



vegan
RECIPE PLAN

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This 100% vegan food plan has been designed for those who would like to nourish their body by eating a wide diversity of plant-based foods. It is suitable for both committed vegans and those who would like to experiment with not eating meat, fish, dairy or eggs. You will find colourful plates of delicious tasty foods, including influences from Asia, the Mediterranean and the Middle-East.

THE RECIPES IN THIS PLAN HAVE BEEN DESIGNED TO MEET THE FOLLOWING GUIDELINES:

Good quality fats anti-oxidant rich e.g. avocado, nuts and seeds

Blood sugar balancing high nutrient density

Anti-inflammatory

Varied source of plant-based protein

6 KEY GUIDELINES

1. Become familiar with the different sources of plant-protein (legumes, tofu, green leafy veg, quinoa, hemp, buckwheat, protein powders etc).
2. Source the best quality ingredients that you can e.g. organic
3. All meals can be mixed and matched across the day, and leftovers at dinner can make the easiest and tastiest breakfast or lunch.
4. If new to plant-based dishes, start slowly and choose the meals you find appetising. Build your repertoire slowly.
5. Plan ahead to ensure you have the ingredients you need.
6. Have fun! Experiment and keep a note of the dishes you really enjoy so they can become family favourites

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Breakfast



GRANOLA

Serves 12

INGREDIENTS

200g uncooked quinoa

200g rolled oats

50g pumpkin seeds

50g sunflower seeds

50g hemp/ flaxseed

50g desiccated coconut

1-2 tsp ground cinnamon (to your taste)

4 tsp maple syrup

60g coconut oil, melted

To serve: berries and good quality coconut yoghurt

METHOD

Preheat the oven to 170C and line two baking trays with baking paper. Place all of the dry ingredients into a large bowl and mix well. Add the maple syrup to the melted coconut oil and stir. Add to the dry ingredients and mix well to combine.

Spread the mixture out in even layers over the two baking trays and bake for 20-25 minutes, stirring halfway through. The mixture should be golden and crispy. Remove from the oven and allow to cool completely before storing in an airtight container for up to 2 weeks. To serve, add roughly 50g to a bowl with 2 tbsp yoghurt and top with your favourite berries.

Breakfast



OVERNIGHT OATS

Serves 1

Oats are such a versatile food and can help you to feel fuller for longer as they provide slow releasing carbohydrate. You can mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least a portion of fruit to set you up for the day.

Choose an item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight, and it's ready for you first thing in the morning!

BASE (40G)

oats | quinoa flakes | buckwheat flakes

LIQUID (150ML UNSWEETENED)

almond milk | hemp milk | coconut milk

PROTEIN

1tbsp protein powder | 1 tbsp almond butter | 20g chopped nuts

SEEDS (1 TBSP)

sesame seeds | flaxseeds | pumpkin seeds | sunflower seeds

SPICES

½ tsp ground cinnamon | ½ tsp ground ginger (optional)

TOPPINGS

1 handful frozen/fresh berries
1 chopped apple/pear/peach/nectarine
2 chopped plums/apricots

Breakfast

PEAR PIMPING PORRIDGE

Soaking the oats in the milk and cinnamon overnight before cooking can improve the absorption of key nutrients.

Serves 1

INGREDIENTS

50g rolled oats (soak over night - optional)

250ml non-dairy milk

½ tsp ground cinnamon

½ tsp vanilla extract

1 ripe pear, cored

10g pistachios, shelled

40g pomegranate seeds

1 tbsp pumpkin/sesame/sunflower seeds

METHOD

Heat the oats, milk, cinnamon and vanilla extract on a medium heat. Place in the fridge overnight and continue the next day. Grate the pear into the oats and mix well. Cook for 5-6 minutes until the oats are cooked through. Crush the pistachios with the end of a rolling pin or using a pestle and mortar. Spoon the porridge into a bowl and top with the pistachios, pomegranate and chosen seeds.



Breakfast

OAT & BANANA PANCAKES

Serves 3 (6 pancakes)

INGREDIENTS

2 tbsp ground flaxseed

1 medium banana

100g oats, blitzed to flour

50g buckwheat flour

Approx. 250ml Coconut milk

(you could use any plant based milk you like)

Coconut oil for frying

METHOD

Create 'flaxseed eggs' by placing 2 tbsp ground flaxseed into a small bowl. Add 6 tbsp water and mix until combined. Leave to set for 10 minutes, the mixture will thicken. Mash the banana in a large bowl. Add the oat and buckwheat flour and mix together. Add the flaxseed egg mixture and combine. Add the milk, a little at a time and mix to combine. The batter should be slightly runny. Heat a little coconut oil in a small frying pan over a medium-high heat, and, using a ladle, place a spoonful of batter into the frying pan. Fry for approximately 1 minute until bubbles appear on the top. Flip over and fry again for a further 30-60 seconds until golden and cooked.

Serve with your favourite nut butter and berries.



Breakfast

BREAKFAST SMOOTHIE

Serves 1

INGREDIENTS

250ml almond or coconut milk
(any non-dairy milk will do)

30g rolled oats

1 Medjool date

1 tbsp chia seeds

1 tbsp almond butter

¼-½ tsp ground cinnamon, to taste

¼ tsp pure vanilla extract

4 ice cubes

METHOD

Add the oats to the blender and give them a quick blitz to create a flour. Add the rest of the ingredients to the blender and blend until smooth.





SCRAMBLED TOFU & AVOCADO

Serves 3

INGREDIENTS

400g firm tofu, drained
1 tbsp extra virgin olive oil
pinch turmeric
6 mushrooms, thinly sliced
2 garlic cloves, crushed
1 tbsp miso paste
200ml vegetable stock
150g spinach
1 ½ avocados
2 spring onions
Sea salt and pepper

METHOD

Tightly wrap the tofu in a clean tea towel. Over the sink, squeeze the tofu tightly to extract as much of the water as possible. Unwrap and crumble into a bowl. Heat the oil in a large frying pan over a medium heat. Add the tofu and stir fry for 4-5 minutes until golden. You can add a pinch of turmeric for colour. Add the mushrooms and garlic and fry for another minute until aromatic.

Combine the miso paste and stock and add to the pan to cook for a further 3-5 minutes along with the spinach until the stock has reduced, the spinach has wilted, and you are left with soft scrambled tofu. Season to taste and divide between two plates. Serve with ½ avocado and a sprinkling of spring onions per person.

Breakfast

GRAPEFRUIT & AVOCADO SALAD

Serves 2

INGREDIENTS

100g baby spinach

1 ruby red grapefruit, peeled and segmented

1 ripe avocado, destoned and sliced/ diced

80g pomegranate

50g cashew pieces

Fresh basil, finely chopped (to serve)

Sea salt

½ lime, juiced

Olive oil, for drizzlin

METHOD

Arrange the baby spinach, grapefruit segments and avocado over two plates. Sprinkle over the pomegranate, cashew pieces and a little finely chopped basil.

When ready to serve, sprinkle with sea salt, lime juice and a drizzle of olive oil.



VEGGIE BEAN TOPPED MUSHROOMS

Serves 2

INGREDIENTS

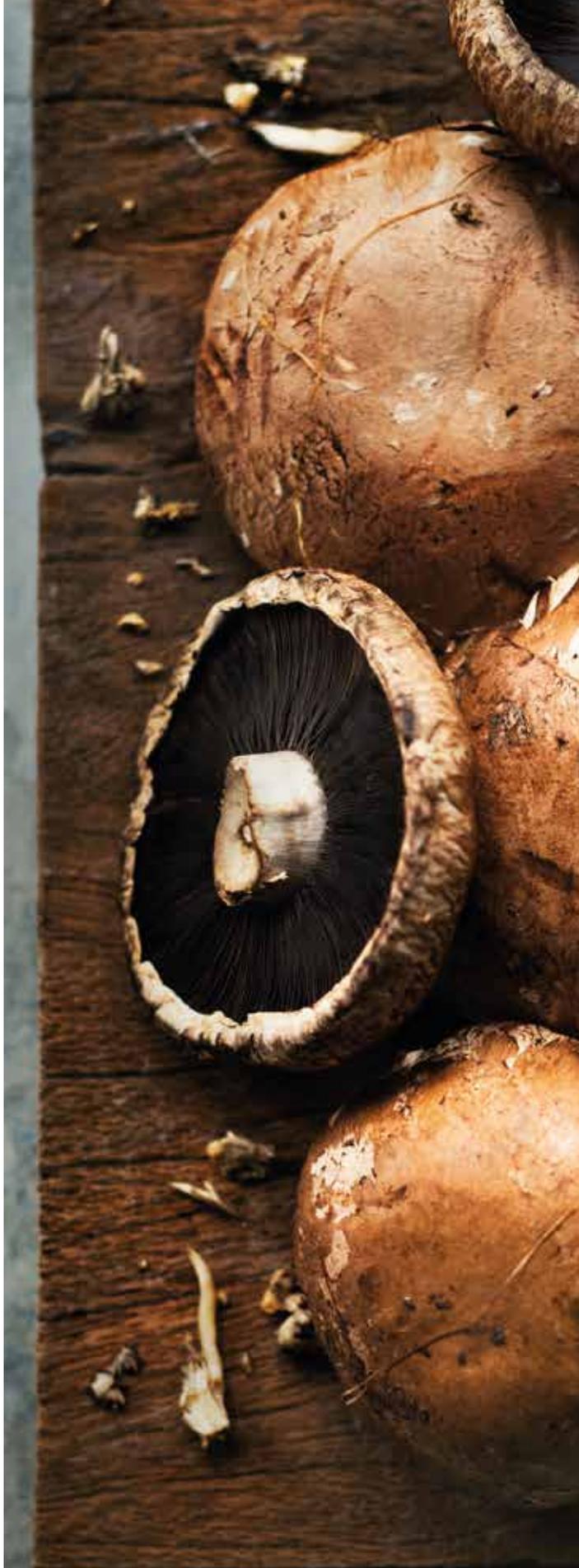
- 2 tsp coconut oil
- 2 spring onions, finely sliced
- ½ red/orange pepper, diced
- 10 baby plum/cherry tomatoes, quartered
- Good pinch of cinnamon (add more to taste)
- Good pinch of cayenne pepper (add more to taste)
- Salt (or seaweed seasoning) and pepper
- 400g tin cannellini beans, rinsed and drained
- 2 tbsp tomato puree
- 4 large Portobello mushrooms
- 1 tsp dried thyme
- 100g baby spinach
- 1 tbsp balsamic vinegar (optional)

METHOD

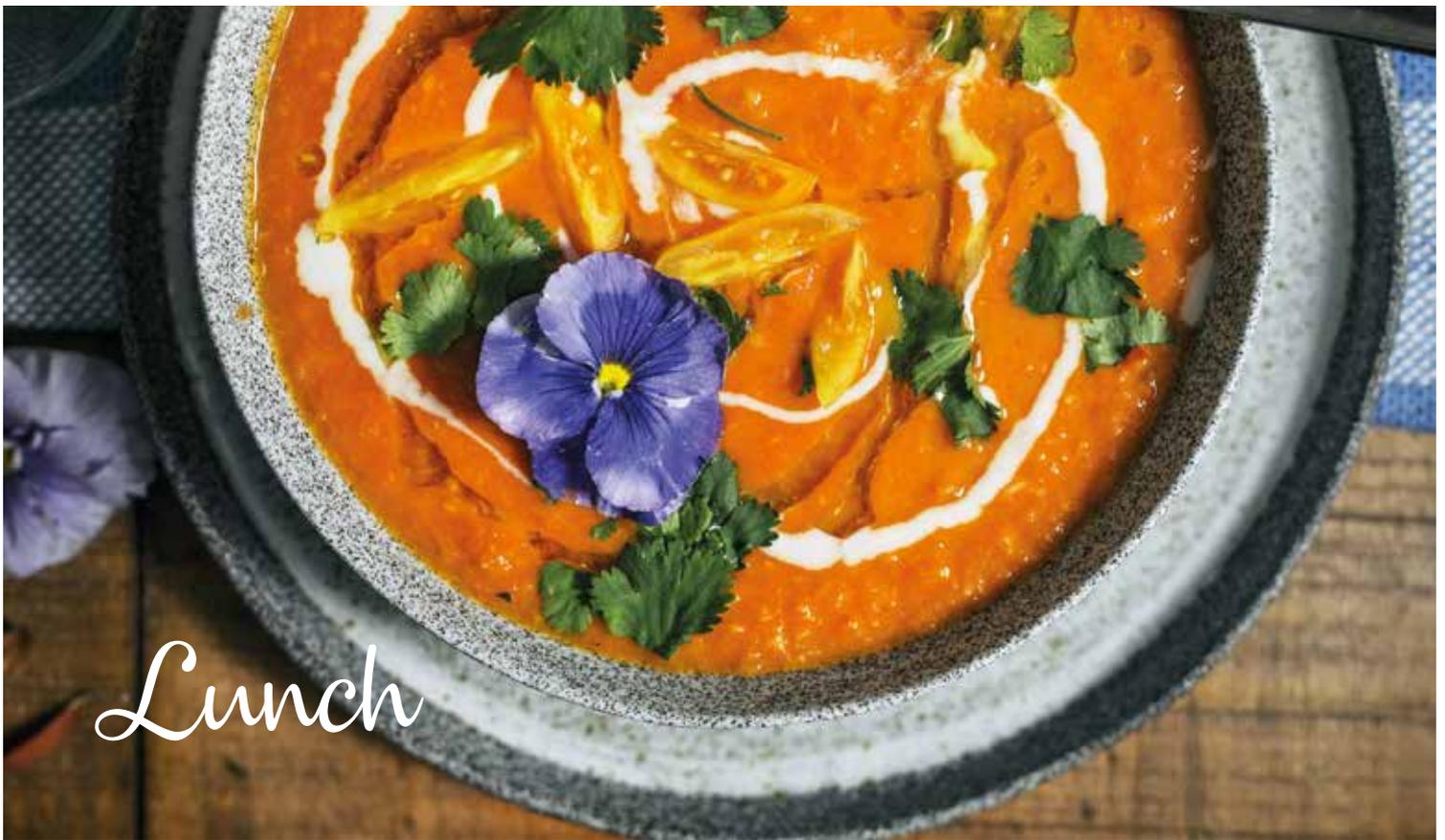
Heat 1 tsp coconut oil in a pan and sauté the spring onions, pepper and tomatoes for 5 minutes until softened. Stir in the cinnamon and cayenne pepper and season well. Cook for 1 minute. Tip the cannellini beans into the pan, add the tomato puree and 75ml of water. Cover and simmer over a low heat for 5 minutes.

Preheat the grill. Put the mushrooms on a baking sheet with the stalks facing upwards. Melt the remaining coconut oil and mix with the thyme. Brush this mix all over the mushrooms and grill for 5 minutes. Stir the spinach into the pan with the beans and cook until just wilted. Divide the mushrooms between 2 plates and spoon the beans evenly over the top.

Serve with a drizzle of balsamic vinegar.



Breakfast



Lunch

TOMATO GAZPACHO

This soup takes 5 minutes to make and tastes delicious cold. However, if you want to warm it up on a cold day, it tastes just as good. Serve with two seeded crackers (p 38) to increase the protein content of this meal.

Serves 2

INGREDIENTS

1 tbsp olive oil
4 spring onions, finely chopped
2 garlic cloves, crushed
1 tbsp ginger, freshly grated
1 tsp cumin
1 tsp smoked paprika
2 tbsp almond butter
400g tin chopped tomatoes
400g tin coconut milk
2 tbsp tomato puree
Salt and pepper
Fresh herbs and seeds to serve

METHOD

Place all the ingredients into the blender with a big pinch of salt and pepper and blend until smooth. Taste and add more seasoning if required. Serve cold in bowls topped with fresh herbs (basil and coriander are delicious) and seeds (pumpkin/ sesame/ flax).

SPICY POWERHOUSE SOUP

Serves 4

INGREDIENTS

2 tbsp olive oil
1 large red or white onion, diced
1 red chilli, diced
5 garlic cloves, minced
5cm fresh root ginger, grated
1 large sweet potato, skins left on, diced
1 punnet shiitake mushrooms (approx. 150g), sliced
200g dry red lentils, rinsed and drained
50g goji berries
1200ml vegetable stock (homemade or using 2 stock cubes)

METHOD

Heat the oil in a large saucepan and gently cook the onion, chilli, garlic and ginger over a medium-high heat for about 5 minutes until the onion softens. Add the sweet potato, mushrooms and lentils to the pan alongside the goji berries. Stir well.

Add the vegetable stock to the pan, ensuring all ingredients are covered. Simmer well for 20 minutes until both the potato and lentils are soft. In batches, carefully blend the soup before serving, adding a little extra water if required to create the desired thickness.





EVERYDAY VEGETABLE & LENTIL SOUP

Serves 4

INGREDIENTS

2 tbsp coconut oil
4 cloves garlic, minced
2 shallots, diced
4 celery stalks, sliced
4 large carrots, sliced
2 litres vegetable stock
(homemade or using 2 stock cubes)
4 sprigs rosemary or thyme
200g uncooked green lentils,
- rinsed and drained
160g kale, sliced
Black pepper
Fresh parsley, to serve (optional)

METHOD

Heat the oil in a large saucepan over a medium heat. Once hot, add the garlic, shallots, celery and carrots. Sauté for 4-5 minutes until slightly tender and golden brown.

Add the vegetable stock and rosemary/thyme to the saucepan, increasing the heat to a medium-high. Add the lentils, stir and reduce the heat to a simmer. Cook the lentils uncovered for 20-25 minutes until soft and tender. Remove the rosemary/thyme stalks before adding the kale. Stir and cook for 3-4 minutes until the kale wilts. Add a little black pepper or more fresh herbs to taste. Serve scattered with fresh parsley (optional).

CHICKPEA TUNA

Serves 2-3

INGREDIENTS

400g tin chickpeas, rinsed and drained

1 tbsp nori flakes

2 tbsp tahini

2 tbsp vegan mayonnaise

2 tbsp lemon juice

12-15 black olives

METHOD

Using a fork, mash the chickpeas in a bowl. Add the nori flakes to the mashed chickpeas alongside the tahini, mayonnaise and lemon juice. Give the mixture a good stir until well combined. Finely slice the olives and add to the mix.

Serve with a large green salad, some sliced spring onion and a slice of Sourdough toast/wholemeal wrap (optional) or as part of a Buddha Bowl (p16).



BUDDHA BOWL

The amounts suggested are per portion. However, it is recommended to make a few at the same time, store in jars in the fridge, and lunch is prepared for the next few days.

PICK A PROTEIN: (100g)

Chickpea | tuna (p15) | hummus | chickpeas
| edamame beans | falafel | marinated/plain tofu |
mixed beans

PICK A GREEN LEAFY VEGETABLE

(large handful) Rocket | watercress | spinach |
romaine | mixed leaves | kale

PICK YOUR VEGETABLES (80g minimum)

Onion | cucumber | pepper | tomato | cooked/raw
broccoli | radish | celery | roasted/raw cauliflower

PICK A CARBOHYDRATE:

Roasted sweet potato (½ small) | roasted butternut
squash (75g) | Roasted carrot/parsnip (1 medium)
| Roasted beetroot (1 medium) | 75g cooked
quinoa

PICK A HEALTHY FAT:

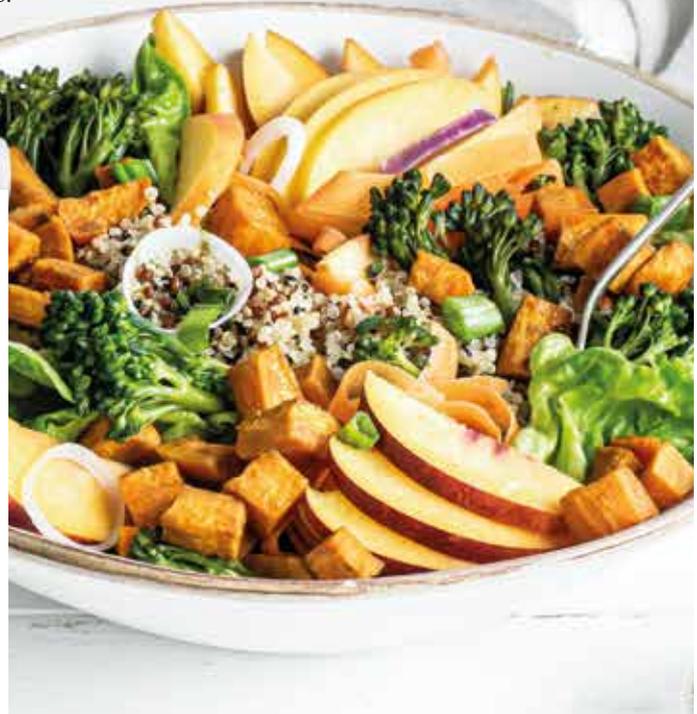
10 olives | ½ avocado

FERMENTED VEGETABLES (1tbsp):

Sauerkraut | other fermented vegetables, e.g.
beets/carrots/purple cabbage

Optional extras (1 tbsp):

Mixed seeds | microgreens, e.g. alfalfa sprouts
| fresh fruit, e.g. pomegranate/blueberries



DRESSING SUGGESTION

Serves 2

INGREDIENTS

1 tbsp miso paste
1 tbsp ginger, grated
1 clove garlic, minced
2 tbsp sesame oil
½ tsp maple syrup (optional)
1 tbsp water

Simply layer all of the ingredients into a bowl or jar. To make the dressing, mix all the ingredients together in a small bowl. Pour into a glass jar for storage and add to your Buddha bowl just before serving.

Your Buddha bowl can be equally delicious served with a dressing of extra virgin olive oil and balsamic vinegar or simply a big squeeze of fresh lemon or lime juice.

QUINOA FALAFEL BURGERS WITH COLESLAW

Serves 5-6

For the Falafel:

2 x 400g tins chickpeas
- rinsed and drained
1 tbsp harissa paste
8-10 sprigs coriander, chopped
2 garlic cloves, diced
150g quinoa, cooked
1 lemon, zested
2 tbsp lemon juice
4 tbsp olive oil
coconut oil for frying

For the coleslaw:

1/2 sweetheart or white cabbage, shredded
2 large carrots, shredded
2 apples, shredded
coconut yoghurt/vegan mayonnaise to mix

To Serve:

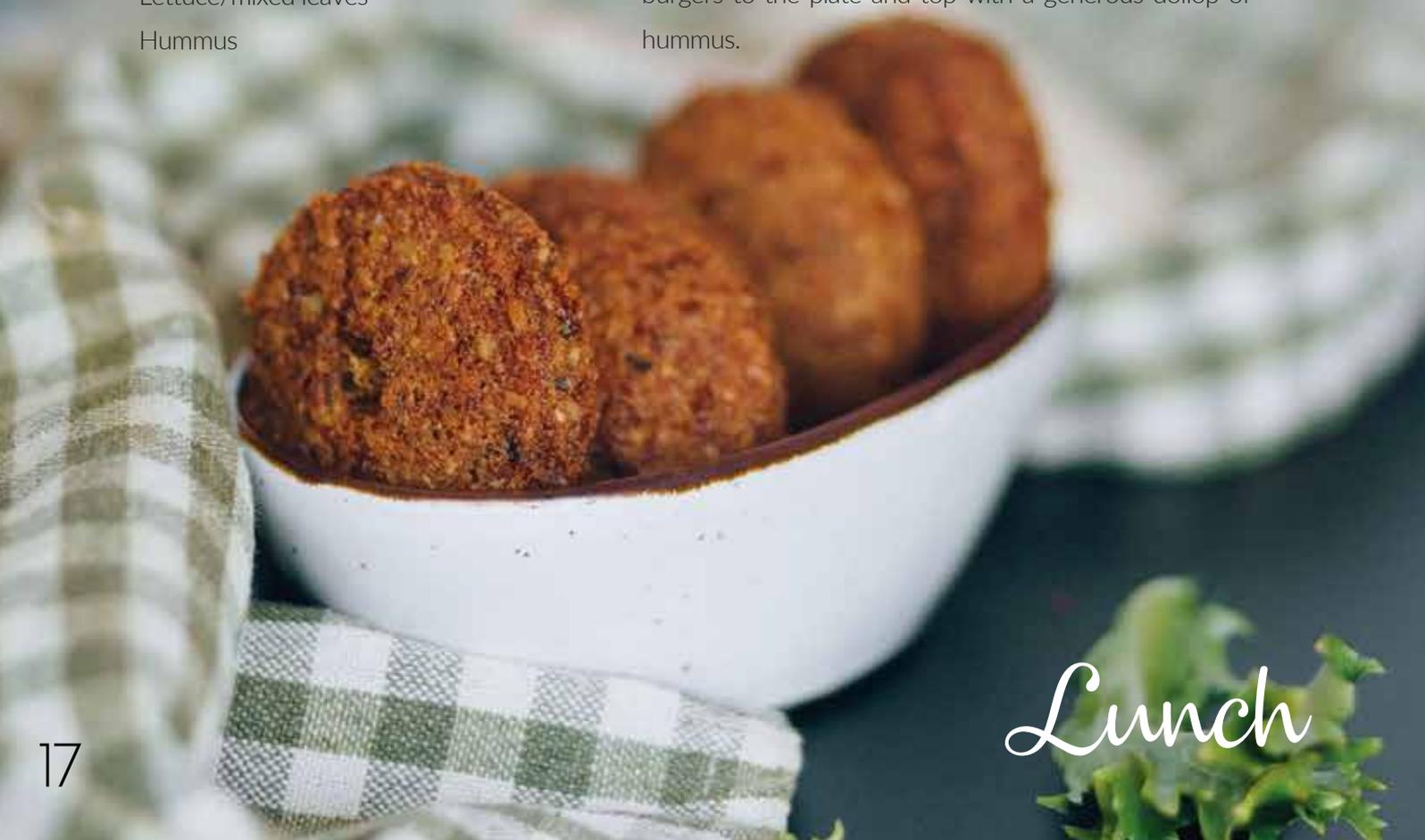
Lettuce/mixed leaves
Hummus

METHOD

In a food processor, blend the chickpeas, harissa paste, coriander and garlic together until almost smooth.

Place the mixture into a large mixing bowl and add the quinoa, lemon zest, lemon juice and olive oil. Mix well to combine. Form into 10-12 patties. Preheat the oven to 180C.

In a frying pan, heat 1 tsp coconut oil over a medium-high heat. In batches, fry the falafel patties on each side until brown and crusty- about 2 minutes each side. Place the patties onto a baking tray and place in the oven whilst frying the rest. To make the coleslaw, shred the cabbage, carrots and apples using a grater. Add to a large bowl and starting with 2 tbsp of yoghurt/mayonnaise, mix to combine. Add more if required. To serve, add a large helping of coleslaw, lettuce/mixed leaves and two falafel burgers to the plate and top with a generous dollop of hummus.



Lunch

MOROCCAN INSPIRED QUINOA

Serves 2

INGREDIENTS

- 1 tbsp coconut/olive oil
- 1 medium onion, finely diced
- 2 garlic cloves, minced
- ½ tsp ground cinnamon
- 1 tsp ground cumin
- ¼ tsp ground nutmeg
- ½ tsp seaweed seasoning
- 100g uncooked quinoa
- 40g dried apricots, finely sliced
- 1 lemon, juiced
- 40g cashews, roughly chopped
- 1 avocado, stoned and sliced
- 80g pomegranate
- 1 tbsp extra virgin olive oil to dress

METHOD

Heat the oil in a large saucepan over a medium-high heat and add the onion. Sauté for 3 minutes, then add the garlic and cook for a further minute. Add the cinnamon, cumin, nutmeg and seaweed seasoning and stir well.

Rinse the quinoa and add to the pan alongside the apricots, stirring them through before adding 250ml boiling water. Cook for 12-15 minutes on a low heat with the lid on until cooked through, giving it a stir once or twice to prevent it from sticking.

Allow the quinoa to cool slightly before adding the lemon juice and cashews and stirring them through. To serve, divide between 2 bowls topped with sliced avocado, pomegranate seeds and a drizzle of olive oil.



Lunch

BEAN & ARTICHOKE SALAD

Serves 2

INGREDIENTS

- 1 tbsp coconut oil
- 1 red onion, finely diced
- 2 garlic cloves, minced
- 250g cherry tomatoes, quartered
- 1 tin mixed beans, rinsed and drained
- 2 tbsp tomato puree
- 6 marinated artichoke hearts (jar or deli)
- 2 tbsp black pitted olives, sliced
- Handful fresh basil, chopped, to serve

METHOD

Heat the oil in a frying pan over a medium-high heat and sweat the onion and garlic for 5 minutes until translucent. Add the tomatoes and cook for 4-5 minutes until they disintegrate.

Add the beans to the pan with the tomato puree, artichoke hearts and olives. Reduce the heat and simmer for 5 minutes or until thick and rich. Scatter with fresh basil and serve with a side of salad greens (if eaten cold) or steamed green vegetables (for a warmer lunch).

Lunch

LUNCHBOX PASTA

Serves 3

INGREDIENTS

- 1 large broccoli (approx. 300g), cut into small florets
- 100g pitted black olives
- 75g sundried tomatoes
- 75g artichoke hearts
- 1 tbsp oil from the sundried tomatoes
- 60g pine nuts
- 250g green pea pasta
- 1.5 lemons, zest and juice
- 30g fresh basil, roughly chopped
- 2 tbsp olive oil
- 1 tbsp nori flakes
- Black pepper, ground

METHOD

Preheat the oven to 180C. In a large ovenproof dish, mix the broccoli florets, olives, sundried tomatoes, artichoke hearts and oil from the tomatoes. Roast in the oven for 15 minutes. In a small frying pan, add the pine nuts and, over a medium-high heat, toast them, tossing them regularly to prevent them from burning. When the broccoli mix is ready, add the pine nuts and return to the oven for 10-15 minutes until the broccoli is nicely charred and cooked through. Add the green pea pasta to a saucepan and cover with boiling water. Cook for 7-8 minutes, or according to the packet instructions, until just al dente. Drain the pasta, reserving 2 tbsp of the cooking water. Remove the broccoli mix from the oven and combine immediately with the pasta, lemon zest and juice, fresh basil, olive oil and reserved pasta water. Serve sprinkled with the nori seaweed flakes and black pepper.

WARMING BRAISED CHICKPEAS WITH CAVOLO NERO

This is a dish to make on a day off, providing you with several warm lunches for during the week.

Serves 4

INGREDIENTS

- 2 tbsp coconut/ olive oil
- 2 small shallots, diced
- 1 small leek, finely sliced
- 6 garlic cloves, minced
- 1 tsp dried chilli flakes
- 3 sprigs fresh rosemary, leaves only, finely chopped
- 2 x 400g chickpeas, rinsed and drained
- 400g tin chopped tomatoes
- 500ml vegetable stock
- 1 tsp seaweed seasoning
- Black pepper
- 200g cavolo nero, stalks removed and roughly chopped
- Chilli flakes, to serve
- Olive oil, to drizzle
- 2 avocados, sliced

METHOD

Add the oil to a large pan and set over a medium heat. Add the shallots, leek, garlic, chilli flakes and rosemary and sauté gently for 5-6 minutes until the shallots and leeks are soft. Stir frequently and reduce the heat if the garlic is starting to catch. Add the chickpeas, chopped tomatoes and vegetable stock and bring to the boil. Reduce the heat and simmer for 15 minutes. Season with seaweed and black pepper. Add the cavolo nero and simmer for a further 15 minutes. Taste and adjust the seasoning to suit. Serve in a bowl with a scattering of chilli flakes, a drizzle of olive oil and half an avocado. On hungrier days, serve with a portion of steamed tenderstem broccoli and a small portion of quinoa.





Dinner

MIXED BEAN CHILLI

Serves 4-5

INGREDIENTS

1 tbsp coconut oil
1 large red onion, diced
4 garlic cloves, minced
1 red/green pepper, diced
1 courgette, diced
300g butternut squash, cubed
2 tsp mild chilli powder
1 tsp cumin
400g kidney beans
400g black/cannellini beans
2 tins chopped tomatoes
Coriander to serve

METHOD

Heat the oil in a large saucepan over a medium heat and sauté the onion, garlic, pepper and courgette. Once softened, add the butternut squash, chilli powder and cumin, and mix to ensure the spices well coat the vegetables. Rinse the beans well to remove any 'suds'.

Add the tins of chopped tomatoes and the mixed beans to the saucepan and allow to cook over a medium heat for 25-30 minutes until the butternut squash has softened and the flavours have developed. Serve with scattered coriander and a side of steamed broccoli. If extra hungry, serve with a portion of quinoa (P 32)

FAMILY TOFU CURRY

Serves 4

INGREDIENTS

2 tbsp coconut/olive oil
4 cloves garlic, minced
2-3cm ginger, peeled and grated
1 large onion, diced
400g organic tofu
1 tbsp garam masala
400g tin tomatoes
1 vegetable stock cube
1 red pepper, diced
1 courgette, diced
1 ripe banana, mashed
8 frozen spinach balls
3 tbsp coconut yoghurt
4 dried apricots, diced
Coriander/ flaked almonds/ chilli to serve

METHOD

Heat the oil in a large pan over a medium-high heat. Add the garlic, ginger and onion and cook for approximately 5 minutes until softened and slightly browned. Remove the tofu from its packaging and drain. Between two boards or plates, press the tofu firmly (but not so much that it loses its shape) to drain more water from it. Do this for a minute or two to remove as much water as possible without crumbling the tofu. Cut the tofu into 2cm chunks and add them to the pan with the onion mix. Mix well. Add the garam masala and, again, mix well to ensure the tofu absorbs the flavours. Add the tomatoes, 150ml water, stock cube, pepper and courgette and simmer on a low heat for 15 minutes. Add the mashed banana, spinach balls and coconut yoghurt and simmer for a further 5 minutes, until the spinach has softened and cooked. Add the dried apricots to the pan just before serving. Serve with a side of steamed cabbage and broccoli or alongside a small portion of quinoa or brown rice. Top with fresh coriander, flaked almonds and slices of fresh chilli

(optional).



Dinner

Dinner

TOFU MASALA

Serves 3

INGREDIENTS

4 tbsp extra virgin olive oil	1 tsp ground cumin
400g firm tofu, - drained and cut into bite sized pieces	1 tsp smoked paprika
1 tbsp garam masala	2 tbsp tomato puree
1 tsp turmeric	400g tin chopped tomatoes
1 tsp sea salt	2 peppers, any colour, roughly diced
½ tsp black pepper	150ml coconut yoghurt
1 large onion, finely chopped	1 tbsp lemon juice
6 garlic cloves, crushed	100g spinach
4 cm fresh ginger, finely chopped	Coriander, to serve
	Quinoa, brown basmati rice or cauliflower rice, to serve

METHOD

Put half the oil into a large saucepan and set over a medium heat. Add the tofu, half the garam masala and half the turmeric, the salt and pepper. Toss everything together and fry for 5 minutes until golden and fragrant. Place in a bowl and return the pan to the heat.

Add the remaining oil and the onions to the pan and fry for 5-6 minutes until soft. Add the garlic and ginger, and on a lower heat, fry for a further 5 minutes until fragrant.

Add the remaining garam masala, turmeric, cumin and smoked paprika and combine. Add the tomato puree, chopped tomatoes and peppers to the pan and bring to the boil.

Reduce the heat and simmer for 10 minutes, until the peppers soften.

Stir in the yoghurt, lemon juice and spinach and cook until the spinach wilts. Stir the tofu back into the sauce and warm through. Serve with coriander and a small portion of quinoa, brown basmati rice or unlimited cauliflower rice (p33).

COCONUT CHICKPEA CURRY

Serves 4

INGREDIENTS

- 1 tbsp coconut oil
- 1 large red onion, thinly sliced
- 5 garlic cloves, minced
- 1 inch fresh ginger, grated
- 1 tbsp garam masala
- ¼ tsp ground turmeric
- ¼ tsp cayenne pepper
- ¼ tsp seaweed seasoning
- 400g tin chopped tomatoes
- 400g tin coconut milk
- 2 x 400g tins chickpeas, rinsed and drained
- 2 tbsp freshly squeezed lime juice
- Coriander, chopped, to serve

METHOD

Add the coconut oil to a large pan and set over a medium-high heat. Add the red onion and cook, stirring frequently, until the onion is softened and starting to brown.

Reduce the heat to a medium setting and add the garlic and ginger. Stir and cook for 1 minute or until fragrant. Add the garam masala, turmeric, cayenne pepper and seaweed seasoning. Cook for 30 seconds to toast the spices. Add the chopped tomatoes to the pan and stir well. Add the coconut milk and chickpeas. Bring to the boil, then reduce the heat to a simmer. Simmer the curry for approximately 10 minutes or until reduced slightly. Stir in the fresh lime juice. Serve with a side of steamed green vegetables and garnish with a good helping of coriander.





VEGETABLE STIR FRY

Serves 2-3

INGREDIENTS

1.5 tbsp coconut/olive oil
1 medium onion, sliced
4 cloves garlic, minced
Thumb of ginger, peeled and grated
2 peppers, sliced
1 medium courgette/carrot, julienned
80g broccoli, cut into small florets
80g mangetout, sliced in half lengthways
300g frozen soya beans (edamame)
2 tbsp tamari
150g buckwheat noodles
- boiled and drained
Sesame seeds, coriander and sesame oil to serve

METHOD

Heat the oil in a large saucepan or wok over a medium heat. Add the onion, garlic and ginger and allow to cook for 2-3 minutes until fragrant. Add the peppers, courgette/carrot, broccoli and mangetout and cook for a further 4-5 minutes until softened.

Meanwhile, add the soya beans to a small pan of boiling water and cook for 5-6 minutes until tender. Drain and add them to the stir fried vegetables along with the tamari. Serve the stir-fry on a bed of buckwheat noodles and scatter with sesame seeds, chopped coriander and a drizzle of sesame oil.

PISTACHIO BURGERS

Serves 2-3

INGREDIENTS

250g pistachio nuts, unshelled
1 tin of cannellini beans or chickpeas, rinsed and drained
1 carrot, grated
1 bunch coriander (approx. 30g),
- roughly chopped (stalks and all)
25g buckwheat or spelt flour
1 tbsp garam masala
1 medium banana, mashed
½ lemon, zested
Sea salt and pepper
Coconut oil/ olive oil for frying

METHOD

Shell the pistachios and place in a food bag. Holding the bag closed securely on the worktop, use a rolling pin to bash the nuts to break them up. Place the cannellini beans in a large bowl and mash them, using the back of a fork.

Add the grated carrot, coriander, flour, garam masala, mashed banana, lemon zest and pistachios to the bowl. season with salt and pepper. Using your hands, squish the mixture together into a large ball. Roughly cut into 4 smaller balls and shape into patties. These can be cooked in a little hot oil in a frying pan until golden (roughly 3-4 minutes on each side) or on the barbeque. Serve with your choice of salad or steamed vegetables.





BAKED STUFFED PEPPERS

These can be prepared in advance and kept in the fridge before the final cook. Just ensure to heat them until piping hot throughout- this will take approximately 20-25 minutes from the fridge.

Serves 2

INGREDIENTS

4 red/ yellow peppers, halved lengthways and deseeded

2 tbsp olive oil

Sea salt and black pepper

200g red lentils, rinsed and drained

4 garlic cloves, minced

250g baby plum tomatoes, halved

2 tbsp tamari

1 tsp ground cumin

1 tsp ground coriander

3 tbsp coconut yoghurt

4 tbsp vegan pesto

Chives, roughly chopped, for serving

4 tbsp flaked almonds, for serving

METHOD

Preheat the oven to 180C. Place the peppers into a baking tray and drizzle with the olive oil. Season with a little salt and pepper and roast for 20-25 minutes, until beginning to soften but still holding their shape. Place the lentils, garlic, tomatoes, tamari, cumin and coriander into a large saucepan and cover with 400ml water.

Bring to the boil then reduce the heat and simmer gently for 15 minutes allowing the lentils to soften and break up. Stir frequently to prevent the lentils from sticking to the pan. Add the yoghurt and simmer for a further 5 minutes. Spoon the lentil mixture into the pepper halves and return to the oven for 10 minutes. Remove from the oven and spoon a little pesto onto each pepper half. Scatter the tray with chives and flaked almonds. Serve with a large fresh salad or a mixture of your favourite steamed vegetables.

Dinner



BLACK BEAN SHEPHERDLESS PIE

Serves 5-6

INGREDIENTS

- 1 tbsp coconut/ olive oil
- 1 large onion, finely diced
- 2 celery sticks, finely sliced
- 4 garlic cloves, minced
- 1 tsp smoked paprika
- 2 carrots, grated
- 1 red pepper, deseeded and finely sliced
- 2 x 400g tin black beans, rinsed and drained
- 400g tin chopped tomatoes
- 2 tbsp tomato puree

For the mash

- 1 kg parsnips, finely sliced
- 1.5 tbsp coconut oil
- 3 tbsp almond milk
- 2 tsp Dijon mustard

METHOD

Add the oil to a large saucepan and place over a medium-high heat. Sauté the onion and celery for approximately 5 minutes until softened. Add the garlic and smoked paprika and cook for another 30 seconds. Add the carrot and pepper and cook for a further 6-8 minutes until all the vegetables are soft and golden. Add the beans, chopped tomatoes, tomato puree and 150ml of water to the saucepan and stir well to combine. Turn down the heat to a low simmer and cook for 20 minutes.

Preheat the oven to 200C. Prepare the mash by steaming the parsnip slices for approximately 10 minutes until soft. Once cooked, mash them until smooth and add the coconut oil, milk and mustard. Mix well to combine and season if necessary. Add the bean mixture to a medium-large ovenproof dish and spoon over the parsnip mash. Bake in the oven for 20-25 minutes until golden on top and bubbling. Serve straight away with a side of your favourite steamed green vegetables.

NUT ROAST

Serves 10

INGREDIENTS

300g mixed nuts (cashews, almonds, walnuts, Brazils, pecans)

150g baby chestnut mushrooms

2 tbsp olive oil

1 medium onion, finely diced

3 cloves garlic, minced

2 celery stalks, finely chopped

1 medium carrot (120g), grated

60g tomato puree

2 tbsp tamari

200g oats, ground

2 tbsp flaxseed, ground

½ tsp garlic powder

½ tsp dried thyme

½ tsp black pepper, ground

10g parsley, finely chopped

METHOD

Preheat the oven to 180C and line a 2 lb loaf tin with baking paper. Add the raw mixed nuts to the food processor and process until finely chopped. Add these to a large bowl and set aside. Add the mushrooms to the food processor and process until finely chopped. In a large saucepan, heat the oil over a medium heat, add the onion and fry for a minute before adding the garlic, celery, carrot and mushrooms. Fry for 2-3 minutes, then add the tomato puree and tamari and cook for approximately 10 minutes, allowing the vegetables to soften and the puree to develop in flavour.

Add the oats, flaxseed, garlic powder, thyme, black pepper and parsley to the mixing bowl containing the nuts and mix everything together. Add in the cooked vegetable mix and combine thoroughly, creating a thick dough. Transfer the mixture to the lined loaf tin and bake in the oven for 50 minutes. Allow to cool for 10 minutes before lifting it out of the loaf tin. Slice and serve with your favourite roasted or steamed vegetables.

MISO-BAKED AUBERGINE WITH TOFU

Serves 4

INGREDIENTS

2 aubergines, halved lengthways
400g block organic tofu
85g miso paste
1tbsp sesame oil
1 tbsp olive oil
3cm ginger, grated
4 cloves garlic, minced
300g spring greens, thickly sliced
1 tbsp olive oil

Dressing

1 red chilli, finely chopped
2cm ginger, grated
2 cloves garlic, minced
2 limes, zest of 1, juice of both
2 tbsp tamari
2 tbsp sesame oil
3 spring onions, thinly sliced
40g sesame seeds to garnish

METHOD

Preheat the oven to 180C. Cut deep cross hatches into each aubergine half, then transfer to a large roasting dish. Drain the tofu block, carefully squeezing the excess water out between two chopping boards or plates, or by placing in a tea towel and wringing out the water. Cut the block in half lengthways and then cut into 2cm slices (roughly 16 pieces in total). Place the sliced tofu into the roasting dish amongst the aubergine.

Mix the miso paste with the sesame oil, olive oil, ginger and garlic and rub the mixture onto everything in the roasting dish. Place in the oven for 25 minutes. Rub the spring greens with 1tbsp olive oil, add them to the roasting tin and cook for a further 20 minutes.

Make the dressing by mixing the chilli, ginger, garlic, lime zest and juice, tamari, sesame oil and spring onions. Pour this over the aubergine and tofu as soon as they come out of the oven, then scatter over the sesame seeds. Serve alongside some tenderstem broccoli and a small portion of quinoa for hungrier days.



QUINOA

Serves 2-3

INGREDIENTS

120g quinoa

300ml water

METHOD

Rinse the quinoa, place it in a saucepan with the water and bring to the boil. Cover, reduce to a simmer and cook for 10 minutes.

Turn the heat off, leave the lid on and allow the quinoa to sit on the burner for a further 5-7 minutes. Remove the lid and fluff with a fork before serving.

CAULIFLOWER RICE

Serves 4

INGREDIENTS

1 cauliflower

1-2 tbsp coconut/olive oil

METHOD

To make the cauliflower resemble rice, you can either use a box grater with the medium-size holes traditionally used for cheese, or a food processor with the grater blade to blitz it into small pieces. With both techniques, you're aiming for little pieces the size of rice. If your 'rice' seems to contain excess moisture, transfer it to a large paper towel or absorbent dish towel and squeeze/press to remove any remaining water. This ensures no excess moisture remains, which can make your rice soggy.

To cook, heat the oil in a large frying/saucepan and add the cauliflower. Use a lid to cover, so the cauliflower steams and becomes tender. Cook for a total of approximately 5 minutes, stirring occasionally, then season as desired (such as with coconut aminos, salt or fresh herbs).



SWEET POTATO WEDGES

Serves 2

INGREDIENTS

1 large sweet potato

½-1 tsp dried rosemary

Sea Salt

1 tbsp coconut oil

METHOD

Preheat the oven to 180C.

Wash the sweet potato and, leaving the skin on, chop it into wedge-type pieces. Lay flat on a lipped baking tray and sprinkle over the rosemary and some sea salt.

Add the coconut oil to the wedges and place in the oven.

Heat for 5 minutes before removing the tray and turning the wedges, ensuring they are coated in the oil. Return to the oven and cook for 25-30 minutes until soft.



Sides & Extras



VEGAN PARMESAN

Makes 16 x 1tbsp servings

INGREDIENTS

100g cashews

3 tbsp nutritional yeast

$\frac{3}{4}$ tsp sea salt

$\frac{1}{4}$ tsp garlic powder

METHOD

Add all ingredients to a food processor and blitz to a fine meal. Store in an airtight container in the fridge for 4-6 weeks.

Delicious sprinkled over any classic Italian dishes that would call for parmesan.

GRAB & GO NUTRITIOUS SNACK IDEAS:

Hummus and vegetable crudité (pepper/carrot/cucumber/sugar snaps/celery etc.)

Celery boats with almond butter

½ avocado with a sprinkling of sesame/pumpkin/sunflower seeds and a drizzle of extra virgin olive oil

Nori crisps

Smoothie (see Breakfast Ideas)

Fruit and nuts: an apple sliced and topped with almond/cashew butter (or if this is too messy for you, an apple or pear and a small handful of walnuts/almonds/Brazils)

Coconut yoghurt, berries and seeds

Handful of homemade trail mix (your own mix of: seeds, nuts, toasted coconut chips and goji berries)

Any of the following snack ideas prepared in advance



TASTY KALE CRISPS

Serves 4

INGREDIENTS

1 tbsp tahini

60g cashew nuts

2 tbsp nutritional yeast flakes

2 tbsp lemon juice

½ tsp garlic granules

½ tsp sea salt

200g kale, washed, destalked and chopped into 5cm pieces

Coconut oil, for greasing

METHOD

Preheat the oven to 140C.

Blend the tahini, cashew nuts, nutritional yeast flakes, lemon juice, garlic granules, sea salt and 2-3 tbsp water to create a thick sauce.

Put the kale in a large bowl and pour over the tahini mixture, massaging the sauce into the kale with your hands until the leaves are thoroughly coated. The kale should start to wilt.

Grease a baking sheet with a little coconut oil and arrange a single layer of kale on top. Bake for approximately 10 minutes before flipping with a fork and bake for a further 10 minutes, until crisp but not burnt.

Allow to cool and store in an airtight container.

Snacks & Desserts



SEEDED CRACKERS

Makes 16 crackers

INGREDIENTS

- ½ red pepper, roughly chopped
- 75g sunflower seeds
- 150g flaxseed
- 1 garlic clove, minced
- 1 tomato, chopped
- 1 nori sheet, crumbled or 1 tbsp nori flakes
- 60g sundried tomatoes
- 2 tbsp sesame seeds
- 2 tbsp hemp seeds
- 1tsp sea salt
- 1tsp ground cumin
- 1tsp ground coriander
- pinch of cayenne pepper
- Juice of ½ lemon

METHOD

Preheat the oven to 150C.

Place the pepper, sunflower seeds and flaxseed into the food processor and process to break up. Add all of the remaining ingredients and process again to combine. Spread the mixture thinly onto non-stick baking parchment. Placing another sheet of baking parchment on top, roll the mixture thinly. Place onto a baking tray.

Shape into a rectangle and mark into 16 squares. Bake for 30-45 minutes until golden and crisp. Enjoy two crackers topped with sliced avocado, hummus, on the side of any salad or with a warming bowl of soup.

CHIA PUDDING

Serves 2

INGREDIENTS

300ml coconut/almond milk

1 ripe banana

2 tbsp almond butter

Large handful of frozen/ fresh berries

6 tbsp chia seeds

Mixed seeds to garnish

Extra berries to garnish

METHOD

Place the milk, banana, almond butter and berries into a blender and blend until smooth.

Pour the mixture into 2 glasses/jars and stir 3tbsp of chia seeds into each. Cover and refrigerate overnight. Garnish with mixed seeds and a few extra berries or eat straight from the fridge.



Snacks & Desserts

BLACK BEAN CHOCOLATE BROWNIES

Makes 20-24 brownie squares

INGREDIENTS

2 tins black beans
6 tbsp cacao powder
80g oats, ground
4 tbsp maple syrup
12 pitted dates
4 tbsp melted coconut oil
4 tsp vanilla extract
1 tsp baking powder
3-4 tbsp coconut milk

METHOD

Preheat oven to 180C.

Place everything, except the milk, in the food processor and mix until smooth, scraping down the sides if necessary. Add the milk and blend again to achieve a loose, but not runny mixture.

Line a swiss roll tray with baking paper and spoon the mixture onto the tray.

Bake in the oven for 16-20 mins, until a skewer comes out clean. Cool, then cut and serve.

Best eaten in the first few days but can be kept in the fridge for 5-6 days or frozen in portions for up to 1 month.



HAZELNUT CHOCO ENERGY BALLS

Makes 8 balls

INGREDIENTS

150g hazelnuts

2 tbsp cacao

2 tbsp maple syrup

1 tsp vanilla extract

1/8 tsp sea salt

20g dark chocolate chips/ chocolate chunks

METHOD

Preheat the oven to 180C.

Roast the hazelnuts in the oven for 10 minutes then, leaving 16 nuts to one side, add the rest to a food processor and blitz into small pieces.

Add the cacao, maple syrup, vanilla extract, salt and chocolate and blitz again to bring the ingredients together. If required add 1-2 tsp of water to the mix, one at a time, to ensure the mixture holds together well enough to be formed into balls.

Divide the mixture into 8 and roll into small balls. Insert one of the reserved hazelnuts into the centre of each, forming the ball around it.

Chop the remaining 8 hazelnuts into fine pieces. Roll each ball in the chopped hazelnuts evenly to coat. These can be enjoyed straight away or stored in an airtight container in the fridge for a week.

