

Veganuary

a recipe for every day



Favourites shared by the **ZERO**  community

Happy New Year!

Why VEGANUARY? Did you know that cutting down on animal products, particularly meat, is one of the most effective ways to reduce your carbon footprint? It's not hard to make a difference and the volunteers at Zero Carbon Guildford wanted to share their favourite recipes and spread the deliciousness!

Here you will find tried and tested savoury recipes for each day of January with a sweet one for every weekend. We hope you will be inspired to try some. If a whole month of plant-based meals is too much for you, just have a go at substituting a few of your normal meals for animal free ones - you might find you like them!

Enjoy!

Loveday, Jeanne & the rest of the ZERO team

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Fluffy Vegan Pancakes



PREP: 5 MINS

COOK: 30 MINS

SERVES:2

Start the year with these simple and delicious American style pancakes, no need to go out for brunch anymore!

- 150g all-purpose flour
 - 2 tsp baking powder
 - ¼ teaspoon baking soda
 - 1 tablespoons granulated sugar
 - ¼ teaspoon salt
 - 250ml oat milk (or any other milk-alternative)
 - 3 tbsp neutral oil like sunflower oil plus extra for cooking
 - 1 tsp cider vinegar
1. Heat up a pan to medium-low temperature.
 2. Mix together all the dry ingredients.
 3. Add all the liquid ingredients.
 4. Mix with a fork until everything comes together. The batter should be mostly smooth, but a few small lumps are fine.
 5. Drop a third of a cup of the batter per pancake into the pan and cook until the edges of the pancakes are dried and starting to brown, and the surface of pancakes have some bubbles (about 3-4 minutes).
 6. Carefully flip with a spatula, and cook until browned on the underside, about 3 minutes more.
 7. Enjoy with your favourite toppings!



Lebanese ChickPea Stew

PREP+COOK: 30 MINS **SERVES:2-4**

This is a simplified version of a recipe found online so may not be very authentic but it is quick and easy to make and tastes delicious.

- 2 tbsp olive oil
 - 1 large onion
 - 3 cloves garlic
 - 1 red pepper
 - 1 tsp crushed cumin seeds
 - 1 tsp paprika
 - 1 tsp chipotle chilli flakes
 - 70g tomato paste
 - 1 bay leaf
 - 2x 400g cans of chickpeas
 - 1 can of liquid - you can either use the liquid from the chickpeas or drain them and add water
1. Chop and then fry the onion, garlic and pepper in the oil until softened and beginning to brown.
 2. Add the spices and cook for another minute or two before adding the chickpeas, tomato paste, bay leaf and the liquid. Simmer until the liquid has thickened to a paste. Try throwing in some spinach just before you serve it if you have any to hand.
 3. Serve with rice or crusty bread. Brown, red or black rice are nice for a change!



The liquid from the canned chickpea is known as aquafaba and contains some of the chickpea nutrients so it makes sense to use it rather than throwing it away. Alternatively you can keep it and use it to make vegan meringues or a host of other things (see the Vegan Society website '20 amazing things you can do with aquafaba').

Creamy Baked Lemon & Dill Rice



PREP+COOK: 1HR 15MINS

SERVES:4

A household favourite!

For the baked rice:

- 5 medium tomatoes, chopped
- 1 medium leek, chopped
- 2 cloves garlic, minced
- 1 medium onion, finely chopped
- 300g uncooked short-grain white rice
- 250g cooked cannellini beans
- ⅓ cup nutritional yeast flakes
- 2 bay leaves
- 1 tbsp olive oil
- 1 tsp chilli flakes
- 1 tsp dried dill (optional)
- 720 ml boiling water
- 2 vegetable stock cubes

For the dressing:

- 1 cup fresh minced dill
- 2 tbsp olive oil
- ½ lemon, juiced
- ½ tsp salt
- ¼ tsp ground black pepper

Toppings:

- ¼ cup roasted pine nuts
- ½ lemon in wedges

1. Preheat the oven to 200°C. Put the tomatoes, leek, garlic, onion, rice, beans, nutritional yeast, bay leaves, oil, chili, and dried dill into a large baking dish.
2. Add the water and stock cubes to a jug and mix. Then pour into the baking dish and stir well. Tightly cover the dish with a lid or foil and bake in the oven on the centre rack for 1 hour, or until the rice is al dente*. Stir once halfway.
3. In a small bowl, combine the dressing ingredients. When the dish is done baking, remove the bay leaves, pour the dressing over the rice, and stir. Add more salt and pepper to taste, garnish with pine nuts and lemon slices.

*Short-grain white rice absorbs liquids and releases starch, which makes it sticky. If the liquid has been absorbed and the rice is still too firm, add a splash more vegetable stock or water and continue.

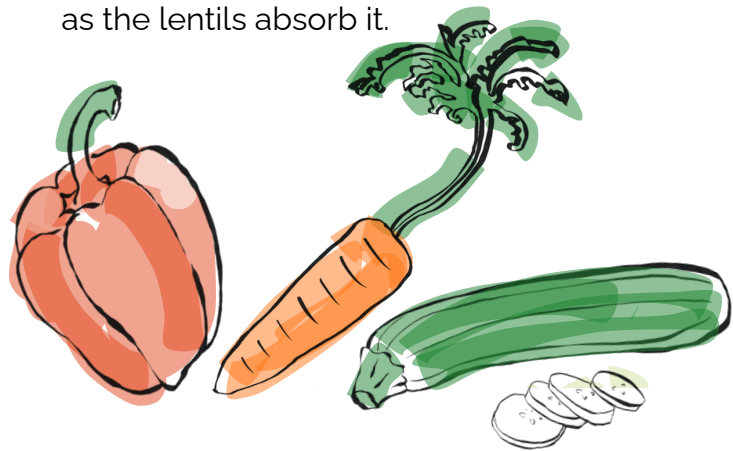
Make-ahead: add all of the ingredients, except for the liquid, to a baking dish, cover, and keep in the fridge for up to a day. When ready to cook, add the liquid, mix, and bake as directed. Store in an airtight container in the fridge for up to 3 days.

Variable Stew

PREP+COOK: 1HR 15MINS SERVES: LOTS!

This is a homemade recipe, based on my large pan! I buy all the dried ingredients, herbs and spices from the refill shop. I get cheap root veg, prep and freeze it. Once cooked, I portion the stew into containers that I heat at work for my meal break. But it's flexible - eat on its own, with bread or potatoes, or add some fresh or tinned veg. I also add something to liven the taste before reheating, normally an umami paste of some sort.

- two varieties of dried beans
 - onion, chopped
 - olive oil
 - root/hard veg eg: carrots, parsnips, swede, butternut squash
 - tinned chopped tomatoes or passata
 - miscellaneous veg, mushrooms, sweet peppers, courgette, celery
 - curry powder
 - mixed herbs
 - red lentils
 - black pepper
 - veg stock cube
 - hot water
1. Soak the beans overnight and rinse. Bring to the boil in a pan of cold water, then simmer for 15min (see note below).
 2. Fry the onions in a large pan then add the root/hard veg. Boil some water. Add all the other ingredients, stir and simmer for about 30mins. Add more water as required as the lentils absorb it.



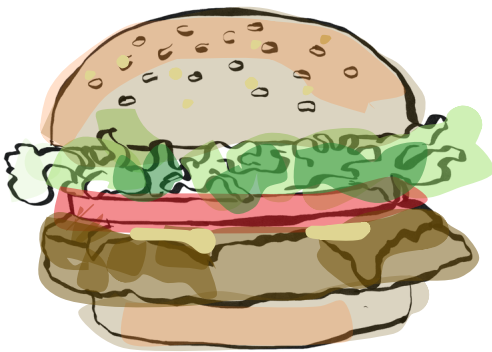
Serve with bread, pasta, rice or potatoes.

Note: Different beans require different amounts of cooking. If unsure check online. Dried kidney beans must be boiled for 10 minutes, then simmered for 45-60 minutes to destroy the toxins they contain. This will not poison you but can cause tummy aches.

Black Bean Burgers

SERVES: Makes about twenty 70g burgers

These burgers are popular in our family. My meat eating son likes them more than meat ones!



- 500g of dried black beans
- 3 tbsp oil
- 2 medium onions
- 3 cloves of garlic
- 1 small red pepper
- 1 tsp chipotle chilli flakes
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp salt
- 1 cup of breadcrumbs
- 2 tbsp flax seed

1. Cook black beans according to instructions on the packet (usually about 1 hour) or use canned beans which are ready cooked (2-3 cans).
2. Finely chop the onions, garlic and pepper and cook in the oil until softened and starting to brown.
3. Reserving about a quarter of the black beans add everything else to a blender with a couple of teaspoons of the cooking water and blend to a thick paste. Add enough cooking water to make it sticky but not wet. Add back in the reserved beans and blend slightly so that there is still some texture.
4. Cool a little before rolling into balls, then cool further before flattening into burgers. At this point you can freeze some to save for another day.
5. When ready to serve, cook gently in a frying pan with olive oil and some drizzled over the top. Turn and cook the other side so that a nice brown crust forms on both sides. Serve in baps with fried onions accompanied by potato wedges and salad.



Spiced Parsnip Soup

PREP+COOK: 1HR 15MINS

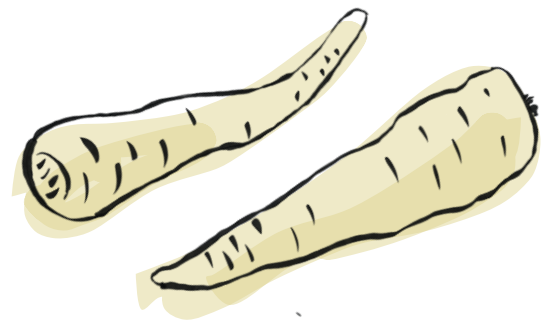
SERVES:6

**This went down well at the Community Fridge Christmas lunch!
Use sweet potato instead of parsnip if you prefer.**

- 3 tbsp vegetable oil
- 1 large onion chopped
- 1 stick of celery chopped
- 1 clove of garlic finely chopped
- 4 or 5 medium parsnips (about 1kg) peeled
- 1 apple peeled and chopped
- 1 tsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 150g red lentils
- 1.5 litres of hot stock or water (more or less)
- salt and pepper

1. Add the oil to a wide based pan on a medium heat, then add the onions and celery and fry until just starting to brown. Add the garlic, spices, chopped parsnips and apple and allow them to start cooking before adding the lentils and stock or water.
2. Cook for about 30 minutes or until the parsnips are tender and the lentils are fully cooked (check instructions on the packet).
3. Blend to a smooth consistency with a stick blender. Add seasoning to taste.

The spices can be varied according to preference. If you have other vegetables that need using up such as leeks or carrots these can be added. Sweet potatoes are a good alternative for the parsnips. White dal can be used instead of lentils.



No-Cook Brownies

PREP: 10MINS (no cooking)

SERVES: Makes 12 small squares

Really quick to make and very tasty. Great if you have a friend coming round... goes well with a coffee or tea.

- $\frac{3}{4}$ cup rolled oats
 - $\frac{3}{4}$ cup walnuts
 - 180g stoned dates
 - 1 tsp vanilla extract
 - 2 tbsp cocoa powder
 - pinch of salt
 - 4 tbsp melted coconut oil
 - 1 tbsp flaxseed (optional)
 - 1 tbsp chia seeds (optional)
1. Put ingredients into a food processor and blend until all mixed together - it should be a nice, sticky, doughy mixture.
 2. Line a dish or smallish baking tray with parchment. Put the mixture into dish and squash down so it's about 1 to 2cm thick.
 3. Place in freezer for about an hour.
 4. Cut it up into chunks and eat! If you don't have walnuts then you can use other nuts. cashews, brazils etc.



Squash, Mushroom & Spinach Wellington

PREP+COOK: 1HR 45MINS SERVES:4

Easy to make but looks impressive!

- one butternut squash
 - olive oil
 - 1 onion chopped small
 - 4 garlic cloves
 - 300g chestnut mushrooms
 - 50g dried mushrooms, soaked and drained
 - fresh sage
 - fresh thyme
 - 50g dates roughly chopped
 - 30g pine nuts
 - 50g spinach
 - one sheet of ready rolled puff pastry
1. Set oven to 180°C.
 2. Using just the neck of the squash (save the rest for soup) peel, split lengthwise and roast until tender all the way through (about 20 mins).
 3. While the squash is roasting, gently fry the onion until soft in some olive oil. Add the garlic, mushrooms and herbs and cook for a further 10 mins.
 4. Add the dates and pine nuts. If the mixture is dry add a little water (or a glug of white wine) but avoid making it wet. Give the mixture a very brief whizz with a blender - you're aiming for a lumpy paste.
 5. To assemble: layer the spinach over the pastry, then spread the mushroom mixture over that leaving a couple of centimetres bare around the edges. Put the two pieces of squash back together and place them at one end of the pastry sheet and roll up. Seal both ends of the pastry around the squash filling. Make several cuts in the pastry across the top for decoration and bake for about 35mins until golden brown.



A simplified version of a Riverford recipe Shared by Carol

Dal & Rice

PREP: 10MINS

COOK: 30MINS

SERVES:4

This is easy and versatile (some of the ingredients can be swapped for commonly found alternatives). It keeps in the fridge for a week, is cheap and filling and is quick to cook.

- 1 onion, diced
 - 2 tomatoes, diced
 - 1 tbsp vegetable oil
 - 1 tsp mustard seeds
 - 1½ tsp cumin seeds
 - 2 tsp mince garlic
 - 1½ tsp minced garlic
 - ¾ tsp tumeric
 - ¾ tsp red chilli powder
 - 1 tsp salt
 - 1 tsp coriander powder
 - ½ cups any dry lentils
 - 3-4 cups of water
1. Add the oil to a pot or deep frying pan. When the oil is hot add the mustard seeds and the cumin seeds.
 2. When the seeds start to splutter add the diced onion and cook till they start to brown, then add the garlic and the ginger. Cook for a few minutes till fragrant.
 3. Add the diced tomato and then the following spices: turmeric, chilli powder, salt, coriander. Cook till tomato's are soft and mushy.
 4. Add the dry lentils followed by 3-4 cups of water. Bring to the boil then cover and let cook at a low heat for 30 minutes.
 5. Top with coriander and serve with rice/naan/chapattis



Pasta Bake

PREP: 20MINS

COOK: 20MINS

SERVES:4

Comfort food that's really simple to make.

- 225g pasta or free from pasta
 - can of vegetable soup of your choice
 - 50g frozen sweetcorn/peas/beans/whatever you have/fancy
 - herbs
 - salt/pepper
 - vegan cheese (optional)
1. Preheat oven to 200°C, gas mark 6.
 2. Cook pasta according to packet instructions.
 3. In an oven-proof dish place soup (rinse can out with a little water and add), frozen veg, herbs, salt and pepper and mix.
 4. Add pasta and mix together.
 5. Top with vegan cheese if using.
 6. Oven bake for 20 minutes.

The version below was made with double quantities using one can of tomato and basil soup and one can of tomato and lentil soup with peas and edamame beans.

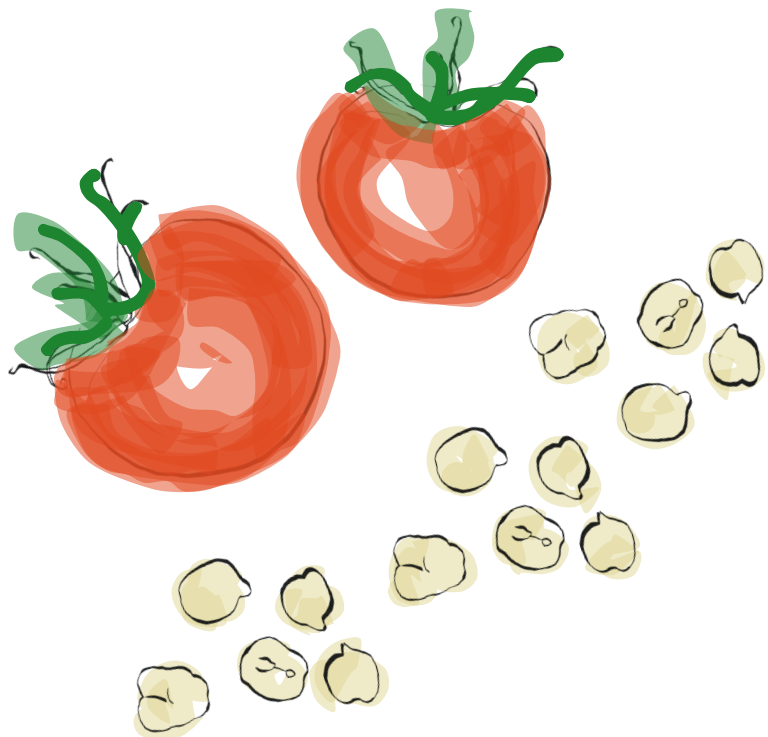


ChickPea Curry

PREP+COOK: 15MINS **SERVES:4**

This quick and fragrant recipe can be made with staples you might already have at home - perfect for a busy week day.

- ½ red onion
 - 2 tbsp olive oil
 - 1 clove of garlic
 - ½ thumb-sized piece of ginger
 - ½ a red chilli if you like it spicy like Dave, leave the seeds in!
 - 1 tbsp curry powder
 - 1 tsp cumin powder
 - 1 tsp ground coriander
 - 1 tsp ground paprika
 - 1 g x 400g tin chopped tomatoes
 - 1 g x 400g tin coconut milk
 - 1 g x 400g tin of chickpeas drained and rinsed
 - 1 tsp salt
 - ½ tsp ground black pepper
 - small bunch of coriander
 - ½ lime, zest and juice
 - 1 avocado
1. Heat the oil on a medium heat.
 2. Thinly slice the onion and garlic and add to the pan.
 3. Grate the ginger into the pan. No need to remove the skin!
 4. Thinly slice the chilli and add to the pan.
 5. Add the spices and cook for 30 seconds.
 6. Add the chopped tomatoes, coconut milk and chickpeas.
 7. Add the salt and pepper.
 8. Chop the coriander and add to the pan along with the lime zest.
 9. Add the lime juice, season to taste and serve with avocado and the grain of your choice. Lovely!



Spicy Roast Squash, Onions & Butterbeans

PREP+COOK: 50MINS-1HR

SERVES:4

A favourite for sharing with friends!



- 1.2kg squash, such as Crown Prince or butternut
- 3 medium onions, quartered
- 4 garlic cloves
- 2x400g tins of butter beans, drained and rinsed
- 2 red peppers, cored, deseeded and quartered
- 3 tbsp cold-pressed rapeseed oil
- 2 tbsp good quality medium-hot curry powder
- 2x400ml tins coconut milk
- 1 tbsp tomato purée
- finely grated juice and zest of 2 limes
- salt and pepper
- chopped coriander

1. Preheat oven to 220°C/210°C Fan/Gas 7.
2. Peel, deseed and cut the squash into chunks and place in a large cast-iron pan or casserole dish with the quartered onions, whole peeled garlic cloves, butter beans, red peppers and rapeseed oil. Toss well to mix and then cook in the oven for 15 minutes.
3. Lift out the pan, stir through the curry powder and return to the oven. Cook for 15 minutes, stirring halfway through, until the veg are starting to soften.
4. Take out the pan again and stir through the coconut milk and tomato purée. Return to the oven for another 15 minutes until starting to thicken.
5. Remove from the oven and stir in the lime zest and juice. Season with salt and pepper to taste and scatter over the chopped coriander to serve.

Substitutions: Chickpeas are a great alternative to the butter beans and cauliflower works well as a swap for the squash (toss it in with the onions, butter beans and peppers about 10 minutes into the cooking rather than add it at the start, as it takes less time to cook).



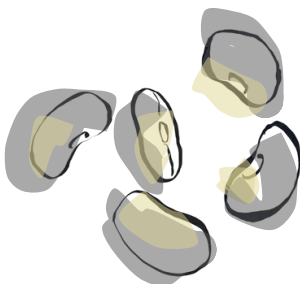
Loaded Sweet Potatoes

with lime crema, black beans & guacamole

PREP+COOK: 45MINS **SERVES:4**

Another favourite with friends!

- 4 medium sweet potatoes, scrubbed clean and dried
 - 60g vegan butter alternative, melted
 - 2 cloves garlic, finely grated
 - 1 tbsp fajita seasoning
 - ½ tsp sea salt flakes
 - 1 lime, juiced
 - 4 tbsp vegan crème fraîche
 - 4 tbsp guacamole
 - ½ x 400g can black beans, drained
 - 100g cherry tomatoes, quartered
 - ¼ red onion, finely diced
 - ¼ x 25g pack chives, finely chopped
 - ¼ x 25g pack coriander, roughly chopped
1. Preheat the oven to 220°C, gas mark 7. Slice the potatoes into 3cm-thick rounds. In a large mixing bowl, combine the melted vegan butter alternative, garlic and fajita seasoning, ½ tsp sea salt flakes and some black pepper. Whisk to combine, add the potatoes and toss until coated.
 2. Place the sweet potatoes in an even layer on a large baking sheet, about 3cm apart. Keep any remaining 'butter' mixture. Bake the potatoes for 25-30 minutes, or until tender when tested with a fork. Meanwhile, mix the lime juice into the vegan crème fraîche. Season and set aside.
 3. Remove the sweet potato slices from the oven and preheat the grill to high. Using a potato masher or the flat bottom of a sturdy mug, crush the potato slices lightly to gently break the surfaces. Use a pastry brush to apply the remaining spiced butter mixture. Grill for 3-5 minutes, or until the edges are starting to catch.
 4. Pile up half the sweet potato slices in the centre of a serving platter (or divide between 4 plates), add a couple of spoonfuls each of guacamole, black beans and cherry tomatoes. Sprinkle with red onion, then drizzle over the lime soured cream and sprinkle over some herbs. Layer up with the remaining sweet potato and all the remaining ingredients, ending with a final drizzle of vegan crème fraîche and herbs.



West African Peanut Stew

PREP+COOK: 45MINS SERVES:4

**A favourite recipe that tastes like traditional Senegalese food.
Great to cook in big batches and keep in the freezer.**

For the paste:

- 2 onions
- 5 garlic cloves
- thumb-sized piece fresh root ginger
- 1 tsp paprika
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 2 tsp ground cumin
- 1 tsp ground fenugreek
- ½-1 fresh red Scotch bonnet chilli (to taste), deseeded
- a pinch of salt

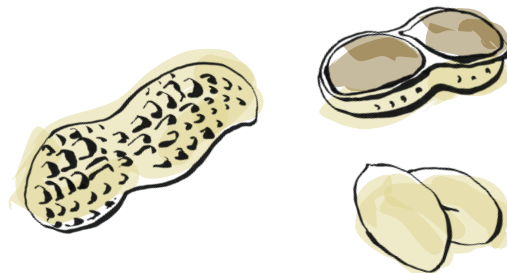
Other ingredients:

- 1-2 tbsp peanut oil
- 500g sweet potatoes
- 400g tin of black-eyed beans, drained
- ½ whole red Scotch bonnet chilli, deseeded (optional)
- 3 tbsp tomato purée
- 400g tin of chopped tomatoes
- 500ml vegetable stock
- 125g smooth peanut butter
- 200g spinach
- 1 tbsp lemon juice

To serve:

- fresh coriander
- 2 spring onions,
- 1 red chilli, deseeded and finely sliced
- salt and black pepper

1. Roughly chop all the paste ingredients, place in a processor and blitz into a coarse paste.
2. Heat 1 tbsp of the peanut oil in a large, heavy based saucepan or shallow frying pan. Add the paste and sauté over a medium-low heat for 10 minutes, stirring occasionally and adding a little more oil if the paste starts to stick to the pan.
3. Peel and dice the sweet potatoes and add to the pan with the black-eyed beans, Scotch bonnet chilli (if using) and tomato purée and mix to combine.
4. Pour in the tinned tomatoes and vegetable stock, add the peanut butter, season with salt and pepper and stir in well.
5. Cover the pan with a lid and bring to the boil, then reduce the heat and simmer for 25 minutes, stirring occasionally.
6. Remove from the heat and stir in the chopped spinach, leaving it to wilt in the pan for 5 minutes.
7. To finish, add the lemon juice, a handful of chopped coriander, finely chopped spring onions and sliced chillies and check the seasoning, adding more salt and pepper if needed.



Tiffin

PREP: 20-30MINS (+overnight in fridge)

SERVES: 12 (allegedly!)

No cooking needed, easy to make and very nice (and quite naughty)

- 200g dark cooking chocolate, broken into pieces (Green/Blacks best for vegan)
 - 100g 'Free From' or vegan spread - add this after everything else has melted
 - 1 tablespoon golden or agave syrup
 - 75g crystallised ginger or glace cherries
 - 125g 'Free From' digestive biscuits as they usually don't have egg or milk in them
1. Line a loaf tin with baking paper, or use a larger tin if you like it thinner.
 2. Put the chocolate, and syrup into a saucepan on a low heat and stir, add the spread after everything else has melted.
 3. Roughly chop the ginger and crush the biscuits into largish crumbs – keeping some larger chunks in the mix gives a good texture.
 4. Add the ginger and biscuits and mix thoroughly. Tip this chocolatey mix into the prepared tin and smooth it out/press down.
 5. Leave to cool, then transfer to the fridge for several hours. You want it to set completely.
 6. Lift the tiffin out of the tin the paper then carefully peel the paper away. Use a strong, sharp knife to cut it into about 12 pieces, or smaller ones if you prefer. Store in an airtight container in the fridge.



If you aren't very fond of ginger you can use chopped candied peel, glace cherries, dried fruit, chopped nuts and even pumpkin seeds, either on their own or in combination. If you do like ginger, try using ginger biscuits instead of the digestives, or any biscuit that you are fond of.

Tomato & Basil Tart

PREP+COOK: 50MINS **SERVES:4**

A traditional French recipe which is quick to prepare. Frequently served at family meals.

- 200g ready-made puff pastry
 - 1,2kg tomatoes
 - a bunch of basil
 - 150ml olive oil
 - 5g salt and pepper
 - 10g sugar
 - 1 tsp mustard
1. Set aside 10 basil leaves. Finely chop the rest of the basil and mix it with the olive oil and mustard.
 2. Roll out the puff pastry into a 35cm circle, or keep in a rectangle, and place on a sheet of grease-proof paper on a baking tray. Prick all over the surface with a fork. Brush with the basil, olive oil and mustard mixture except for 1 cm around the edge.
 3. Wash and cut the tomatoes into 5 mm thick slices and arrange them on the dough. Sprinkle with salt, pepper and sugar.
 4. Bake for 20 minutes in a hot oven. Halfway through cooking, brush a little olive oil around the sides of the tart, spreading it gently to make it crispy.
 5. Chop the remaining basil leaves. Sprinkle them on the pie and serve.



Cashew Coconut Oat Milk

PREP+MAKE: 40MINS

This recipe won't make you a meal but it is very useful to know how to make plant-based milk to save having to buy it in tetrapaks. It tastes lovely and works in tea and coffee.

- $\frac{3}{4}$ cup raw cashews
 - $\frac{1}{2}$ cup unsweetened coconut flakes
 - $\frac{1}{4}$ cup rolled oats
 - 1 medjool date, pitted (or use a little maple syrup instead)
 - 1 pinch sea salt
 - 3 cups water (filtered if possible)
1. Soak the cashews in very hot water for 30 mins or cool water for 6 hours (do not soak longer than 8 hours)
 2. Drain and rinse cashews. Put in high speed blender along with rest of the ingredients. 3 cups of water makes a rich, creamy milk. Add one more cup of water if you prefer it thinner.
 3. Blend on high for 60 seconds
 4. Place a nut milk bag over a large mixing bowl and pour in milk. (You can use a thin clean tea towel or t-shirt if you don't have a nut milk bag). Strain and squeeze really well until you are left with pulp in bag and a rich creamy milk in bowl.
 5. Store your milk in a clean bottle in fridge for up to 5 days.



Potato & Onion Layer Bake

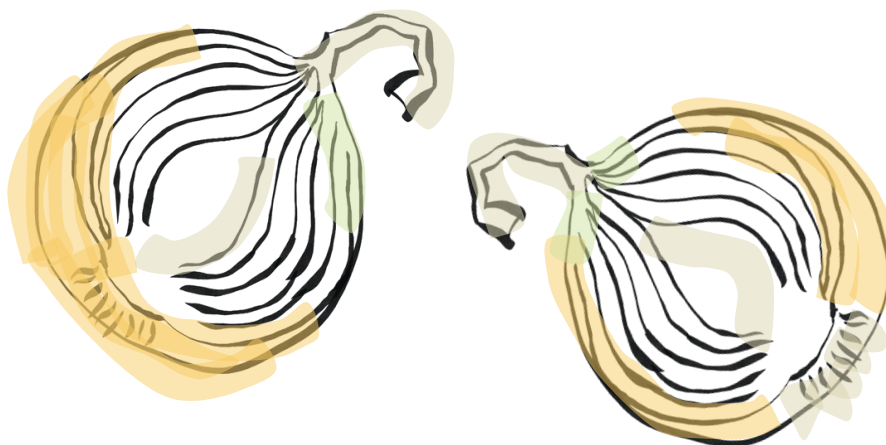
PREP: 20-30MINS.

COOK: 60-90MINS + 10-15MINS

SERVES: 4

A family recipe adapted to suit a vegan diet. An easy to make and satisfying side dish!

- potatoes (enough to fill a oven proof dish)
 - onion (Can also add chopped garlic if you like)
 - vegetable stock - about 300ml
 - herbs
 - salt and pepper
 - optional - vegan cheese
1. Slice potatoes and onion into small pieces.
 2. Layer in an ovenproof dish starting with onion on the bottom and making sure the top layer is potato. Potato, onion, potato, onion etc.
 3. Make the vegetable stock and add the herbs, salt and pepper and pour over everything.
 4. Cover dish with foil and cook in the oven for between 60 and 90 minutes. When golden brown on top, or when the potato feels cooked/soft when stabbed with a fork, remove the foil and add the vegan cheese to the top (if you want).
 5. Bake for an additional 10-15 minutes until the cheese has melted.

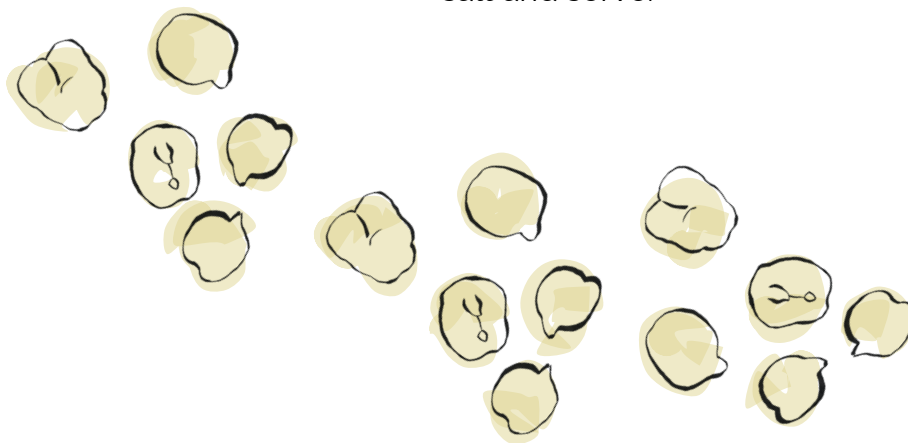


ChickPeas with Collard Greens or Cabbage

PREP+COOK: 2HRS (dry chickpeas), 1HR (canned) SERVES: 4-5

A Spanish dish usually eaten in winter.

- 250g of dried chickpeas or 2 cans of cooked chickpeas
 - 1 onion poached
 - 1 leek
 - 1/2 cabbage or collard greens
 - 3 carrots
 - 2 potatoes
 - salt
 - ground paprika
 - virgin olive oil
 - water
1. If using dried chickpeas soak in cold water with salt for 8 to 12 hours before cooking.
 2. In a saucepan sauté the leeks in some oil then add the carrots and enough water to cover the chickpeas. Bring to the boil then add the chickpeas. The soaked chickpeas will need to be boiled strongly while they cook to prevent them from sticking.
 3. When the chickpeas are nearly done (or heated through for the canned ones) add the potatoes.
 4. While this is cooking sauté the poached onion with paprika in some oil and then add it to the chickpeas.
 5. Turn off the heat when the chickpeas and potatoes are cooked.
 6. Separately, cook the cabbage or collard greens (washed and chopped into small squares).
 7. When ready to serve combine the cabbage with the chickpeas and bring everything back to the boil. Add a pinch of salt and serve.



Smoky Lentils

with harissa roast cauliflower & aubergine

PREP: 25mins

COOK: 45MINS

SERVES:4

For the harissa roast vegetables:

- 1.5 tbsp harissa paste
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp sea salt
- juice of 1 lemon
- 1/2 large aubergine
- 1 medium cauliflower

For the lentils:

- 1 ancho chilli
- 3 tbsp water
- 1 onion chopped
- 1 tbsp oil
- 4 cloves garlic sliced
- 300g cherry tomatoes sliced
- 350g red lentils
- 2 tbsp tomato purée
- 750ml water
- 1 1/2 tsp sea salt
- lots of black pepper and a pinch of white pepper
- 1 tsp chilli flakes
- 1 tbsp tamari
- 1 tbsp coconut yogurt or cream

For the cabbage salad:

- 1/2 white cabbage
- 2 tbsp extra virgin olive oil
- 1 tbsp organic apple cider vinegar
- 1/2 tsp sea salt
- 4 tbsp sunflower seeds

1. Add the harissa paste, oil, garlic powder, salt and lemon juice to a large bowl and mix well.
2. Cut the cauliflower into florets, and the aubergine into slices, then add them to the bowl and mix well.
3. Add to a large roasting pan. Roast on a medium heat 180c/Gas Mark 4 for 20 minutes, then turn. Continue to roast for a further 20 minutes until the veg is cooked and golden brown. Remove from the oven.
4. Meanwhile chop the ancho chilli up roughly and add to a small pan with the water. Simmer for a few minutes. Set aside to cool. Blitz in a blender or crush to a paste.
5. Add the oil and onion to a wide bottom pan and fry gently on a low heat for around 10 minutes until soft and browning. Add the garlic and fry for 30 seconds more. Add the tomatoes, washed lentils, tomato purée, ancho paste and water to the pan and cook in a low heat for 30 minutes. Stirring occasionally adding more water if needed. Add the salt, pepper, chilli flakes, tamari and coconut yogurt to the pan and simmer for a further 5 minutes. Top with the harissa cauliflower and aubergine.
6. To make the cabbage salad: Finely cut the cabbage and place in a large bowl. Add the olive oil, vinegar and salt.–mix well. Add the sunflower seeds to a pan and dry toast on a medium heat until lightly toasted and nutty. Mix the seeds into the cabbage.
7. To serve: Top the lentils with the roast veg and serve with the cabbage salad.

Crispy Gnocchi

with mushrooms, squash & sage

PREP: 15mins

COOK: 35MINS

SERVES: 2-3

Easy, quick and tastes great. One tray so quick clean-up!

- 500g gnocchi
 - 500g squash peeled and cut into 1cm cubes
 - 300g mushrooms
 - 3 tbsp olive oil
 - 20g sage leaves
 - 1 tsp salt
 - black pepper
 - 30g basil finely chopped
 - 30g pine nuts finely chopped
 - juice of half a lemon
1. Preheat oven to 200°C fan/220°C/gas 6.
 2. Put the gnocchi in a bowl, and pour a kettle of boiling water over them. Leave to stand for 2 minutes before draining well.
 3. Mix the gnocchi with squash, mushrooms, oil and sage leaves in a roasting tin large enough to take everything in one layer. Season well with the sea salt and freshly ground black pepper, then transfer to the oven to roast for 35 minutes.
 4. Meanwhile, mix the basil, pine nuts, oil, garlic, sea salt and lemon juice together for the dressing, then taste and adjust the seasoning as needed.
 5. Serve the crispy gnocchi with dressing alongside.



Bean & Rosemary Dip



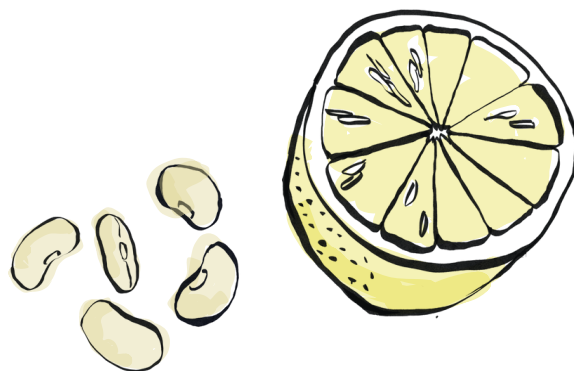
PREP: 10MINS

COOK: 10MINS

SERVES: 6

Great for lunch or a good party food to enjoy with friends!

- $\frac{3}{4}$ of a garlic clove
(add more for a more garlicky dip)
 - 4 tbs olive oil
 - 300g can cannellini beans
 - 3 sprigs rosemary, leaves only, chopped (dried is fine too just put a good amount in)
 - juice of $\frac{1}{2}$ lemon (lemon juice from a bottle is fine too)
 - freshly ground black pepper
1. Heat the oil in a pan.
 2. Finely chop or crush the garlic, and saute for a few minutes.
 3. Add cannellini beans and chopped rosemary and gently sauté for a few minutes until piping hot.
 4. Pour over the lemon juice and season.
 5. Whizz in a blender until smooth and creamy. For a smoother/less thick dip add more oil
 6. Serve hot. Is also fine chilled the same or next day.



Vegan Chocolate Cake

PREP+COOK:90MINS

SERVES:10-12

**This one has been included because, quite simply, "it is excellent"!
Great for birthdays or as a weekend treat.**

For the icing:

- 75g coconut butter (not the same as oil) or vegan butter
- 50g dark soft sugar
- 1.5 tsp instant espresso powder
- 225g all purpose flour
- 1.5 tsp cocoa
- 150g dark chocolate finely chopped

Preheat oven to 180°C (fan 160°C), gas mark 4.

Start with the icing (so it has time to cool):

1. Put all of the icing ingredients except the chocolate into a heavy-based saucepan, add 60ml cold water and bring to the boil.
2. Once everything has dissolved turn off the heat but leave the pan on the hob. Add the finely chopped chocolate and swirl the pan so that it is all covered. Leave for about a minute then whisk until dark and glossy. Leave to cool.

For the cake:

- 1.5 tsp baking soda
- ½ tsp sea salt
- 1.5 tsp instant espresso powder
- 75g cocoa
- 300g dark soft sugar
- 90ml or 75g coconut oil or flavourless vegetable oil such as sunflower oil
- 1.5 tsp cider vinegar or white wine vinegar

Then make the cake:

1. Line the bottom of a 20cm round spring-form cake tin with baking paper.
2. Mix the flour, bicarb, salt and instant espresso and cocoa in a large bowl.
3. Put the sugar, coconut oil, vinegar and 375ml of recently boiled water into another container. Stir until the coconut oil has melted then mix with the dry ingredients.
4. Pour into the tin and bake for 30-35 minutes. When it's ready the cake will be coming away from the edges of the tin and a cake tester will come out clean apart from a few crumbs. This is a moist cake and you don't want to over cook it.
5. Cool the cake in its tin on a wire rack then remove the tin before icing. Stir to check the consistency of the icing - it needs to be runny enough to cover the cake but if it's too runny it will all come off the top! Pour over the cake and spread to the edges.
6. Decorate as desired. Let icing set for at least 30 minutes before serving.



All in One Sticky Rice

with broccoli, squash, chilli & ginger

PREP: 20-30MINS**COOK: 1HR****SERVES: 2-3**

Really tasty and hard to get wrong. One tray so easy clean-up.

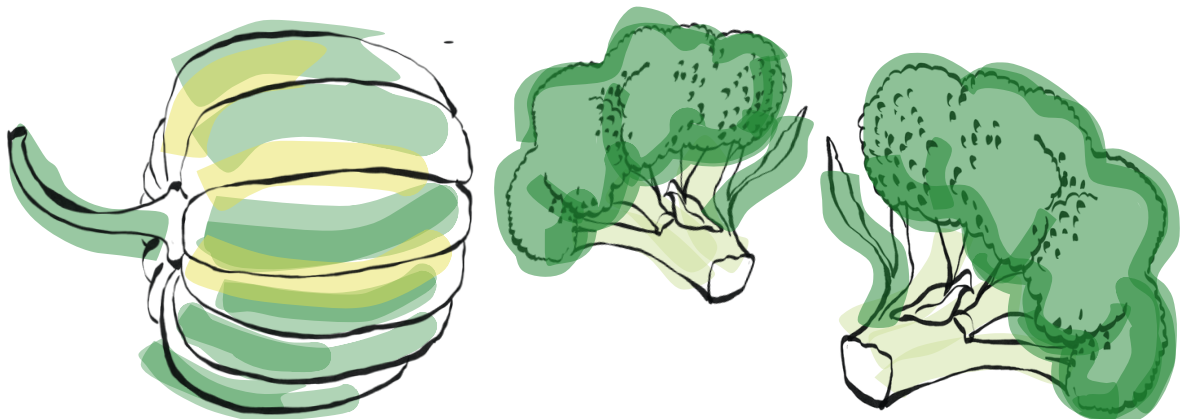
- 150g jasmine rice
- 1 x 400ml tin of coconut milk
- 1 tbsp soy sauce
- 2.5cm ginger, grated
- 1 clove of garlic
- 300g squash
- 300g broccoli florets
- 30g cashews

For the dressing:

- 2 tbsp sesame oil
- 2 tbsp lime juice
- 2 tbsp soy sauce
- 2.5cm ginger, grated
- 1 red chilli, finely chopped
- 20g fresh coriander, finely chopped

1. Preheat oven to 180°C (fan 200°C), gas 6.
2. Mix the rice, coconut milk, soy sauce, ginger and garlic in an oven safe pan. Peel and deseed the squash then chop into 1cm cubes and add to the pan on top of the other ingredients. Cover tightly with a lid (or foil) and cook in the oven for 45 minutes.
3. Add the broccoli to the pan then re-cover and return to the oven for another 15 minutes. Roast the cashew nuts in the oven on a small tray for a few minutes at the same time.
4. Mix together the dressing ingredients in a jar adjusting the soy and lime juice to taste. Keep the seeds in the chilli if you like it spicy!
5. Tip the dressing over the hot broccoli, rice and squash and scatter with the toasted cashews before serving.

It's easy to mix and match other ingredients if you're missing some - try other greens instead of broccoli and other squashes instead of butternut,



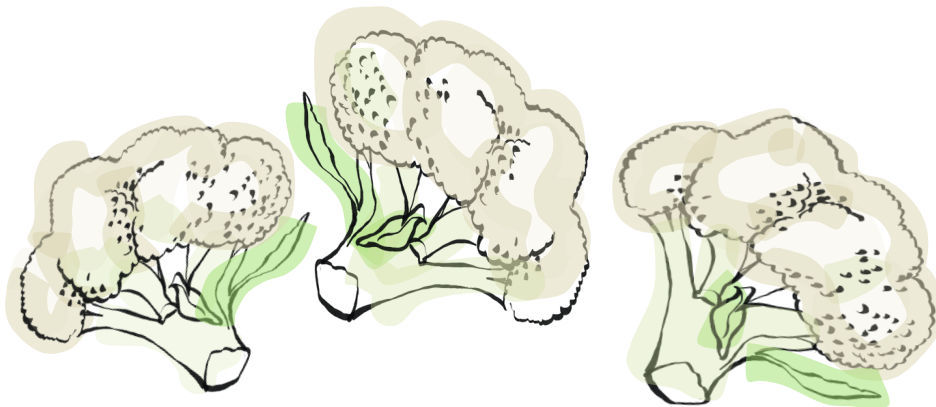
Noodles

with red cabbage & cauliflower

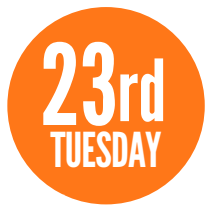
PREP+COOK: 40MINS **SERVES: 4**

Simply very tasty and satisfying!

- 1 small red cabbage, cut into 2cm wedges
 - 1 small cauliflower, cut into 4cm florets
 - 4 tbsp rapeseed oil
 - 4 tbsp light soy sauce
 - 10 spring onions, cut into 4cm lengths at an angle
 - 2 garlic cloves, crushed
 - 600g 'straight to wok' udon noodles
 - 1 tsp curry powder
 - 2 tbsp mirin
 - 2 tbsp lime juice
 - 20g pickled ginger
 - 2tbsp sesame seeds, toasted
1. Preheat oven to 240°C (220°C fan), gas mark 9
 2. Spread the cabbage on one oven tray and the cauliflower on another. Mix 2 tbsp oil and 2 tbsp soy and pour over the cabbage and cauliflower then pop both trays in the oven. Roast the cauliflower for 15 mins until just tender and blackening then remove from the oven. Roast the cabbage for another 20 mins until burned at the edges but still holding its shape.
 3. Fry the spring onions for 2 mins with 2 tbsp oil in a non stick pan over a medium to high heat. Add the garlic and cook for another minute stirring to stop it burning.
 4. Toss the noodles in the garlicky oil then add the curry powder and mirin and cook for 2 mins. Add the cabbage and cauliflower and cook for another 2 mins until the noodles are starting to colour. Add the other 2 tbsp of soy and the lime juice and toss to coat.
 5. Serve immediately in bowls with the pickled ginger and sesame seeds.



Burnt Leeks & Cannellini Beans



PREP+COOK: 1HR SERVES:4

This is a good way of getting more beans into your diet. It's tasty, really easy and very versatile too: you can easily mix in some roasted onions or use different types of bean (as shown).

- 4 large leeks
 - olive oil
 - 2 tbsp plain flour
 - 4 large garlic cloves, minced
 - 300ml oat milk
 - 100ml white wine
 - 1 sprig rosemary
 - 3 tbsp nutritional yeast
 - 2 x 400g cans cannellini beans, drained & rinsed
 - sea salt & freshly ground black pepper
 - to serve: crusty bread
1. Preheat the oven to 200°C (fan assisted) gas mark 7.
 2. Trim the top from the leeks at the point they start to flare (save to use in another recipes). Place straight part on a baking tray and roast for 35-40 minutes, or until fully charred on the outside.
 3. Heat 2 tbsp of olive oil in an oven-proof pan over a medium heat. Once hot, add the flour and garlic and whisk vigorously to form a paste. Continue cooking while whisking for a minute or so.
 4. Gradually add the oat milk and whisk continuously until smooth. Add the white wine and rosemary sprig. Bring the sauce to a gentle simmer and cook, stirring frequently, for 5-6 minutes, or until thickened and glossy. Remove the rosemary then stir in the nutritional yeast. Season with salt and black pepper.
 5. Chop each burnt leek in half lengthways and use a spoon to scoop out the soft flesh in the middle (discard the blackened outside). Roughly chop the leek flesh before adding it to the sauce along with the cannellini beans. Stir well to combine, then transfer the whole pan into the oven and bake for 15-20 minutes, until golden on top. Serve with crusty bread and a good sprinkling of black pepper.



Mushroom Stroganoff



PREP+COOK: 55MINS SERVES:4

Wholesome comfort food that's great for a chilly winter's evening.

For the stroganoff:

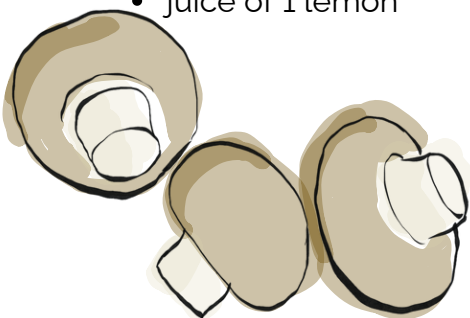
- 600g mushrooms
- 3 plant-based sausages at room temperature
- 3 tbsp light olive oil
- ½ tsp pepper
- ¾ tsp dried thyme - or the leaves from 2 fresh sprigs
- 1 tsp paprika optional
- a few dashes Henderson's Relish (or Worcester sauce) - optional
- salt to taste
- 1 large onion, sliced
- 1 small bunch of parsley

For the rice:

- 200g basmati rice
- 600ml boiling water

For the sauce:

- 2 tsp Dijon mustard
- 350ml plant-based barista-style milk
- 15g rolled oats
- juice of 1 lemon



1. Thinly slice about half the mushrooms and thickly slice the rest. Chop the veggie sausages into 3cm chunks.
2. Heat 1 tbsp of oil in a casserole or frying pan and add the thinly sliced mushrooms, veggie sausages and a pinch of salt. Cook for 20 minutes, stirring regularly.
3. Mix in the pepper, thyme, paprika and Henderson's or Worcestershire sauce, if using. Cook for 5 minutes on a low heat until the mushrooms are reduced and quite dry. Set aside on a plate.
4. Meanwhile cook the rice; rinse it in cold running water and tip it into a saucepan. Put the pan on the hob, add the boiling water and a pinch of salt. Cover and bring to the boil over a high heat. Stir to loosen then reduce the heat to a very low simmer. Cook for 12 minutes with the lid on. Take the pan off the heat and set it aside, leaving the lid on but with a small gap to let out steam.
5. For the sauce; blend the mustard, milk, oats and lemon juice together.
6. To finish; add the rest of the oil to the pan that you cooked the mushrooms in, turn the heat to medium, add the onion and cook for about 8 minutes, until softened and just starting to colour. Add the mushrooms, mix well, cover and leave to cook for 5 minutes more, mixing now and again. Reduce the heat to low, add the sauce and the rest of the mushrooms and heat though for 10 minutes. Season to taste.

Spoon the rice into serving bowls and spoon over the stroganoff. Sprinkle with fresh parsley and serve.

Chickpea, Potato & Spinach Curry



PREP+COOK: 40MINS SERVES: 2

This recipe originates from the North of India and is a vegan treat that will delight any palate. A family favourite which we hope others will enjoy this too. Cook it on a very low heat and you won't go wrong.

- 2 tbsp veg oil
 - ½ tsp dried fenugreek seeds (methi)
 - 1 tsp nigella seeds
 - ½ tsp black mustard seeds
 - 1tbsp madras curry powder
 - 1 large potato peeled and cut into 2cm pieces
 - 1 x tin of chickpeas (drained)
 - 2 x large handfuls of fresh spinach
 - 1 x finely diced fresh tomato
 - 1 x handful of fresh chopped coriander
 - salt and pepper to taste
1. Heat the oil gently in a heavy bottom pan. Add the fenugreek, nigella and mustard seeds and stir until the seeds start to pop (keeping on low heat) and then immediately add the curry powder and fry gently for about 2 mins ensuring the curry powder does not burn.
 2. Add the potatoes and chickpeas. Stir until they are coated in the spices then add salt and pepper to taste.
 3. Turn the heat to low, cover with a lid and cook for around 15-20 mins or until potatoes are tender. Stir every few minutes so nothing sticks to the bottom of the pan (if it does stick, add a little drop of warm water).
 4. When the potatoes are tender, add the spinach and fresh diced tomatoes and stir to combine until spinach is wilted (around 1 minute). Then add the fresh coriander, stir it in and turn off the heat.
 5. Taste and adjust seasoning (salt and pepper) accordingly.
 6. Serve with naan or rice and enjoy!



Nut Burgers

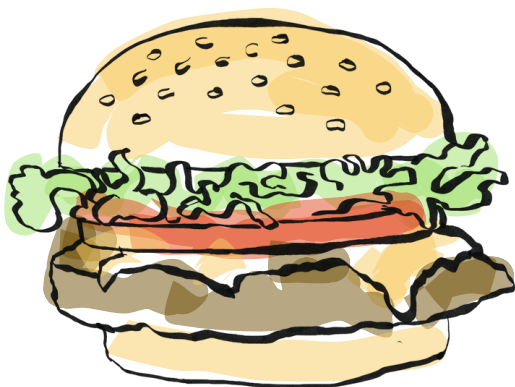
PREP: 15MINS

COOK: 15MINS

SERVES:3-6

These are delicious and can be served with the usual burger accompaniments. They also freeze well cooked or raw. My carnivorous son will happily eat these!

- 220 g nuts
 - 1 onion
 - 2 tbsp olive oil
 - 100 g breadcrumbs
 - 2 tbsp soy sauce
 - 2 tsp dried herbs
 - 120 ml vegetable stock
 - 1 tbsp chia seeds
1. In a frying pan, saute the diced onion in olive oil until soft, translucent and just starting to brown.
 2. Pulse the nuts in a food processor until fine, and just slightly grainy.
 3. Make the vegetable broth with boiling water and stock powder or bouillon.
 4. In a mixing bowl, combine the ground nuts, sauteed onion, breadcrumbs, soy sauce, herbs, chia seeds and vegetable broth.
 5. Set the mixture aside for five minutes to allow it to cool a little and the chia seeds to soak.
 6. Shape the mixture into round patties. If the mixture is a too sticky, add some more breadcrumbs, if too dry add some water.
 7. In a frying pan, heat up a little oil on medium high heat, and fry for 3-5 minutes on each side until crisp and brown.



Tropical Sweet Potato Curry

PREP: 10MINS

COOK: 30MINS

SERVES: 2

One of those lucky meals I just came up with one day. A medium spiced curry, great on its own but also goes well with coconut rice and a glass of Vouvray white wine. Its really yummy, full of taste and quite addictive once you start eating it!

- 2 sweet potatoes in bite sized chunks
- ½ onion, diced
- 1 sweetcorn cooked or 2 tbsp of tinned sweetcorn
- 1 tbsp of ginger powder
- a sprinkle of chilli flakes
- sunflower oil
- 2 teaspoons madras curry powder
- ½ tsp garam masala
- 1 tin coconut milk
- ¼ tsp golden caster sugar
- salt
- 1 handful of washed spinach

To serve:

- ½ lime
- coriander

1. Heat fan oven to 210°C
2. In a mixing bowl combine the sweet potato with half the ginger, a sprinkle of chilli flakes, a large pinch of salt and 2 tbsp sunflower oil. Mix well, transfer to a tray and cook in the oven until they are crispy around the edges - takes about 30 mins. Toss about half way through.
3. For the sauce, add 1.5 tbsp sunflower oil to a pan and gently cook the onions on a medium heat for 10 minutes until golden soft. Turn heat to low, add the curry powder and garam masala and cook for one minute.
4. Slowly add the coconut milk, sugar and about 1 tsp salt. Cook gently for about 10 mins without letting it boil. If ready before the sweet potatoes take off the heat and keep to one side. When the potatoes are ready strain the sauce to remove the onions and return to the pan to reheat.. Add the spinach and sweetcorn and warm through until the spinach leaves wilt. Add a little water if sauce is too thick.
5. To serve place the sweet potato in a bowl and and pour the curry sauce over. Squeeze a good amount of lime juice over the dish to finish (this cuts through the richness of the coconut and is a must - don't leave out!). Sprinkle with coriander for added freshness and colour. Enjoy!



Apple Cake

PREP+COOK: 1HR 15MINS SERVES:4

**A family favourite. Great for a weekend tea
or served with custard as a dessert.**

- 4 medium eating apples - about 450g unprepared weight - peeled, cored and diced
 - 250g plain flour
 - 100 g light brown soft sugar
 - 80 g caster sugar
 - 2 tsp baking powder
 - ½ tsp baking soda
 - 60 g ground almonds
 - 1 tsp ground cinnamon
 - ½ tsp ground ginger
 - ¼ tsp ground cloves
 - ¼ tsp ground nutmeg
 - ¼ tsp ground allspice
 - ¼ tsp salt
 - 160 ml unsweetened non-dairy milk eg soy
 - 80 g non-dairy yogurt eg soy or substitute with applesauce if preferred
 - 80 ml sunflower oil (or another neutral oil)
 - 1 tbsp lemon juice
 - 1 heaped tbsp demerara sugar
1. Preheat the oven to 180°C/gas mark 4. Use a deep (at least 8cm) round cake tin about 20cm in diameter. Line with baking paper.
 2. In a large bowl combine the flour, sugars, baking powder, baking soda, ground almonds, cinnamon, ginger, cloves, nutmeg, allspice and salt. Mix until no lumps remain.
 3. Add the milk, yogurt, oil and lemon juice and whisk gently until smooth. Add the apples and fold through.
 4. Transfer the batter to the prepared tin and spread it level. Scatter the demerara sugar over the top and bake for about 1 hour 20 minutes until a skewer inserted into the centre comes out clean.
 5. Leave the cake to cool in the tin for 20 minutes then very carefully turn it out onto a wire rack. It is very delicate when it is warm so be careful! Serve warm with custard, or cool completely and store in an airtight container.



Paella

PREP+COOK: 1HR 30MINS

SERVES:6+

This one pot meal is great to share with friends. It might get a bit stuck on the bottom but the slightly burnt bits are delicious! Keep any leftovers in the fridge and serve with a nice green salad the next day.

- 50 ml light olive oil
- 2 large onions
- 4 cloves garlic
- 2 red peppers
- 1 can (400g) butter beans
- 1 can cannellini beans
- 1 can chickpeas
- 3 cans chopped tomatoes
- 70g tomato puree
- 4 heaped tsp nutritional yeast flakes
- 2 tsp salt
- pepper
- vegetable stock cube or similar
- 1 tsp mixed herbs
- ½ tsp smoked paprika
- ½ tsp turmeric
- 250 ml white wine (or red in a pinch)
- 500g paella rice
- 750ml boiling water
- fresh green beans (or frozen peas)

For the tomato salad

- 6-8 fresh tomatoes
- olive oil
- balsamic vinegar
- salt and pepper

You will need a paella pan, large frying pan or wide, shallow casserole dish to cook this in.

1. Over a low heat add the oil, onions, peppers and garlic. Cook very slowly until the vegetables are softened and beginning to brown but not caramelising.
2. Add the rice and stir to coat well in the oil.
3. Add all the other ingredients except the green beans, bring to the boil and cook for approx 45mins over a low heat. Top up with water if it is looking dry.
4. When the rice is nearly ready arrange the green beans on top (or sprinkle with peas), cover with a lid and cook for 5 mins more.
5. Leave to stand for 5 mins covered.
6. To make the tomato salad, slice the tomatoes and sprinkle with about ½ tsp salt and some ground pepper. Stir and then dress with oil and balsamic vinegar.
7. Serve the paella with the tomato salad, black olives and lemon wedges. The rice soaked in the tomatoey dressing tastes delicious!



Pisto

or Spanish Ratatouille

PREP: 15MINS**COOK: 45-50MINS****SERVES: 4**

Pisto used to be a modest Spanish recipe that country workers cooked using seasonal vegetables they could find after working in the fields.

- olive oil
 - 1 onion
 - 2 red peppers
 - 3 medium courgettes
 - 1 big or 2 small aubergines
 - 1 can of chopped tomatoes
 - salt
1. Chop all the vegetables into quite small pieces.
 2. Put a casserole on a medium heat and add the oil. When the oil is hot, add the pepper and onion and stir occasionally until they begin to soften.
 3. Add the aubergine and when it begins to soften, add the courgettes. Leave to cook for 10 minutes stirring from time to time. If necessary add a little more oil.
 4. Add the can of tomatoes and the salt. Stir and leave to cook gently for another 15 minutes. Turn off the heat and let it rest a little before serving.



Jackfruit wraps

PREP+COOK:15-20MINS SERVES: 4

An easy, colourful meal that's quick to prepare.

For the filling:

- 1 red onion, chopped
- 1 red pepper, in thin slices
- 3 cloves of garlic
- 2 cans of jackfruit
- 1 tbsp cumin
- 1 tbsp smoked paprika
- 1 tsp mild chili powder
- 1 tbsp tomato paste
- 2 tsp maple syrup
- 3 tbsp soya sauce
- 1 tbsp apple cider vinegar

1. Fry the chopped onions, red pepper and garlic on medium heat for a few mins
2. Take the jackfruit and break it up until it's small and flaky. Add the jackfruit to the onion mix and stir.
3. Then add the rest of the ingredients to the pan and stir. Cook until the jackfruit mixture is completely heated through. This will take about 7-10 mins.
4. Heat up wraps in the microwave or leave cold as preferred.
5. Serve the jackfruit in the wraps topped with salsa, lettuce and coriander. Finish with a squeeze of lime.

To serve:

- soft taco shells or wraps
- salsa
- chopped lettuce
- chopped coriander
- squeeze of lime



Beetroot, Chickpea & Coconut Curry



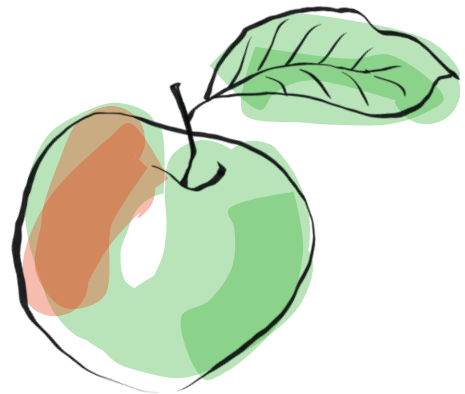
PREP+COOK: 1HR 15MINS SERVES:4

Delicious and hard to mess up! And it's all made in one tin (apart from rice, if serving with rice) so it's super easy and quick to clean up too.

- 1 onion, roughly chopped
 - 600g beetroot, cut into small wedges
 - 1 x 400g tin chickpeas, drained and rinsed
 - 2 cloves garlic, crushed
 - 5cm ginger, grated
 - 1 red chilli, roughly chopped
 - 1 heaped tsp cumin
 - 1 heaped tsp ground coriander
 - 1 heaped tsp ground ginger
 - ½ tsp turmeric
 - 1 tbsp vegetable oil
 - 1 tsp salt
 - 1 x 400g tin coconut milk
1. Preheat oven to 180°C/fan 200°C/gas 6.
 2. Mix the onion, beetroot and chickpeas in a roasting tin with the garlic, ginger, chilli, spices, oil and salt, then transfer to the oven and roast for 40 minutes.
 3. Give the coconut milk a good stir, then pour it over the beetroot and mix well.
 4. Return the roasting tin to the oven for 10 minutes.
 5. Taste and season with more salt as needed.
 6. Serve with rice or naan and scatter with fresh coriander and coconut flakes if desired.



WELL DONE!



Well, that's January over, but if you've managed to to reduce your intake of animal products you've done it in a really good way! You have not just reduced your carbon footprint but have probably eaten more healthily and have been kinder to the planet too. Animal farming causes pollution and increases the total amount of land in cultivation because of the need to grow food for the animals. If we eat fewer animal products more space can be saved for forests and nature.

Veganism is not just for January! If you've enjoyed some of these recipe share them with your friends. Let us know if you find any really good ones of your own!