



V e g a n D e l i g h t s

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GF Gluten Free

DF Dairy Free

V Vegetarian

N Contains Nuts

LC Low Carb (30g - serve)

MP Meal Prep/Freezer Friendly

HP High Protein (20g+ per serve)

Q Quick (under 30 mins)

Greek Chickpeas On Toast

Serves 4

2 tsp. olive oil
2 shallots, diced
2 cloves garlic, minced
½ tsp. smoked paprika
½ tsp. sweet paprika
½ tsp. brown sugar
1 can (14oz./400g) chopped tomatoes
1 can (14oz./400g) chickpeas, drained
4 slices bread, toasted
handful parsley, to garnish
⅓ cup (60g) olives, halved, to garnish

What you need to do

1. Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.
2. Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water. Simmer on low-medium heat until the sauce has reduced, around 10 minutes.
3. Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 minutes until warmed through.
4. Serve on the toasted bread with parsley and black olives.

DF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|------|---------|----------|------------|
| 5 mins | 20 mins | 253 | 8 | 33 | 11 |

*Nutrition per serving

Chickpea Scramble

Serves 2

2 cups (330g) canned chickpeas, drained
½ tsp. turmeric
½ tsp. paprika
2 tsp. olive oil
1 small onion, finely diced
2 cloves garlic, minced
8 oz. (230g) spinach
½ avocado

What you need to do

1. Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.
2. Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.
3. Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.
4. Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.

GF DF V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 10 mins | 417 | 15 | 56 | 19 |

*Nutrition per serving

Banana Breakfast Oats

Serves 2

1 cup (90g) oats
2 ripe bananas, mashed
2 tbsp. peanut butter
favorite nuts and seeds, to garnish
seasonal fruit, to garnish

What you need to do

1. Divide oats between two bowls and add 3 tbsp. of water into each bowl.
2. Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.
3. Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

Note: Garnishes (nuts, seeds, fruit) are not included in the nutrition information.

DF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 381 | 12 | 60 | 10 |

*Nutrition per serving

Banana & Strawberry Pancakes

Serves 4

2 ripe bananas, mashed
1 cup (110g) spelt flour
1 tsp. baking powder
½ tsp. baking soda
1 tsp. lemon juice
¾ cup (180ml) almond milk
¾ cup (150g) strawberries,
sliced
1 tbsp. coconut oil
4 tbsp. coconut yogurt
4 tbsp. maple syrup

What you need to do

1. Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.
2. Finally, fold in the sliced strawberries, leaving some for garnish.
3. Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).
4. Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.
5. Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.
6. Nutrition information is per 2 pancakes.

DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 15 mins | 282 | 7 | 53 | 5 |

*Nutrition per serving

Carrot Pancakes With Almond Caramel

Serves 9

For pancakes:

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1¼ tsp. baking powder
- ½ tsp. baking soda
- ¾ cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp. maple syrup
- 1 cup (110g) carrots, grated
- 1 tbsp. coconut oil

For almond caramel:

- ¼ cup (60ml) maple syrup
- 2 tbsp. almond butter
- pinch salt

What you need to do

1. In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.
2. Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.
3. Ladle 2 tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.
4. Serve with almond caramel sauce.

To make the almond caramel:

Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.

Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.

DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 20 mins | 30 mins | 363 | 12 | 57 | 8 |

*Nutrition per serving

Protein Berry Smoothie Bowl

Serves 1

1 cup (150g) frozen red berries
1 small banana, frozen
¼ cup (60ml) coconut milk
1 scoop vanilla vegan protein powder

What you need to do

1. Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.
2. Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.
3. Transfer into a serving bowl and top with favorite toppings.

Note: Toppings are not included in nutrition information.

GF DF HP Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 297 | 2 | 49 | 23 |

*Nutrition per serving

Breakfast Oat Cookies

Serves 9

1 cup (90g) rolled oats
½ cup (30g) almond meal
3 tbsp. desiccated coconut
1 tsp. cinnamon
¼ tsp. baking soda
3 tbsp. almond butter
3 tbsp. maple syrup
1 medium ripe banana, mashed
handful fresh berries

What you need to do

1. Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.
2. Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.
3. Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.
4. Bake for 20 minutes until golden and allow to cool completely before eating.

DF LC MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 20 mins | 137 | 6 | 17 | 3 |

*Nutrition per serving

Green Pea & Mint Dip

Serves 4

1 ¾ cups (250g) green peas, frozen
1 clove garlic
2 tbsp. lemon juice
½ avocado
2-3 sprigs fresh mint, leaves only

What you need to do

1. Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.
2. Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.
3. Serve as a dip with fresh vegetables, crisps, crackers or pita.

GF DF LC V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 15 mins | 0 mins | 92 | 4 | 11 | 4 |

*Nutrition per serving

Sundried Tomato Hummus

Serves 4

1½ cups (250g) chickpeas,
drained
¼ cup (45g) sundried tomatoes
in oil
1 clove garlic
½ lemon, juiced
2 tbsp. olive oil
½ teaspoon salt
¼ cup (60ml) water

What you need to do

1. Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.
2. Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.

GF DF LC V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 181 | 10 | 18 | 6 |

*Nutrition per serving

Baba Ghanoush

Serves 6

2 medium aubergine
2 cloves garlic, crushed
1 lemon, juiced
4 tbsp. tahini
2 tbsp. olive oil
½ tsp. ground cumin
smoked paprika
1 tbsp. parsley, chopped

What you need to do

1. Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.
2. Halve the aubergines lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender.
3. Once aubergines are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.
4. Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.
5. Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.
6. Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.

GF DF LC MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 20 mins | 35 mins | 154 | 10 | 12 | 5 |

*Nutrition per serving

Quinoa Tabbouleh

Serves 4

1 cup (170g) quinoa
2 medium tomatoes, finely diced
1 small cucumber, finely diced
1 bell pepper, finely diced
1 red onion, finely diced
 $\frac{2}{3}$ cup (15g) parsley, chopped
 $\frac{2}{3}$ cup (15g) mint, chopped
juice of 2 limes
2 tbsp. olive oil

What you need to do

1. Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.
2. Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.
3. Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.
4. Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.

GF DF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 15 mins | 272 | 10 | 42 | 8 |

*Nutrition per serving

Green Beans & Cherry Tomato Salad

Serves 4

1 lb. (450g) green beans
1 cup (150g) cherry tomatoes

For the dressing:

1 clove garlic, minced
½ cup (15g) coriander, chopped
2 tbsp. lemon juice
¼ cup (60ml) olive oil

What you need to do

1. Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.
2. Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them in 1-2 inch pieces and add to the salad bowl.
3. Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.
4. Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.

GF DF LC MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 15 mins | 5 mins | 163 | 14 | 10 | 2 |

*Nutrition per serving

Vegan 'Tuna' Salad

Serves 4

2 ½ cups (400g) chickpeas,
drained
2 nori sheets
2 tbsp. vegan mayo (or tahini)
2 tbsp. lemon juice
1 cup (175g) sweetcorn,
drained
1 small onion, finely diced

What you need to do

1. Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.
2. Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.
3. Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.

GF DF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 10 mins | 0 mins | 255 | 9 | 35 | 10 |

*Nutrition per serving

Potato & Sundried Tomato Salad

Serves 4

1 lb. (450g) baby potatoes
½ cup (90g) green olives,
halved
½ cup (70g) sundried tomatoes,
drained, roughly chopped
2 tbsp. capers, drained
handful chives, chopped
1 tbsp. oil from sundried
tomatoes
1 tbsp. wholegrain mustard
1 tbsp. apple cider vinegar

What you need to do

1. Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.
2. Add in the olives, sundried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.

GF DF LC MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 20 mins | 161 | 9 | 17 | 4 |

*Nutrition per serving

Wild Rice, Tomato & Rocket Balsamic Salad

Serves 4

1 cup (185g) rice
160g roasted peppers, drained,
chopped
¼ cup (30g) roasted almonds,
chopped
1 cup (150g) cherry tomatoes,
halved
2 oz. (60g) rocket
1 tbsp. balsamic vinegar
1 tbsp. olive oil
½ tsp. chili flakes

What you need to do

1. Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.
2. Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.

GF DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 20 mins | 288 | 9 | 44 | 7 |

*Nutrition per serving

Sweet Potato, Quinoa & Bean Burger

Serves 4

1 sweet potato
½ cup (60g) quinoa, raw
14 oz. (400g) can kidney beans, drained
1 tsp. rosemary
½ tsp. chili flakes
1 ½ tbsp. olive oil

What you need to do

1. Preheat oven to 410°F (210°C) and cut the sweet potato into ¾ inch (2cm) pieces. Place it in an ovenproof dish, drizzle with ½ tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.
2. Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.
3. Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.
4. Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).

GF DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 55 mins | 171 | 6 | 22 | 5 |

*Nutrition per serving

Curried Tofu Salad

Serves 4

7 oz. (200g) tofu, drained, crumbled
2 celery sticks, chopped
1 small onion, diced
¼ cup (30g) almonds, chopped
¼ cup (30g) raisins
3 tbsp. vegan mayonnaise
1 tsp. curry powder
1 tbsp. dill, chopped

What you need to do

1. Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.
2. Store in the fridge for up to 4-5 days.

GF DF LC MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 15 mins | 0 mins | 178 | 13 | 11 | 6 |

*Nutrition per serving

Roasted Miso Potatoes

Serves 4

21 oz. (600g) sweet potato
1 tbsp. olive oil
handful coriander, chopped
2 tbsp. almonds, chopped

For the sauce:

2 tbsp. white miso paste
1 tbsp. rice vinegar
1 tbsp. maple syrup
2 tsp. sriracha
1 tbsp. soy yogurt

What you need to do

1. Preheat oven to 425°F (220°C).
2. Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.
3. In the meantime, combine all the sauce ingredients in a small bowl.
4. Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.

GF DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 30 mins | 220 | 6 | 38 | 4 |

*Nutrition per serving

Roasted Sweet Potato, Kale & Quinoa Salad

Serves 4

2 medium sweet potatoes,
chopped into cubes
2 tbsp. olive oil
½ cup (85g) quinoa,
uncooked
1 red onion, cut into wedges
2 cloves garlic, minced
1 bunch curly kale, de-
stemmed and torn into
pieces
2 tbsp. balsamic vinegar
1 tsp. thyme

What you need to do

1. Preheat oven to 400°F (200°C).
2. Place sweet potatoes in baking dish and drizzle with 1 tbsp. oil. Season to taste with salt and pepper. Bake in the oven for 25-30 minutes until tender. Then set aside to cool.
3. In the meantime, cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.
4. Meanwhile, heat the remaining 1 tbsp. of oil in a large skillet over medium heat. Cook the onion and garlic, for about 10 minutes, until golden brown.
5. Stir in the kale and continue cooking until wilted. Transfer the kale mixture to a large bowl and set aside to cool.
6. Once all the ingredients have cooled, add in the sweet potatoes and quinoa to the large bowl. Drizzle with balsamic vinegar and season to taste with salt and ground pepper. Stir to combine and serve.

GF DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 20 mins | 40 mins | 224 | 8 | 33 | 6 |

*Nutrition per serving

Red Sweet Potato Curry

Serves 4

2 tsp. coconut oil
1 white onion, diced
2 cloves garlic, minced
4 tbsp. Thai red curry paste
2 sweet potatoes, peeled and diced
14oz. (400g) can chopped tomatoes
1 cup (240ml) vegetable stock
¼ cup (65g) smooth natural peanut butter
½ cup (120ml) canned coconut milk, light
juice of 1 lime
3 cups (480g) cooked white rice
¼ cup (30g) peanuts, chopped
handful coriander, chopped

What you need to do

1. Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.
2. Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.
3. In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.
4. Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.

GF DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 35 mins | 459 | 18 | 62 | 13 |

*Nutrition per serving

Garlic Zucchini & Tomato Pasta

Serves 4

4 cups (220g) brown rice pasta, cooked
2 medium zucchini, spiralized
1 tbsp. olive oil
1 cup (150g) cherry tomatoes, halved
2 cloves garlic, crushed
1 tsp. smoked paprika chili flakes, to taste
2 tsp. parsley dried
4 tbsp. vegan parmesan, grated (optional)

What you need to do

1. Cook the pasta according to instructions on the packaging.
2. Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.
3. Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.
4. Divide between bowls and top with vegan parmesan cheese and dried parsley.

GF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|------|---------|----------|------------|
| 5 mins | 10 mins | 276 | 7 | 48 | 8 |

*Nutrition per serving

Sesame Tempeh Stir-Fry

Serves 4

7 oz. (200g) tempeh, cut into cubes
1 tbsp. olive oil
1 tbsp. ginger, grated
2 cloves garlic, crushed
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
3 tbsp. tamari (or soy sauce)
2 tbsp. maple syrup
2 carrots, chopped or cut into thin strips
½ broccoli head, florets
1 bell pepper, sliced
1 tbsp. sesame seeds, to garnish
spring onion or chives, to garnish
3 cups (585g), brown rice, cooked

What you need to do

1. Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.
2. In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.
3. Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.
4. Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.
5. Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.
6. Once ready, serve with $\frac{3}{4}$ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.

DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 20 mins | 507 | 13 | 54 | 17 |

*Nutrition per serving

Aubergine & Tomato Pasta

Serves 4

3 cups (300g) pasta, uncooked
2 aubergines, cut into bite-size pieces
1 tbsp. olive oil
1 tbsp. oil from sundried tomatoes
14 oz. (400g) can chopped tomatoes
10 sundried tomatoes, drained
3 cloves garlic, minced
1 onion, diced
2 tbsp. tomato puree
1 tsp. coconut sugar
2 tsp. mixed herbs

What you need to do

1. Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.
2. Place the cut aubergine on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft.
3. While the aubergine is cooking, heat 1 tbsp. of the sundried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.
4. Next, add in the tomato puree, mixed herbs, and sundried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the aubergine is ready.
5. Once pasta and aubergine are ready, mix everything, and serve.

DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 30 mins | 459 | 11 | 76 | 14 |

*Nutrition per serving

Veg & Tahini Tray Bake

Serves 4

1 onion, sliced
1 zucchini, sliced
1 red bell pepper, sliced
1 cup (265g) chickpeas,
drained
1 tbsp. olive oil
3 tbsp. tahini
1 lemon, juice only
3 tbsp. almond milk
1 tbsp. sesame seeds
handful coriander, chopped

What you need to do

1. Preheat oven to 190°C (375°F).
2. Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.
3. In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.
4. Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.

GF DF MP N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 35 mins | 260 | 13 | 26 | 11 |

*Nutrition per serving

Tempeh Bolognese

Serves 4

8 oz. (225g) penne, uncooked
1 tbsp. olive oil
3 cloves garlic, minced
1 medium onion, chopped
1 red bell pepper, chopped
7 oz. (200g) tempeh, crumbled
14 oz. (400g) can chopped tomatoes
2 tbsp. tomato puree
1 tbsp. apple vinegar
1 tsp. mixed herbs
fresh basil, for serving

What you need to do

1. Cook pasta according to instructions on the packaging.
2. Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.
3. Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.
4. To serve, divide pasta and Bolognese between plates and garnish with basil.

DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 45 mins | 413 | 10 | 62 | 19 |

*Nutrition per serving

Tofu Pad Thai

Serves 4

For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

For the tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges

What you need to do

1. Mix all the sauce ingredients in a bowl and set aside.
2. In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.
3. Cook the noodles according to instructions on the packaging.
4. Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.
5. Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.
6. Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

Pressing Tofu: Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.

GF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 15 mins | 469 | 18 | 68 | 15 |

*Nutrition per serving

Quick Vegetable Stir Fry

Serves 4

For the sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime, juiced

For the stir-fry:

- 6 ½ oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- ½ cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

What you need to do

1. Mix all the sauce ingredients.
2. Cook noodles according to instructions on the packaging, then set aside.
3. Spiralized the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.
4. Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.
5. Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.

GF DF MP V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 15 mins | 273 | 8 | 45 | 6 |

*Nutrition per serving

Roasted Aubergine & Tomato Stew

Serves 4

2 tbsp. olive oil
2 medium aubergines, cut into bite-size pieces
2 cups (330g) cherry tomatoes
14oz. (400g) can chopped tomatoes
14oz. (400g) can chickpeas, drained
1 medium onion, chopped
2 cloves garlic, chopped
4 tbsp. tomato puree
1 tbsp. apple cider vinegar
2 tsp. mixed herbs
handful parsley, chopped

What you need to do

1. Pre-heat the oven to 400°F (200°C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.
2. In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.
3. Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.
4. Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.
5. Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.

GF DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|------|---------|----------|------------|
| 5 mins | 50 mins | 260 | 9 | 34 | 10 |

*Nutrition per serving