

# *Vegan Recipe Ideas*



## Lunch



### Tofu scramble

#### Ingredients

- 
- 1 tbsp olive oil
- 
- 1 small onion , finely sliced
  - 1 large garlic clove , crushed
  - ½ tsp turmeric
  - 1 tsp ground cumin
  - ½ tsp sweet smoked paprika
  - 280g extra firm tofu
  - 100g cherry tomatoes , halved
  - ½ small bunch parsley , chopped
- 

#### Method

- **STEP 1**  
Heat the oil in a [frying pan](#) over a medium heat and gently fry the onion for 8 -10 mins or until golden brown and sticky. Stir in the garlic, turmeric, cumin and paprika and cook for 1 min.
- **STEP 2**  
Roughly mash the tofu in a bowl using a fork, keeping some pieces chunky. Add to the pan and fry for 3 mins. Raise the heat, then tip in the tomatoes, cooking for 5 mins more or until they begin to soften. Fold the parsley through the mixture. Serve on its own or with toasted rye bread (not gluten-free), if you like.





## Chickpea salad

### Ingredients

- 
- 400g can chickpeas, drained and rinsed
  - small pack coriander, roughly chopped
  - small pack parsley, roughly chopped
  - 1 red onion, thinly sliced
  - 2 large tomatoes, chopped
  - 2 tbsp olive oil
  - 2 tbsp harissa
  - 1 lemon, juiced
- 

### Method

- **STEP 1**  
Mix all the ingredients together, mashing a little so the chickpeas are a bit rough round the edges – this helps absorb the dressing. (Can be made a day ahead and kept in the fridge.)



# Black beans & avocado on toast

## Ingredients

- 
- 270g cherry tomatoes, quartered
- 
- 1 red or white onion, finely chopped
  - ½ lime, juiced
  - 4 tbsp olive oil
  - 2 garlic cloves, crushed
  - 1 tsp ground cumin
  - 2 tsp chipotle paste or 1 tsp chilli flakes
  - 2 x 400g cans black beans, drained
  - small bunch coriander, chopped
  - 4 slices bread
  - 1 avocado, finely sliced
- 

## Method

- **STEP 1**  
Mix the tomatoes, ¼ onion, lime juice and 1 tbsp oil and set aside. Fry the remaining onion in 2 tbsp oil until it starts to soften. Add the garlic, fry for 1 min, then add the cumin and chipotle and stir until fragrant. Tip in the beans and a splash of water, stir and cook gently until heated through. Stir in most of the tomato mixture and cook for 1 min, season well and add most of the coriander.
- **STEP 2**  
Toast the bread and drizzle with the remaining 1 tbsp oil. Put a slice on each plate and pile some beans on top. Arrange some slices of avocado on top, then sprinkle with the remaining tomato mixture and coriander leaves to serve.



# Veggie olive wraps with mustard vinaigrette

## Ingredients

- 
- 1 carrot , shredded or coarsely grated
- 
- 80g wedge red cabbage , finely shredded
  - 2 spring onions , thinly sliced

- 1 courgette , shredded or coarsely grated
- handful basil leaves
- 5 green olives , pitted and halved
- ½ tsp English mustard powder
- 2 tsp extra virgin rapeseed oil
- 1 tbsp cider vinegar
- 1 large seeded tortilla

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#### Method

- **STEP 1**  
Mix all the ingredients except for the tortilla and toss well.
- **STEP 2**  
Put the tortilla on a sheet of foil and pile the filling along one side of the wrap – it will almost look like too much mixture, but once you start to roll it firmly it will compact. Roll the tortilla from the filling side, folding in the sides as you go. Fold the foil in at the ends to keep stuff inside the wrap. Cut in half and eat straight away. If taking to work, leave whole and wrap up like a cracker in baking parchment.



## Vegan pumpkin soup

#### Ingredients

- 
- 1 medium pumpkin or large squash (about 1½kg)
- 
- 1 tbsp rapeseed oil
  - ½ tsp ground allspice
  - 1 large onion , finely chopped
  - 1 tbsp chopped ginger
  - 2 garlic cloves , crushed
  - 1-1.2 litres vegan stock
  - 1 tbsp vegan white miso
  - 3 tbsp soya cream or coconut yogurt
- 

For the coconut & pumpkin seed relish

- 
- 3 tbsp coconut flakes
- 
- 3 tbsp pumpkin seeds
  - 1 red chilli , deseeded and finely chopped
  - ½ small bunch of coriander , chopped

- 1 lime , zested and juiced

#### Method

- **STEP 1**  
Heat the oven to 200C/180C fan/gas 6. Peel, deseed and chop the pumpkin into 3cm chunks (reserve the seeds for the relish – see tip). Tip the pumpkin onto a [baking tray](#), drizzle over half the oil, scatter with the allspice and toss well. Season and roast for 30 mins until golden and tender. Meanwhile, toast the coconut flakes for the relish in a dry frying pan over a low heat for a few minutes until lightly golden. Remove from the pan and leave to cool, then stir in the pumpkin seeds, chilli, coriander and lime zest.
- **STEP 2**  
Heat the remaining oil in a large saucepan over a medium heat, and fry the onion for 5 mins until tender but not golden. Add the ginger and garlic and fry for another minute, then tip in 1 litre stock and the miso. Put the roasted pumpkin in the pan, then bring to a simmer. Remove from the heat and blend the soup with a [stick blender](#) until smooth. If you prefer a thinner soup, add the remaining stock.

Return the soup to a gentle simmer, then season well and stir in the lime juice. Ladle into bowls, and serve topped with a swirl of the soya cream and a sprinkle of the relish.



## Vegan beetroot & quinoa burgers

#### Ingredients

- 2 tbsp rapeseed oil
- 1 red onion, finely chopped
- 1 tbsp cumin seeds
- 2 garlic cloves, finely chopped
- 200g quinoa, cooked
- 2 large cooked beetroot (150g), finely grated and liquid reserved
- 50g plain flour
- 2 tbsp milled flaxseed
- ½ small bunch of coriander, plus a few leaves to serve

#### For the salad

- 25ml beetroot preserving liquid
- ½ lemon, juiced
- 100g low-fat soy yogurt
- 50ml extra virgin olive oil
- 200g rocket

## Method

- **STEP 1**  
Heat the oven to 220C/200C fan/gas 7. Put 1 tbsp of the rapeseed oil in a small frying pan and tip in the onion, cumin and garlic, then fry over a medium heat for 8 mins until softened and golden. Tip into a bowl. Add the cooked quinoa, beetroot, flour, flaxseed and coriander, and mix until combined. Season lightly. Leave to sit for 5 mins to bind.
- **STEP 2**  
Divide the mixture into four – it will be quite loose – then, using wet hands, shape them into patties. Put the burgers on a lined [baking tray](#) and put in the oven for 15 mins. Turn them over and cook for another 10 mins.
- **STEP 3**  
Meanwhile, make the salad dressing. [Whisk](#) together the beetroot liquid, lemon juice, yogurt and oil, and season.
- **STEP 4** To serve, pile the rocket onto plates and place a burger on top. Drizzle over the dressing and scatter over the extra coriander.



# Sesame & spring onion stir-fried udon with crispy tofu

## Ingredients

- 
- 400g block firm tofu
- 
- 1 tbsp cornflour
  - ½ -1 tsp chilli flakes, to taste
  - ¼-½ tsp Szechuan peppercorns, ground, to taste
  - 1 tbsp vegetable oil
  - bunch of spring onions, trimmed and cut into lengths
  - 200g green beans, trimmed and cut into lengths
  - 400g ready-to-use thick udon noodles
  - ½ tbsp sesame oil
  - 2 tsp sesame seeds, plus a pinch to serve
  - 1 tbsp low-salt soy sauce, plus extra to serve
  - 1 tbsp rice vinegar
- 

## Method

- **STEP 1**  
Drain and pat the tofu dry with kitchen paper. [Cut](#) into cubes, wrap in more kitchen paper, and place a heavy board over the top. Leave to drain for 15 mins.
- **STEP 2**  
Mix the cornflour, chilli flakes and ground peppercorns together in a bowl with a pinch of salt, then add the drained tofu. Toss well to coat.
- **STEP 3**  
Heat half the vegetable oil in a large [non-stick frying pan](#) over a high heat, and fry the tofu pieces for 5-6 mins until golden all over. Scoop out of the pan, and leave to drain on kitchen paper.
- **STEP 4**



Add the remaining oil to the pan and stir-fry the spring onions and beans for 3-4 mins until tender and lightly golden. Pour a kettle of boiling water over the noodles in a sieve to loosen. Drain well, then tip into the pan. Fry for a few minutes until piping hot. Add the sesame oil and sesame seeds, and sizzle for a few seconds. Splash in the soy sauce, rice vinegar, then add the tofu. Toss well, then serve in bowls with a pinch of sesame seeds on top and more soy sauce on the side.



## Vegan three-bean chilli with potato jackets

### Ingredients

- 
- 2 baking potatoes (about 180g each)
- 
- 1 tbsp olive oil
  - 1 yellow or orange pepper , deseeded and chopped
  - 2 garlic cloves , finely grated
  - 1 tsp cumin seeds
  - ½ tsp chilli flakes
  - 1 tsp smoked paprika
  - 1 tsp ground coriander
  - 1 tsp dried oregano
  - 400g can chopped tomatoes
  - 2 tsp vegetable bouillon powder
  - 400g can three bean salad (cannellini, flageolet and adzuki), drained
  - handful of coriander , chopped, plus extra leaves to serve
  - 1 small avocado , stoned, halved and chopped or mashed
  - 1 lime , cut into wedges
- 

### Method

- **STEP 1**  
Heat the oven to 200C/180C fan/gas 6 and bake the potatoes for 50 mins-1 hr, or until tender.
- **STEP 2**  
Meanwhile, heat the oil in a non-stick frying pan and fry the pepper and garlic for a few minutes. Stir in the cumin seeds, chilli flakes and spices, then tip in the tomatoes, bouillon powder and beans. Bring to a simmer, cover and cook for 15 mins, or until reduced to a thick sauce. Stir in the chopped coriander.
- **STEP 3**  
Cut a cross into the tops of the baked potatoes and gently press on the sides to open them out. Spoon over the chilli, then top with the avocado and squeeze over some of the lime wedges. Scatter over some coriander leaves and serve with the remaining lime wedges.







## Veg-packed egg muffins with bean salad

### Ingredients

- 
- 2 tsp olive or rapeseed oil, plus extra for brushing
- 
- 320g chestnut mushrooms, halved and thinly sliced
  - 2 garlic cloves, finely grated
  - 2 tbsp thyme leaves
  - 320g baby spinach
  - grating of nutmeg
  - 6 large eggs
  - 15g anchovies, finely chopped
- 

### For the bean salad

- 
- 2 x 400g cans black-eyed beans, drained
- 
- 200g can sweetcorn
  - 1 red onion, finely chopped
  - 8 Kalamata olives, sliced
  - 10g flat-leaf parsley or half parsley, half basil, chopped
  - 1 tbsp olive oil
  - 1 tbsp balsamic vinegar
- 

### Method

#### STEP 1

Heat the oven to 200C/180C fan/gas 6. If you don't have a non-stick muffin tray, line the 12 holes with lightly oiled muffin cases that have been smoothed out.

#### STEP 2

Heat a large non-stick pan and fry the mushrooms over a medium heat, covered, for 8 mins until they're smaller in size, then remove the lid. Add the garlic and thyme and cook for a few minutes. Tip into a large bowl. Add the spinach to the pan, cover and cook for 5 mins until wilted, then squeeze out the water and put in the bowl with the mushrooms.

#### STEP 3

Add a good grating of nutmeg and break in the eggs. [Whisk](#) to combine, add the anchovies and whisk again. Divide the mixture between the muffin cases, then bake for 12-15 mins until set. Peel off the cases while warm.

#### STEP 4

Meanwhile, tip the beans, corn, onion, olives and parsley into a bowl, then toss with the oil and balsamic vinegar. Serve three muffins per person, warm or cold with the salad. *Will keep chilled for up to three days.*

## Dinners



### Vegan Bolognese

#### Ingredients

- 
- 15g dried porcini mushrooms
- 
- 1 ½ tbsp olive oil
  - ½ onion, finely chopped
  - 1 carrot, finely chopped
  - 1 celery stick, finely chopped
  - 2 garlic cloves, sliced
  - 2 thyme sprigs
  - ½ tsp tomato purée
  - 50ml vegan red wine (optional)
  - 125g dried green lentils
  - 400g can whole plum tomatoes
  - 125g chestnut mushrooms, chopped
  - 125g portobello mushrooms, sliced
  - ½ tsp soy sauce
  - ½ tsp Marmite
  - 270g spaghetti
  - handful fresh basil leaves
- 

#### Method

##### STEP 1

Pour 400ml boiling water over the dried porcini and leave for 10 mins until hydrated. Meanwhile pour 1 tbsp oil into a large saucepan. Add the onion, carrot, celery and a pinch of salt. Cook gently, stirring for 10 mins until soft. Remove the porcini from the liquid, keeping the mushroom stock and roughly chop. Set both aside.

##### STEP 2

Add the garlic and thyme to the pan. Cook for 1 min then stir in the tomato purée and cook for a min more. Pour in the red wine, if using, cook until nearly reduced, then add the lentils, reserved mushroom stock and tomatoes. Bring to the boil, then reduce the heat and leave to simmer with a lid on.

##### STEP 3

Meanwhile, heat a large frying pan. Add the remaining oil, then tip in the chestnut, portobello and rehydrated mushrooms. Fry until all the water has evaporated and the mushrooms are deep golden brown. Pour in the soy sauce. Give everything a good mix, then scrape the mushrooms into the lentil mixture.

##### STEP 4

Stir in the Marmite and continue to cook the ragu, stirring occasionally, over a low-medium heat for 30-45 mins until the lentils are cooked and the sauce is thick and reduced, adding extra water if necessary. Remove the thyme sprigs and season to taste.

##### STEP 5

Cook the spaghetti in a large pan of salted water for 1 min less than packet instructions. Drain the pasta, reserving a ladleful of pasta water, then toss the spaghetti in the sauce, using a little of the starchy liquid to loosen up the ragu slightly so that the pasta clings to the sauce. Serve topped with fresh basil and some black pepper.



## Vegan chickpea curry jacket potatoes

### Ingredients

- 
- 4 sweet potatoes
- 
- 1 tbsp coconut oil
  - 1 ½ tsp cumin seeds
  - 1 large onion, diced
  - 2 garlic cloves, crushed
  - thumb-sized piece ginger, finely grated
  - 1 green chilli, finely chopped
  - 1 tsp garam masala
  - 1 tsp ground coriander
  - ½ tsp turmeric
  - 2 tbsp tikka masala paste
  - 2 x 400g can chopped tomatoes
  - 2 x 400g can chickpeas, drained
  - lemon wedges and coriander leaves, to serve
- 

### Method

- **STEP 1**  
Heat oven to 200C/180C fan/gas 6. Prick the sweet potatoes all over with a fork, then put on a baking tray and roast in the oven for 45 mins or until tender when pierced with a knife.
- **STEP 2**  
Meanwhile, melt the coconut oil in a large saucepan over medium heat. Add the cumin seeds and fry for 1 min until fragrant, then add the onion and fry for 7-10 mins until softened.
- **STEP 3**  
Put the garlic, ginger and green chilli into the pan, and cook for 2-3 mins. Add the spices and tikka masala paste and cook for a further 2 mins until fragrant, then tip in the tomatoes. Bring to a simmer, then tip in the chickpeas and cook for a further 20 mins until thickened. Season.
- **STEP 4**  
Put the roasted sweet potatoes on four plates and cut open lengthways. Spoon over the chickpea curry and squeeze over the lemon wedges. Season, then scatter with coriander before serving.





## Sweet potato & cauliflower lentil bowl

### Ingredients

- 
- 1 large sweet potato , skin left on, scrubbed and cut into medium chunks
- 
- 1 cauliflower , cut into large florets, stalk diced
  - 1 tbsp garam masala
  - 3 tbsp groundnut oil
  - 2 garlic cloves
  - 200g puy lentils
  - thumb-sized piece ginger , grated
  - 1 tsp Dijon mustard
  - 1½ limes , juiced
  - 2 carrots
  - ¼ red cabbage
  - ½ small pack coriander
- 

### Method

- **STEP 1**  
Heat oven to 200C/180C fan/gas 6. Toss the sweet potato and cauliflower with the garam masala, half the oil and some seasoning. Spread out on a large [roasting tray](#). Add the garlic and roast for 30-35 mins until cooked.
- **STEP 2**  
Meanwhile, put the lentils in a [saucepan](#) with 400ml cold water. Bring to the boil, then simmer for 20-25 mins until the lentils are cooked but still have some bite. Drain.
- **STEP 3**  
Remove the garlic cloves from the tray and squish them with the blade of your knife. Put the garlic in a large bowl with the remaining oil, ginger, mustard, a pinch of sugar and one-third of the lime juice. [Whisk](#), then tip in the warm lentils, stir and season to taste. Coarsely grate the carrots, shred the cabbage and roughly chop the coriander. Squeeze over the remaining lime juice and season to taste.
- **STEP 4**  
Divide the lentil mixture between four bowls (or four containers if saving and chilling). Top each serving with a quarter of the carrot slaw and a quarter of the sweet potato and cauliflower mix.



## Chickpea, tomato & spinach curry

### Ingredients

- 
- 1 onion, chopped
- 
- 2 garlic cloves, chopped
  - 3cm piece ginger, grated
  - 6 ripe tomatoes
  - ½ tbsp oil
  - 1 tsp ground cumin
  - 2 tsp ground coriander
  - 1 tsp turmeric
  - pinch chilli flakes
  - 1 tsp yeast extract (we used Marmite)
  - 4 tbsp red lentils
  - 6 tbsp coconut cream
  - 1 head of broccoli, broken into small florets
  - 400g can chickpeas, drained
  - 100g bag baby spinach leaves
  - 1 lemon, halved
  - 1 tbsp toasted sesame seeds
  - 1 tbsp chopped cashews, to mix with the sesame seeds
- 

### Method

- **STEP 1**  
Put the onion, garlic, ginger and tomatoes in a food processor or blender and whizz to a purée.
- **STEP 2**  
Heat oil in a large pan. Add the spices, fry for a few secs and add purée and yeast extract. Bubble together for 2 mins, then add lentils and coconut cream. Cook until lentils are tender, then add the broccoli and cook for 4 mins. Stir in chickpeas and spinach, squeeze over lemon and swirl through sesame and cashew mixture. Serve with brown rice, if you like.



# Vegan chilli

## Ingredients

- 
- 3 tbsp olive oil
- 
- 2 sweet potatoes, peeled and cut into medium chunks
  - 2 tsp smoked paprika
  - 2 tsp ground cumin
  - 1 onion, chopped
  - 2 carrots, chopped
  - 2 celery sticks, chopped
  - 2 garlic cloves, crushed
  - 1-2 tsp chilli powder (depending on how hot you like it)
  - 1 tsp dried oregano
  - 1 tbsp tomato purée
  - 1 red pepper, cut into chunks
  - 2 x 400g cans chopped tomatoes
  - 400g can black beans, drained
  - 400g can kidney beans, drained
  - lime wedges, guacamole, rice and coriander to serve
- 

## Method

- **STEP 1**  
Heat the oven to 200C/180C fan/gas 6. Put the sweet potato in a [roasting tin](#) and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.
- **STEP 2**  
Meanwhile, heat the remaining oil in a large [saucepan](#) over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more.
- **STEP 3**  
Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander. *Will keep, in an airtight container in the freezer, for up to three months.*



# Vegan ramen

## Ingredients

- 
- 2 garlic cloves
- 
- thumb-sized piece ginger, sliced, plus a few slices cut into fine matchsticks to serve (optional)
  - 1½ tbsp white miso paste
  - 1 tbsp neri goma (white sesame paste) or tahini
  - 15g dried shiitake mushrooms
  - 1l good-quality vegan stock
  - 2 tbsp soy sauce
  - 200g firm tofu, cut into chunky cubes
  - 1 tbsp cornflour
  - 1 tbsp veg or sunflower oil
  - 100g (2 x nests) ramen or rice noodles
  - 1 head pak choi, quartered
  - 2 spring onions, finely sliced, white and green parts kept separate
  - 25g ready-to-eat beansprouts
  - 1 carrot, peeled and cut into fine matchsticks
  - sesame oil, sriracha, chopped coriander, crushed peanuts, crumbled sheets of nori or dried chilli threads (silgochu), to serve (optional)
- 

## Method

### STEP 1

Crush the garlic with the back of a big **knife**, then put it in a saucepan with the ginger, miso, neri goma, mushrooms, stock and soy. Bring to a gentle simmer, cover and bubble for 5 mins until the ginger is soft. Strain into a clean pan and discard everything left in the strainer.

### STEP 2

Meanwhile, cook the tofu. Toss it in the cornflour and heat the oil in a **frying pan**. Fry for a few mins on each side, being careful as you turn it that it doesn't fall apart. Cook the noodles for 1 min less than pack instructions, so they retain a little bite. Drain and leave in the pan with a little cooking water so they don't stick together

### STEP 3

Add the pak choi and whites of the spring onions to the broth and gently reheat for 1-2 mins until the greens have just wilted.

### STEP 4

Divide the noodles between two deep bowls, ladle over the broth and veg. Top with the tofu, beansprouts, carrot and ginger matchsticks, green parts of the spring onions and a drizzle of sesame oil, plus the other toppings, if you like.





## Vegan courgette risotto

### Ingredients

- 
- 1 tbsp olive oil
- 
- 1 onion and 2 garlic cloves, finely chopped
  - 3 ripe tomatoes , roughly chopped
  - 350g carnaroli or other risotto rice
  - 1 tsp chopped rosemary
  - 1 ½l hot vegetable stock
  - 3 courgettes , finely diced
  - 140g peas , fresh or frozen
  - large handful basil , lightly torn
- 

### Method

- **STEP 1**  
Heat the oil in a large pan. Cook the onion and garlic for 5 mins until the onion has softened. Add the tomatoes and cook for 3-4 mins until softened and pulpy, then add the rice and rosemary.
- **STEP 2**  
Pour in half the stock and leave to cook for 10 mins or until the liquid has evaporated, stirring from time to time. Add the rest of the stock, then continue to cook for a further 5 mins.
- **STEP 3**  
Stir in the courgettes and peas, then cook for another 5 mins or so, stirring until the rice is tender, but the mixture is still a bit saucy. Can be frozen at this stage for up to 1 month. Season with plenty of black pepper, then add the basil and stir until wilted. Serve immediately.



## Satay sweet potato curry

### Ingredients

- 
- 1 tbsp coconut oil
- 
- 1 onion, chopped
  - 2 garlic cloves, grated
  - thumb-sized piece ginger, grated
  - 3 tbsp Thai red curry paste (check the label to make sure it's vegetarian/ vegan)
  - 1 tbsp smooth peanut butter
  - 500g sweet potato, peeled and cut into chunks
  - 400ml can coconut milk
  - 200g bag spinach
  - 1 lime, juiced
  - cooked rice, to serve (optional)
  - dry roasted peanuts, to serve (optional)
- 

### Method

- **STEP 1**  
Melt 1 tbsp coconut oil in a [saucepan](#) over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.
- **STEP 2**  
Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.
- **STEP 3**  
Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
- **STEP 4**  
Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.



## Satay sweet potato curry

### Ingredients

- 
- 1 tbsp coconut oil
- 
- 1 onion, chopped
  - 2 garlic cloves, grated
  - thumb-sized piece ginger, grated
  - 3 tbsp Thai red curry paste (check the label to make sure it's vegetarian/ vegan)
  - 1 tbsp smooth peanut butter
  - 500g sweet potato, peeled and cut into chunks
  - 400ml can coconut milk
  - 200g bag spinach
  - 1 lime, juiced
  - cooked rice, to serve (optional)
  - dry roasted peanuts, to serve (optional)
- 

### Method

- **STEP 1**  
Melt 1 tbsp coconut oil in a [saucepan](#) over a medium heat and soften 1 chopped onion for 5 mins. Add 2 grated garlic cloves and a grated thumb-sized piece of ginger, and cook for 1 min until fragrant.
- **STEP 2**  
Stir in 3 tbsp Thai red curry paste, 1 tbsp smooth peanut butter and 500g sweet potato, peeled and cut into chunks, then add 400ml coconut milk and 200ml water.
- **STEP 3**  
Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
- **STEP 4**  
Stir through 200g spinach and the juice of 1 lime, and season well. Serve with cooked rice, and if you want some crunch, sprinkle over a few dry roasted peanuts.



# Vegan sausage casserole

## Ingredients

- 
- 2 tbsp olive oil
- 
- 12 vegan sausages
  - 2 onions, finely chopped
  - 2 carrots, finely chopped
  - 2 celery sticks, finely chopped
  - 2 x 400g cans chopped tomatoes
  - 1 tbsp light soft brown sugar
  - 1 tsp dried oregano
  - 1 tsp smoked paprika
  - 1 tsp cayenne pepper
  - 1 tbsp cider vinegar
  - small handful thyme sprigs, leaves picked
  - 2 x 400g cans cannellini beans, rinsed and drained
  - 100g vegan spread softened
  - ½ small bunch parsley, finely chopped
  - 3 garlic cloves, crushed
  - 6 slices rustic sourdough, halved, if needed
- 

## Method

- **STEP 1**  
Heat the oil in a large casserole or heavy-based saucepan over a medium heat, and fry the sausages for 4-6 mins, in batches if needed, until golden brown all over. Transfer to a plate.
- **STEP 2**  
Add the onion, carrot and celery to the oil left in the pan (add a splash more if you need to), and fry for 10 mins, until very tender and starting to turn lightly golden. Tip in the chopped tomatoes, half fill each can with water and add to the pan. Stir in the sugar, oregano, paprika, cayenne, vinegar and half the thyme. Season well and bring to a simmer. Cook for 15-20 mins uncovered until the tomatoes start to break down, then stir in the cannellini beans and simmer for 10 mins until the casserole has thickened and the sauce coats the beans. Stir the sausages back into the pan. Season well. Add a pinch more sugar or smoked paprika if you like.
- **STEP 3**  
Heat the oven to 200C/180C fan/gas 6. Mash the vegan spread with the remaining thyme leaves, chopped parsley and crushed garlic. Season with black pepper and mash well with a fork until combined. Lightly toast the sourdough in a toaster or under the grill. Smother the garlic mixture over the bread slices, and arrange over the top of the casserole. Transfer to the oven and cook for 15 mins until the garlic breads are golden brown, the garlic mixture melts into the toasts and edges are toasted.



## Snacks



### Healthy veg patch hummus

#### Ingredients

- 
- 1 x 400g can chickpeas , drained and rinsed
- 
- ½ lemon , juiced
  - 1 garlic clove , crushed
  - 2 tbsp olive oil
  - 2 tbsp tahini
  - 250g baby carrots
  - 1 pot of parsley
- 

#### Method

- **STEP 1**  
Put the chickpeas, lemon juice, garlic, olive oil and tahini into a [food processor](#) and blitz to a smooth consistency. Loosen with 1–2 tbsp water if it seems a little thick.
- **STEP 2**  
Make a hole in the top of each carrot with a skewer or by cutting a small hole with the tip of a [sharp knife](#). Dab a small amount of hummus into the hole and push in a small sprig of parsley.
- **STEP 3**  
Spoon the hummus into thoroughly cleaned small, plant pots or bowls and push in the carrots. Let the children dunk into the hummus with the carrots.



## Almond, raisin & popcorn trail mix

### Ingredients

- 
- 1 tsp rapeseed oil
- 
- 15g popcorn kernels
  - 50g raisins
  - 45g whole almonds (ideally skins on)
  - 25g puffed wheat
- 

### Method

- **STEP 1**  
Heat the oil in a small pan, add the corn, cover and cook for 2-3 mins or until all the kernels pop. Tip into a bowl, leave to cool, then stir in the raisins, almonds and puffed wheat. Store in an airtight container.



# Vegan flapjacks

## Ingredients

- **soft dates** 160g, chopped
- **smooth peanut or almond butter** 60g
- **agave syrup** 40g, (use honey for a non-vegan version)
- **sunflower seeds** 4 tbsp
- **chia seeds** 4 tbsp
- **porridge oats** 100g
- **roasted peanuts or almonds** 50g, roughly chopped

## Method

### STEP 1

Blitz the dates in a food processor until finely chopped and they've come together into a ball/paste. Add 1 tbsp boiling water if they aren't sticking. Heat the nut butter and honey very gently in a pan until it becomes a smooth, pourable mix.

- **STEP 2**

Stir all the remaining ingredients and the dates in a large bowl, then pour over the nut butter and honey mix. Mix really well (kneading with your hands to break up the dates) until everything is evenly distributed.

- **STEP 3**

Line a 20cm square tin or container with baking parchment, and tip the mix in. Press the mixture into the sides and pack down with the back of a spoon. Cover and chill for 20 minutes, before cutting into bars. Keep the bars in the fridge or in an airtight container for 3 days, or freeze and thaw overnight at room temperature if you want to keep them longer.



# Vegetable crisps with curry salt

## Ingredients

- **left-over peelings and vegetables** 800g, peeled (potatoes, parsnips and carrots work well, including skins)
- **olive oil** 3 tbsp

### **CURRY SALT**

- **sea salt flakes** ½ tsp
- **ground turmeric** ¼ tsp
- **ground cumin** ½ tsp
- **ground coriander** ½ tsp
- **mild chilli powder** ½ tsp
- **caster sugar** ¼ tsp

## Method

- **STEP 1**

Heat the oven to 190C/fan 170/gas 5. Tip the peelings into a bowl and toss with a little seasoning and the olive oil. Divide between two large non-stick trays, then cook for 20-25 minutes, tossing halfway, until really crisp.

- **STEP 2**

Mix together the ingredients for the curry salt.

- **STEP 3**

Put the peelings into a bowl and sprinkle over the curry salt to serve.





# Energy balls

## Ingredients

### *PEANUT BUTTER AND DATE BITES*

- **crunchy peanut butter** 5 tbsp
- **porridge oats** 6 tbsp
- **dates** 2 tbsp, finely chopped
- **chia seeds** 1 tsp

### *COCONUT AND APRICOT BITES*

- **coconut butter** 1½ tbsp
- **apricots** 3 tbsp, finely chopped
- **desiccated coconut** 2 tbsp + more for rolling
- **porridge oats** 3 tbsp

### *PISTACHIO AND GOJI BERRY BITES*

- **pistachio kernels** 3 tbsp, chopped
- **goji berries** 3 tbsp, roughly chopped
- **sunflower seeds** 2 tbsp
- **maple syrup** 2 tbsp
- **milled flaxseed** 3 tbsp
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## Method

### • **STEP 1**

Put all the ingredients for whichever bite you are making in a small blender and pulse until well combined. Take out tsps of the mix, and roll into balls. Dust in desiccated coconut (if using), or sesame seeds if you like, before chilling.

## Fruity toots



### Ingredients

- **dried apricots** 100g
- **dates** 100g
- **raisins** 100g
- **almond or brazil nuts** 200g
- **dried cranberries** 50g
- **omega seed mix** 100g
- **ground hazelnuts** 4 tbsp
- **apple juice**
- **dessicated coconut**

### Method

- **STEP 1**

Chop up the dried fruits and nuts into small, equal-sized pieces. Put in a large bowl and combine with the omega seed mix. Add the ground hazelnuts, then pour in apple juice a little at a time until you have a thick, rollable mixture. Roll into 2cm balls.

- **STEP 2**

Pour desiccated coconut into another bowl and roll each ball in it to thoroughly coat. Store in a plastic container in the fridge for up to a couple of weeks.