp lemon juice
- Salt & pepper

How to

- Boil or steam the baby potatoes until cooked through and allow to cool fully.
- Whisk the yogurt, oil and lemon juice together until smooth.
- Stir through the dill and chopped tomatoes and capers.
- Chop the cooled potatoes into quarters and stir through the mix until well combined.



Carrot & Sunflower Seed Salad
with Glenisk Organic Low Fat Natural Yogurt

Carrot & Sunflower Seed Salad

with Glenisk Organic Low Fat Natural Yogurt



Shopping list



ingredients	nutrition	total time	serves
8 count	171 calories	10 mins	6 servings

Ingredients

- 6 medium sized carrots grated
- 1 tbsp olive oil
- Juice 1 orange
- 1 tbsp hot chilli sauce
- 200g Glenisk organic Low Fat Natural Yogurt
- Salt and pepper
- 1 tbsp olive oil
- 100g sunflower seeds toasted on a dry pan

How to

- Grate carrots into a large bowl.
- Mix the olive oil, orange juice, chilli sauce, yogurt and salt & pepper in a jar and shake to make up dressing.
- Drizzle dressing over carrots and top with toasted seeds. Garnish with fresh herbs.



Beetroot, Feta & Rocket Salad
with Glenisk Organic Fat Free Natural Yogurt

Beetroot, Feta & Rocket Salad
with Glenisk Organic Fat Free Natural Yogurt



Shopping list



ingredients	nutrition	total time	serves
9 count	398 calories	10 mins	6 servings

Ingredients

- 50g of cooked beetroot, cubed
- ½ block feta cheese, 100g approx
- 1 bag of mixed leaves or rocket
- 50g pumpkin seeds, toasted on dry pan
- 25g flaked almonds, toasted on dry pan
- 50g Glenisk organic fat free natural yogurt
- 1 small clove garlic crushed
- 1 pinch of dried chilli flakes
- Wedge of lemon

How to

- Arrange the leaves in a large bowl.
- Crumble over feta and beetroot and sprinkle the toasted seeds & nuts over the top.
- Mix chilli and garlic into yogurt with a squeeze of lemon juice and drizzle oversalad.
- Serve immediately



Lemon & Raspberry Yogurt Bars
with Glenisk Organic Greek Style Natural Yogurt

Lemon & Raspberry Yogurt Bars

with Glenisk Organic Greek Style Natural Yogurt



Shopping list



ingredients	nutrition	total time	serves
9 count	507 calories	70 mins	8 servings

Ingredients

- 250g self-raising flour
- 50g ground almonds
- 225g caster sugar
- Zest of 1 lemon
- 200g butter
- 30g desiccated coconut
- 2 eggs
- 100g Glenisk Organic Greek Style Natural Yogurt
- 100g raspberries – fresh or frozen

How to

- Mix flour, almonds, sugar, lemon, butter together until crumbly.
- Remove 100g of the mixture and add coconut to this.
- Add eggs and Glenisk Organic Greek Style Natural Yogurt to remaining mixture.
- Spread wet mixture onto base of a lined 30cmx20cm approx. tin
- Sprinkle one punnet of fresh raspberries or frozen raspberries over the mixture
- Sprinkle with the coconut crumble
- Bake at 160oc for 45-55 minutes until golden and firm
- Allow to cool in the tin and cut into bars



Pavlova with Summer Berries
with Glenisk Organic Crème Fraîche

Pavlova with Summer Berries

with Glenisk Organic Crème Fraîche



Shopping list



ingredients	nutrition	total time	serves
10 count	230 calories	70 mins	8 servings

Ingredients

- 6 egg whites
- 300g caster sugar
- 1 tsp cornflour
- 1tsp vinegar
- 100g Glenisk Organic 0% Fat Strained Protein Natural Yogurt
- 100g Glenisk Organic Crème Fraîche
- 20g icing sugar
- Zest of 1/2 orange
- 450g mixed berries
- 1 passion fruit

How to

- Whisk egg whites until stiff. Add sugar gradually and whisk thoroughly until shiny and firm. Sprinkle in the cornflour and vinegar, and fold in gently with a spoon.
- Line a baking sheet with parchment paper spread with meringue in any shape you like.
- Bake at 180oc for one hour.
- Allow to cool in the turned-off oven to prevent cracking.
- Mix yogurt and crème fraiche and stir in icing sugar and orange zest.
- Spread over cooled pavlova and decorate with berries and passion fruit.



Yogurt Bark

with Glenisk Organic Strawberry Baby Yogurt

Yogurt Bark

with Glenisk Organic Strawberry Baby Yogurt

Shopping list



ingredients	nutrition	total time	serves
4 count	49 calories	90 mins	10 servings

Ingredients

- 450g Glenisk Organic Strawberry Baby Yogurt (or baby's favourite Glenisk flavour)
- 10 strawberries, washed and chopped
- 20 blueberries, washed and chopped
- 50g nut-free granola

How to

- Line a baking tray (be sure the tray fits in your freezer) with foil and pour the yogurt into the tray.
- Spread the yogurt evenly and sprinkle the fruit and granola across the top.
- Place the tray in the freezer for a minimum of 90 minutes or until frozen.
- When ready to eat, remove from the freezer and use a sharp knife to cut into pieces.
- Store any leftover bark in cooler bags in the freezer.

Note: Any Glenisk yogurt can be used for this recipe.



Orange Yogurt Cake
with Glenisk 0% Fat Natural Strained Protein Yogurt

Orange Yogurt Cake
with Glenisk 0% Fat Natural Strained Protein Yogurt



Ingredients

- 400g self raising flour
- 180g caster sugar
- 200ml of rapeseed oil
- 1 tsp of lemon extract
- 1 tbsp of orange extract
- 1 tsp of vanilla extract
- Rind of 1 orange
- Rind of 1 lemon
- 2 eggs
- 150g Glenisk Organic 0% Fat Strained Protein Natural Yogurt.

Yogurt icing:

- 100g icing sugar
- 450g Glenisk Organic 0% Fat Strained Protein Vanilla Yogurt.
- 1 tsp of orange extract
- 1 tsp of orange zest
- 1 tsp of lemon zest

How to

- Preheat the oven to 180oc/300°F/ Gas Mark 2.
- Grease and line 2 8" round tins with baking paper.
- Put the flour, sugar, oil, lemon extract, orange extract and vanilla extract into a bowl and mix.
- Sprinkle in the lemon and orange rind.
- Fold in the yogurt and 2 eggs and beat well.
- Transfer to the prepared tins and smooth out the top.
- Bake in the oven for about 25 minutes, until risen and golden brown.
- Remove from oven and leave in cake tins for about 10 minutes to cool.
- Turn onto a wire tray to cool.
- When completely cool, mix together the icing ingredients until smooth.
- Use half the icing to sandwich the 2 cakes.
- Drizzle the remaining icing over cake and serve.

Shopping list



ingredients	nutrition	total time	serves
11 count	391 calories	35 mins	12 servings



Unicorn Popsicles

with Glenisk Organic Greek Style Salted Caramel Yogurt

Unicorn Popsicles

with Glenisk Organic Greek Style Salted Caramel Yogurt



Shopping list



ingredients

4

count

nutrition

68

calories

total time

245

mins

serves

4

servings

Ingredients

- 50g Glenisk organic greek style blueberry yogurt
- 50g Glenisk organic greek style salted caramel yogurt
- 50g Glenisk organic greek style vanilla yogurt
- 50g Glenisk organic greek style coconut & vanilla yogurt

How to

- Spoon layers of each yogurt flavour into popsicle moulds until full.
If you don't have popsicle moulds you can use small Glenisk yogurt cartons.
- Freeze the popsicles for at least four hours.

