



## CREAMY VEGAN PORRIDGE WITH SIMPLE BERRY COMPOTE AND CARAMELIZED BANANA

Serves 2

### Ingredients

#### Porridge

1 mug of porridge oats  
 1 mug of water  
 1 mug of oat milk (or other non dairy milk of choice)  
 4 tbsps Coconut yoghurt

#### Compote

50g frozen berries  
 30 ml water

1 Ripe banana

### Method:

1. Put all the porridge ingredients into a medium non stick pan and stir together. The porridge is sweeter if you cook it slowly on a low to medium heat (10 mins). If you don't have the time for this, turn the heat up high, stir regularly and it should be done when it starts to bubble (5 mins).
2. While the porridge is cooking simply simmer your berries and water in a small pot to make your compote, add a little liquid sweetener to taste if you like.
3. To caramelize the banana, peel and slice banana in half lengthwise. Place a non stick pan on a high heat. Once hot reduce to a medium heat and add the slices to the pan face down. Leave to cook for a min or 2 until it starts to brown and caramelize. Turn and repeat on the other side. A silicone spatula works best for turning.
4. Serve up the creamy porridge with the compote and some diced caramelised banana for brekkie heaven!





## BIRCHER MUESLI - OVERNIGHT OATS

This is a super convenient and easy brekkies to make ahead of time and have a batch ready in the fridge each morning when you wake up. You can soak overnight or for just 30 minutes and you can make a batch up to 5 days in advance and keep in the fridge.

Makes 3-4 servings

### Ingredients

125g oat flakes  
300ml oat milk  
20g pumpkin seeds  
20g raisins or chopped dried apricots  
Pinch of cinnamon

### Method:

1. Mix and leave to soak for 30 minutes or overnight. Serve with alternative yoghurt, compote, fresh fruit or granola for an even fancier version.





## BERRY BURST CHIA PUDDING

This is a super convenient and easy brekkies to make ahead of time and have a batch ready in the fridge each morning when you wake up. You can soak overnight or for just 30 minutes and you can make a batch up to 5 days in advance and keep in the fridge.

Makes 4-5 servings

### Ingredients

40g chia seeds  
300ml rice milk  
2 tbsp oats  
125g frozen or fresh raspberries  
1 banana  
1.5 tbsp maple syrup

### Method:

1. Mash the banana and mix all the ingredients together well and leave to soak for 30 minutes or overnight.
2. Give the chia mixture another stir before serving and add a little rice milk to loosen the mixture if needed
3. Serve with alternative yoghurt, compote, fresh fruit or granola for an even fancier version.





## AVO TOASTIE

Makes 2 toasties

### Ingredients

2 slices of sourdough or bread of choice - toasted  
 2-3 Tbsp of Happy Pear pesto of choice  
 1 ripe Haas avocado  
 2 Tbsp of Basil pesto recipe below  
 4-6 cherry tomatoes  
 Handful of Sprouts  
 ¼ tsp salt  
 ¼ tsp ground black pepper

### Method:

1. Carefully cut the avocado in half, remove the stone and scoop the avocado from the skin onto a board, slice to desired thickness.
2. Cut the cherry tomatoes into quarters.
3. Toast the bread and add a generous 1 Tbsp of pesto to each slice, lay your avocado slices out, covering slice of toast evenly, add the cherry tomatoes, season with salt and pepper and garnish with the sprouts. Demolish and Enjoy!





## HOMEMADE EPIC BEANS ON TOAST

Beans on toast hits the spot every time and after you try this quick easy recipe for homemade beans it will be hard to go back to store bought

Makes 2-3 Toasts

### Ingredients

3 slices of sourdough or wholemeal bread of choice  
 1 x 400g tin of Cannellini or mixed Beans - 240g after draining  
 1 medium onion  
 1 clove Garlic  
 ½ jar of Passata (340g) or Tomato sauce  
 1-2 Tbsp Maple syrup  
 1-2 Tbsp Apple cider vinegar  
 1 tsp salt  
 1/4 tsp Chilli powder  
 1-2 Tbsp Tamari

### Method:

1. Heat 1-2 tbsp of oil in a medium pan over medium heat. Finely chop the garlic and onion and add to the pan, cook for 3-5 minutes stirring occasionally until translucent. Drain and rinse the beans and add to the pan. Stirring to absorb the flavour of the garlic, onion and oil.
2. Now add all the remaining ingredients and mix well so all the flavours are mixed together and incorporated, simmer for 5 minutes.
3. Toast your bread and smother in beans, garnish with fresh black pepper and enjoy!





## TOMATO, ROASTED RED PEPPER AND BASIL SOUP

Serves 4-6

### Ingredients

1 tbsp oil  
250g carrot  
250g celeriac  
250g onion  
750g of Jarred roasted red peppers  
2 x 400g tin tomatoes  
1.75 litres water/ veg stock  
2 tsp Salt  
½ tsp ground black pepper,  
small bunch fresh basil

### Method:

1. Roughly chop all your veg.
2. Put a large saucepan on a high heat, heat the oil.
3. Time to sweat your veg, add the chopped carrot, celeriac and onion to a hot pan with 1 tablespoon of oil and cook stirring for a couple of minutes, then reduce the heat to medium, add a good pinch of salt, put a lid on and cook for a further 10 minutes stirring occasionally, the veg will essentially steam in their own juices, making them soft, tender and succulent.
4. To the soup pot, add the stock, tinned tomatoes, roasted red peppers, the remaining salt and half of the basil.
5. Bring everything to a boil, then reduce the heat and allow to simmer until all the veg is soft and cooked
6. Blend till smooth
7. Taste and check the texture of the soup - if the texture is too thick add a little more water or stock and adjust the seasoning
8. Taste and season your soup before serving and garnish with some chopped basil leaves



## SWEET POTATO, WHITE BEAN & FENNEL SOUP

Serves 6

### Ingredients

250g carrot  
 250g fennel  
 250g onion  
 400g sweet potato  
 2.5 litre Veg stock  
 400g tinned butter beans  
 2 tsp salt  
 ½ tsp black pepper  
 2 bay leaves  
 50g fresh baby spinach

### Method:

1. Chop all your veg even bite sized pieces. Drain and rinse the beans
2. Put a large saucepan on a high heat
3. To cook the veg, add them to a hot pan with the oil. Cook stirring for a couple of minutes, then reduce the heat to medium, 1 tsp of salt, put a lid on and cook for a further 8 -10 minutes stirring occasionally, the veg will essentially steam in their own juices, making them soft and tender - but not mushy
4. Add the stock and remaining ingredients ( except the spinach) to the pot
5. Bring everything to a boil, then lower the heat and allow to simmer until all the veg is soft and cooked, around 10 -15 minutes. Remove the bay leaves and add the spinach just before serving.
6. Taste and season your soup and enjoy!





## CHUNKY SPANISH LENTIL & TOMATO SOUP

Serves 6

### Ingredients

1 onion  
 3 cloves of garlic  
 2 carrots 150g  
 3 sticks of celery 160g  
 2 leeks 500g  
 2 potatoes 350g  
 1 parsnip 190g  
 3 tablespoons oil  
 1 teaspoon salt  
 ½ tsp freshly ground black pepper  
 1 x 400g tin chopped tomatoes  
 150g dried puy or other green or brown lentils  
 6 tablespoons tamari  
 2 tbsp lemon juice  
 ¼ tsp smoked paprika  
 6 sprigs of fresh thyme - 2g picked  
 2 tbsp dried mixed herbs  
 2.5 litres of veg stock  
 100g fresh spinach

### Method:

1. Peel and finely dice the onion and garlic and celery. Cut the leeks in half lengthwise and then into 2cm rounds (give the leeks a quick rinse to remove any sediment) and cut the carrots, potatoes and parsnip into small bite-size pieces. Pick and finely chop the thyme and rosemary.
2. Pour the oil into a large family sized pot and put on a medium heat. Add the onion, carrot, celery, garlic, leeks and salt, black pepper and dried mixed herbs. Cover with a lid, turn heat to low and cook gently for 8-10 mins, until the onion and leeks are soft and translucent, stirring occasionally.
3. Add the tinned tomatoes, parsnips, potatoes, lentils, then add the tamari, lemon juice, bay leaves and the leaves from the sprigs of thyme. Pour in the stock, turn up the heat up to high, bring to the boil, stirring a few times, then reduce heat to a simmer for 20 minutes.
4. Taste to see the lentils have cooked, and season with more salt and pepper if it needs it.
5. Just before serving, stir in the spinach.





## BLT

Makes 2 sandwiches

### Ingredients

4 slices of sourdough or your favourite wholemeal sandwich bread  
 1 large ripe tomato  
 3 tbsp vegan mayo  
 2-3 leaves of crispy iceberg lettuce  
 1 tbsp of oil

### Mushroom Rasher

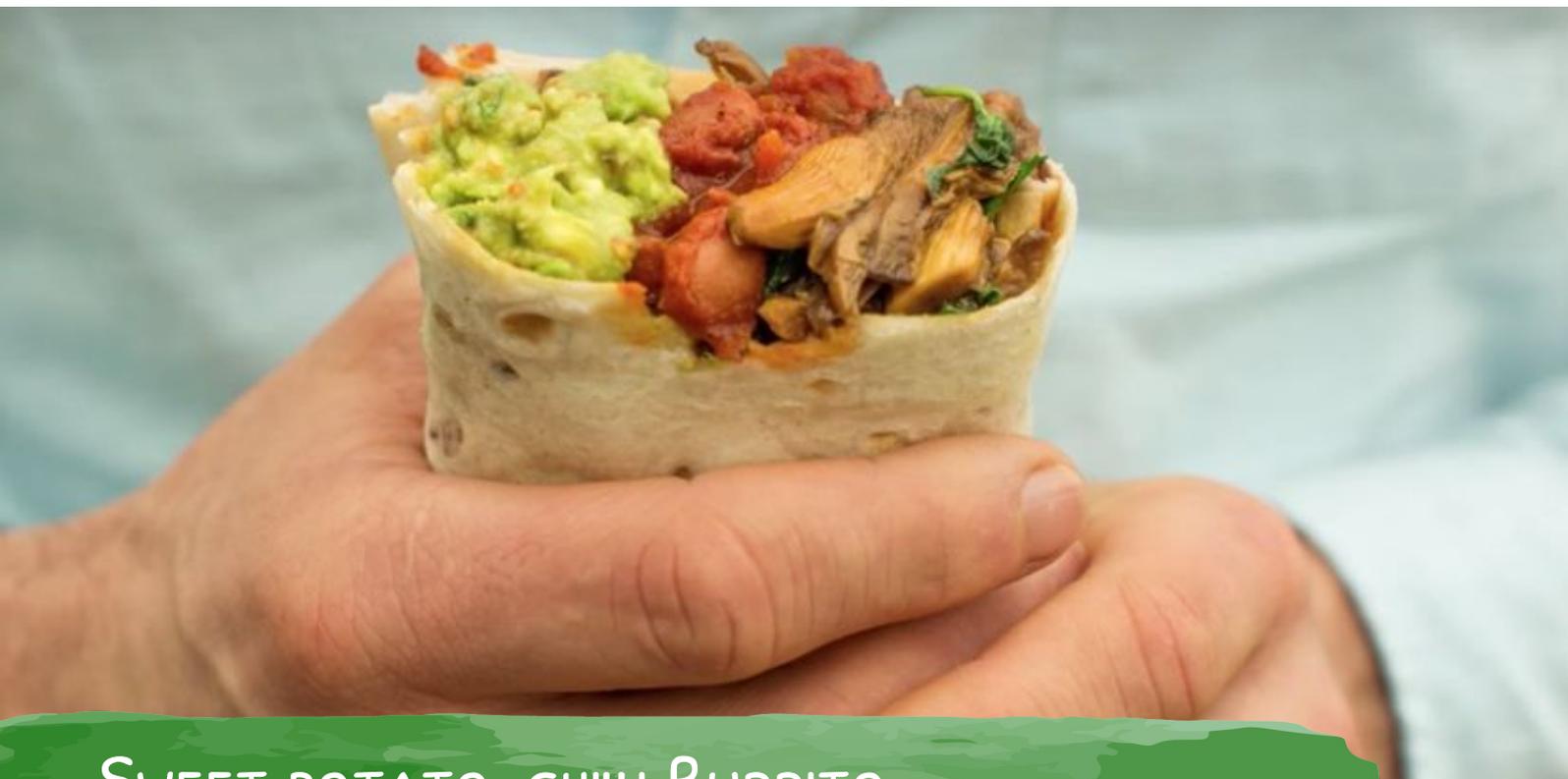
150g Mushrooms - oyster if you can find them or chestnut

### Marinade

2 tsp Maple syrup  
 2 tsp Smoked Paprika  
 4 Tbsp tamari/ soy sauce  
 2 Tbsp Cider Vinegar  
 1 tsp Garlic powder  
 3 Tbsp Tomato puree  
 2 Tbsp Water

### Method:

1. In a medium size bowl whisk all the marinade ingredients together
2. Cut the mushrooms into long very thin  $\frac{1}{4}$  to  $\frac{1}{8}$  inch length strips and so that all the strips/ pieces are in and around the same size. Toss the mushrooms, coating well in the marinade and marinate for 1 hour or overnight.
3. Heat 1 TBsp of oil in a medium to large non stick pan over high heat, add the mushrooms in one even layer (filling the pan, they will reduce by half during cooking) and reduce the heat to medium, fry the mushroom for 3 minutes on each side until they are nice and charred, remove from pan, you can keep warm in a low oven until you are making your BLT or MLT
4. While the mushrooms are cooking, you can prepare your toppings for the sandwich, tear or cut the lettuce into shreds, slice the tomato to desired thickness, lightly toast the bread.
5. To build your MLT, spread a generous layer of vegan may on each slice of bread, add the lettuce first, then the mushroom rasher pieces, then 1-2 slices of tomato, season the tomato with a small pinch of salt and pepper and top with the remaining bread, slice in half at an angle and enjoy!



## SWEET POTATO, CHILI BURRITO

Makes 2 loaded Burritos

### Ingredients

2 large tortilla  
1 sweet potato  
1 ripe avocado  
1 lime  
Pinch salt  
½ bunch coriander  
100g cooked quinoa or couscous

### Quick Chilli

1 tbsp of oil  
1 small red onion  
2 cloves of garlic  
1 red chilli  
1 red pepper  
1 tbsp ground cumin  
1 tbsp ground coriander  
1 tsp ground black pepper  
½ tsp smoked paprika  
1 tsp of salt  
1 tins of chopped tomato  
1 tbsp of maple syrup/ liquid sweetener of choice  
juice of 2 limes  
1 x 400g tin of mixed beans

### Method:

1. Preheat the oven to 200 degrees C.
2. For the chilli peel and finely chop onion & garlic. Finely chop the chilli (remove the seeds if you like it milder), chop peppers into thin bite sized pieces
3. Drain and rinse the beans
4. Put a wide bottomed non stick pan on high heat. Once its hot add 1 tbsp of oil and add the chopped onion, garlic, & chilli , reduce the heat to medium and cook for 4 mins until they start to brown
5. Add chopped peppers and fry for 3-5 mins
6. Add the ground cumin, ground coriander, smoked paprika, ground black pepper and salt and cook for 1 minute.
7. Add the chopped tomatoes, beans and liquid sweetener, mix well. Cook on high heat to bring to the boil, then reduce to a simmer, stirring occasionally.
8. Add the lime juice. Taste and add any more salt, ground pepper, ground chilli or lime juice to your taste, set aside to cool.



# SWEET POTATO, CHILLI BURRITO

## Method: Continued

8. While the chilli is cooking you can make your fries; Slice 1 sweet potato into thin strips approx 1 cm in width and 1 cm depth and as long as you like them to be. Divide between 2 baking trays and add 1 tbsp of oil and a pinch of salt to each tray and bake for 30-35 mins. Take out and leave to cool.
9. Make the couscous or quinoa according to pack instructions
10. Remove the avocado from the skin and stone and add juice of  $\frac{1}{2}$  lime and a pinch of salt and using a fork mix till smooth.
11. To make your burrito add a layer of cooked couscous or quinoa, some smashed avocado, some sweet potato chips, some cooked chilli.
12. Then roll tightly halfway and tuck each end and continue to roll closed. Eat and enjoy!





## VEGAN HOISIN DUCK PANCAKES

Serves 2 (3 pancakes each)

### Ingredients

1 x 400g tin of jackfruit

#### **Hoisin marinade**

3 Tbsp Tahini

5 Tbsp water

1 Tbsp Miso paste

3 tsp brown sugar

1 tsp 5 spice

½ tsp chilli powder

2 Tbsp rice wine vinegar

2 Tbsp Tamari

1 Tbsp oil

#### **Pancakes**

150g plain flour

300ml water

2 tsp ground flax

1 tsp sesame oil

#### **Garnish**

½ a medium Cucumber

½ bunch of scallions

1 small red chilli

1 Tbsp of sesame seeds

### Method:

1. Preheat the oven to 200 degrees C.
2. Drain and chop small the jackfruit
3. Whisk all the Hoisin marinade ingredients together in a medium size bowl, add ¾ of the mixture to the jackfruit and mix well, ensuring all the jackfruit is coated in the marinade. Set aside and marinate for 30 minutes or longer if you can.
4. Add all the pancake batter ingredients to a blender and blend for 30 seconds until smooth, set aside for 2-3 minutes to allow the flax to thicken
5. Add the marinade mixture to a baking tray and spread out into an even single layer, this will allow the edges to get crispy. Bake for 20 minutes
6. While the marinated jackfruit is baking, prepare the cucumber and scallions, cut the cucumber into 10 cm long thin strips and cut the scallion into thin slices cut diagonally, do the same with the chilli, removing the seeds if you prefer it less hot.
7. To make pancakes, heat a medium non stick pan on a high heat, when hot add enough batter to make a 15cm pancake (roughly 40-50ml of batter) reduce the heat to medium, allow the pancake to cook for about 1 minute, then using a rubber spatula, carefully turn it over and cook for a further minute, continue to cook all pancakes in batches until all the batter is used. Keep the pancakes hot in foil while you do this.
8. Now it is time to build our delicious Vegan Hoisin Duck pancakes, add a tsp of the remaining hoisin sauce to each pancake and around 2-3 tbsp of jackfruit, add 3-4 strips of cucumber to each pancake, sprinkle with some scallions and chilli and sesame seeds, wrap and enjoy!



## POKE BOWL

Serves 3

### Ingredients

300g cooked brown rice or quinoa

100g Tempeh/Tofu or mushrooms  
 ½ red chilli  
 2 cloves garlic  
 Small piece fresh ginger  
 3 scallions  
 2 tbsp Tamari

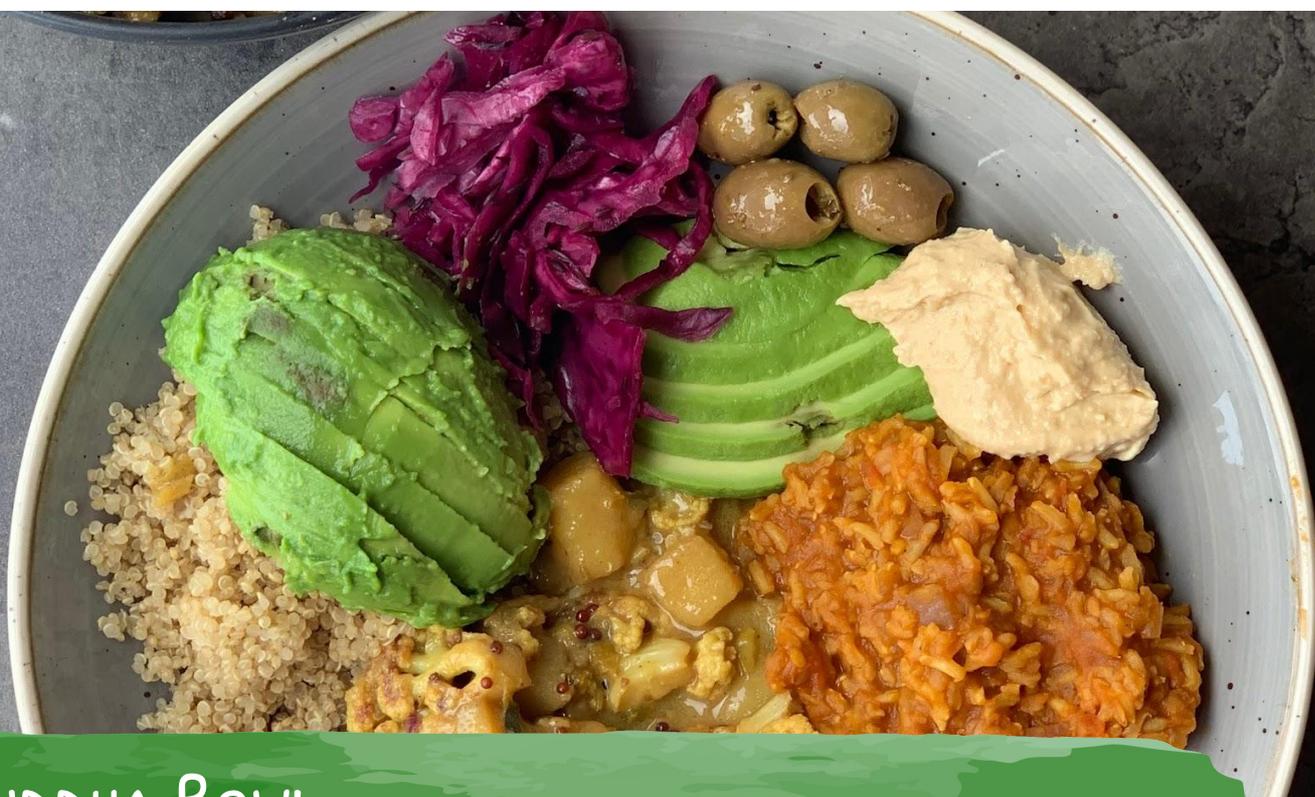
50g frozen edamame or peas  
 1 carrot  
 1 ripe avocado  
 1 small fresh mango

### Garnish

Sesame seeds  
 Dried seaweed  
 1 lime/lemon

### Method:

1. Cook rice or quinoa according to pack instructions
2. Rehydrate the seaweed by submerging in warm water for a few minutes, separately do the same with the frozen edamame/peas
3. To cook the tempeh/tofu or mushrooms, cut into strips. Finely chop the garlic, scallions, ginger and chilli (removing the seeds from chilli before chopping if you prefer less heat) Add 2 tbsp of to a medium non stick pan over high heat. Add the garlic, ginger, chilli and scallion to the pan, reduce heat to medium and cook for 3 minutes, stirring occasionally. Add the Tempeh/Tofu or mushrooms and cook for 2 minutes, add the tamari and cook for a further 3-5 minutes until the tamari has completely reduced. Set aside.
4. Carefully cut the avocado in half, remove the stone and scoop the avocado from the skin onto a board, slice to desired thickness.
5. Peel and dice the mango
6. Peel the carrot, then using the peeler, peel into long thin strips. Drain the edamame/peas and seaweed.
7. To build your Poke bowl, divide the rice/quinoa between the 3 bowls, do the same with Tempeh/Tofu or mushrooms, leaving enough room to display nicely all your other components. Add the avocado, carrots, edamame/peas, mango between the bowls and garnish with a sprinkle of sesame seeds, seaweed and fresh lime or lemon juice. Enjoy!



## BUDDHA BOWL

We've been making Buddha bowls for years in our cafés. They are a great way of eating a variety of different types of food all together in one bowl. Buddha bowls are interchangeable and adaptable, so there are tons of ways to do it. They will usually have some form of fermented foods, such as sauerkraut or kimchi, a grain, a bean/legume, some greens and some nuts or seeds, so there is plenty of taste, texture and colour.

Serves 2

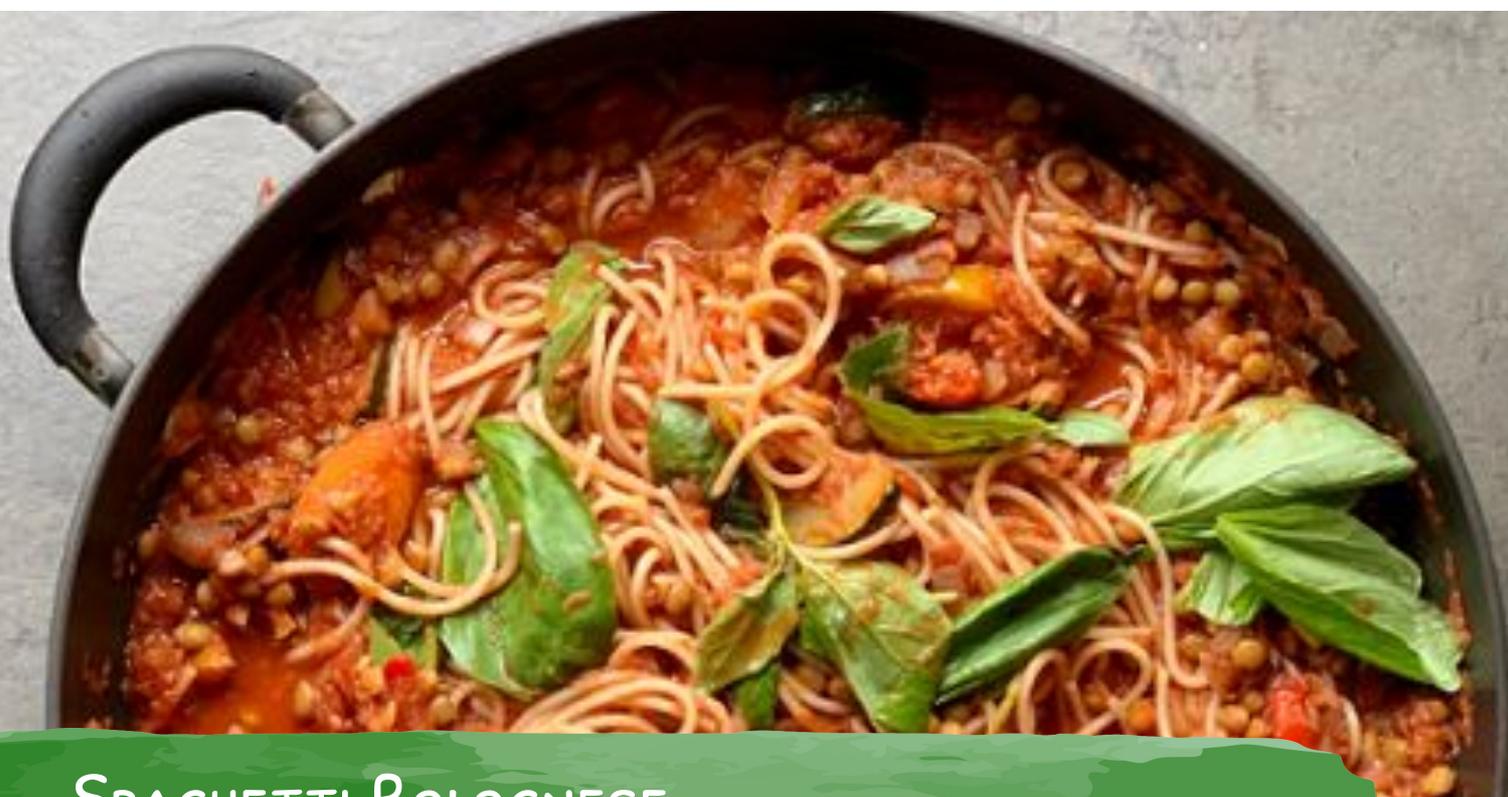
### Ingredients

2 small portions of "Quick Easy Dahl" in the Dinner section  
 1 ripe avocado, peeled, stoned and sliced lengthways  
 a few slices of cucumber, radish and/or carrot  
 4 tbsp hummus (regular or sweet beet)  
 250g pre-cooked brown rice or quinoa  
 100g sauerkraut or kimchi  
 Juice of 1 lime  
 50g mixed seeds

### Method:

1. Reheat your dahl and cook the rice or quinoa.
2. In two bowls divide the avocado and cucumber slices evenly between the bowls. Spoon 2 tablespoons of hummus into each bowl. Add half the rice or quinoa to each bowl and do the same with the dahl once heated. Squeeze half of the lime juice onto the rice, avocado and cucumber.
3. Finally, toast the seeds in a dry pan set on a high heat until they start to pop. Sprinkle the toasted seeds on top of each bowl and serve straight away. Enjoy!





## SPAGHETTI BOLOGNESE

Serves 4

### Ingredients

300g wholewheat spaghetti  
2 tbsp oil  
3 cloves of garlic  
1 red onion  
1 red chilli  
200g oyster/chestnut mushrooms - or what is available  
1 carrot  
1 tbsp maple syrup/other liquid sweetener  
1 X 400g tin of chopped tomatoes  
1 X 400g tin of cooked lentils  
2 tsp salt  
1/2 tsp black pepper  
small bunch basil

### Method:

1. Fill a pot with 3L of water and bring to the boil. Once boiling reduce to medium heat and add 1 tbsp salt. Add the dried pasta and cook as per pack instructions.
2. Drain and rinse the cooked lentils.
3. Finely chop onion and garlic and chilli. Grate the carrot. Chop the mushrooms into small bite size pieces
4. Heat a non stick wide bottomed pan on high heat, Add 2 tbsp oil, when hot add the chopped onion, garlic, chilli and 1 tsp of salt, reduce the heat to medium and cook for 4-5 mins till start to brown, stirring occasionally
5. Add the mushrooms and cook for 3-4 mins stirring occasionally until they start to char.
6. Add the grated carrot and cook for 2 min only stirring once or twice.
7. Add the drained lentils, chopped tomatoes, maple and the remaining tsp of salt and pepper.
8. Bring to a boil then lower to a simmer and allow to cook for 5-10 minutes to allow the flavours to infuse
9. Remove the basil leaves from the stalk and finely chop the stalk and add to the sauce.
10. Drain and rinse the cooked pasta ensuring to keep a cup full to dilute the sauce.
11. Add the cooked pasta, add about 6-7 tbsp of cooked pasta water and mix well. Taste and adjust the seasoning.
12. Serve with fresh basil and enjoy!



## SIMPLE LOWER FAT PESTO PASTA

Serves 6

### Ingredients

350g favourite wholemeal pasta of choice

### Pesto

2 cloves garlic  
100g toasted pine nuts  
75ml olive oil  
75ml water  
50g of fresh basil removed from stalk  
1 tsp approx  
10ml of lemon juice

### Method:

1. To make the pesto, simply add the ingredients to a food processor or using a hand blender and blend until smooth.
2. Boil a large pot of water and salt it well, enough to taste like seawater is a good rule of thumb.
3. Cook pasta according to pack instructions, when draining, keep some of the pasta water aside.
4. Toss the warm pasta in the empty pot with your pesto adding a few tbsp of nice pasta water to create a silky texture and help coat the pasta in the pesto serve immediately with your fav salad! Enjoy





## CREAMY MUSHROOM PASTA BAKE

Serves 4-6

### Ingredients

1 Tbsp olive oil  
 200g dried tube style pasta -  
 we used penne  
 1 bunch of scallions  
 1 large leek  
 450g mushrooms  
 2 tbsp tamari  
 1 tsp salt

### Bechamel

5 tbsp olive oil  
 5 tbsp white flour  
 1 L alternative milk of choice  
 1 tsp of salt  
 1 tsp black pepper  
 4 Tbsp Nutritional yeast  
 Pinch nutmeg  
 Bay leaf

### Topping

40g Breadcrumbs  
 1 Tbsp flaked almonds  
 1 tbsp Oil  
 Pinch of salt and pepper

### Method:

1. Preheat oven to 180 C fan
2. Cook the pasta according to pack instructions, slightly al dente, drain and rinse in the sink under cold water to stop the pasta cooking and sticking together.
3. Roughly chop the scallions. Cut the leeks in half lengthwise and then into 2cm half rounds and rinse (give the leeks a quick rinse to remove any sediment) Finely chop the mushrooms.
4. While the pasta is cooking, cook the veg and start the bechamel.
5. For the bechamel in a non stick pot, heat the olive oil over medium heat, once hot, add the flour into the oil and whisk for 2 minutes stirring continuously until golden, taking care not to let it burn. Add the milk, slowly to the roux (the flour and oil mixture) whisking continuously. Then add the seasoning and remaining ingredients. Bring it to the boil and reduce to a simmer being careful that nothing sticks to the bottom, whisking often, once it has reached the desired degree of thickness, remove the Bay leaf from the sauce, remove from the heat, taste and season if needed.
6. For the veg, heat 1 Tbsp of oil in a large non stick pan over a high heat, add the scallions and leeks with a good pinch of salt, reduce to medium and cook for 3-4 minutes until they are nicely softened, add the mushrooms and cook for 2 minutes, then add the tamari and cook for 3 more minutes until the mushrooms are reduced and nicely browned.
7. Mix the pasta, bechamel and cooked veg mixture, transfer to an oven proof dish, smoothing out the surface slightly.
8. Mix all the topping ingredients together well and scatter over the pasta bake. Pop in the oven for 20 minutes or until the sauce is bubbling and the crumb top is golden brown.



## LASAGNA

Serves 6

### Ingredients

#### Tomato sauce with veg;

2 tbsp  
 3 cloves of garlic  
 1 red chilli  
 400g sweet potatoes  
 200g mushrooms of choice  
 1 bay leaf  
 2 x 400g tins of chopped tomatoes  
 1.5 tbsp maple syrup  
 100ml red wine  
 1 tsp salt

#### Bechamel

4 tbsp olive oil  
 4 tbsp white flour  
 600ml alternative milk of choice  
 1 tsp of salt  
 1 tsp black pepper  
 4 Tbsp Nutritional yeast  
 Pinch nutmeg  
 Bay leaf  
 500g lasagna sheets  
 Vegan cheese - optional

### Method:

1. Put the lasagna sheets in large flat trays and cover with warm water for 30 mins, make sure sheets are totally covered by water, to soften them, check sheets are not sticking together and separate if needed, after 10 mins check sheets and turn over if needed.
2. For the tomato and veg sauce, finely chop the garlic and onion and chilli, remove the seeds from the chilli if you prefer less heat. Chop the sweet potato and mushrooms into small bite size pieces.
3. Heat the olive oil in a medium sized pan over medium heat. Add the garlic, onion and chilli, cook for 3 minutes, stirring occasionally. Add the wine and allow it to cook off for 2-3 minutes. Add the sweet potatoes and mushrooms, a generous pinch of salt, stir and cook for 10 minutes stirring occasionally with a lid on. Remember to stir occasionally to stop veg from sticking, add a few tbsp of water if the veg sticks.
4. Add the tinned tomatoes, maple syrup and bay leaf, bring to the boil, then reduce to a simmer, cook for 10-15 minutes.
5. While the veg is cooking you can make the bechamel. In a non stick pot, heat the olive oil over medium heat, once hot, add the flour into the oil and whisk for 2 minutes stirring continuously until golden, taking care not to let it burn. Add the milk, slowly to the roux (the flour and oil mixture) whisking continuously. Then add the seasoning and remaining ingredients. Bring it to the boil and reduce to a simmer being careful that nothing sticks to the bottom, whisking often, once it has reached the desired degree of thickness, remove the Bay leaf from the sauce, remove from the heat, taste and season if needed.

# LASAGNA

## Method: Continued

### To assemble

1. In an ovenproof dish or tray that will serve approx 6 people
2. Put a thin layer of bechamel sauce on the bottom, spread it out evenly and put a layer of lasagne sheets ensuring that they form a single even layer.
3. Next add an even layer of your tomato and veg sauce, using about half of the sauce
4. Put a single layer of lasagne sheets on top and a little of the bechamel, saving enough for the last top layer.
5. Repeat another layer of tomato veg sauce and lasagne sheets.
6. Spread the remaining bechamel sauce on top, ensuring the pasta sheets are totally covered by the bechamel (this will stop them drying out when baking)
7. Optional - Grate some vegan cheese to top
8. Bake at 180 C for 20 minutes or until bubbling and browned on top and cooked through.





## QUICK EASY CHICKPEA AND COCONUT DAHL

This is a great easy quick version of Dahl and perfect to try as part of your 1 week challenge as an intro to the wonderful world of Dahl!

### Ingredients

1 Tbsp oil  
 3 cloves of garlic  
 1 small piece of ginger  
 5 scallions  
 1 x 400g tin of chickpeas  
 1 x 400g tin of cooked lentils  
 1 handful of spinach  
 1 x 400g tin of coconut milk  
 Juice of 1 lime  
 ½ bunch of Coriander  
 10 cherry tomatoes  
 2 tbsp curry powder  
 1 tsp Turmeric  
 2 tsp ground cumin  
 1 tsp salt  
 ½ tsp black pepper  
 Wholemeal pittas to serve

### Serving suggestion

toasted wholemeal pittas

### Method:

1. Drain and rinse the chickpeas and lentils
2. Heat the oil on high heat in a large pot or pan, non stick if possible.
3. Finely chop the garlic and ginger, Chop scallions, half the cherry tomatoes. Pick the coriander leaves and finely chop the stalks.
4. Add the garlic and ginger to the pan, reduce the heat to medium and cook for 3-5 minutes, stirring occasionally
5. Add the scallions to the pan along with the cherry tomatoes, coriander stalks and 1 tsp of salt. Cook for a further 3 minutes.
6. Add the tin of coconut milk, lentils and chickpeas, and stir well
7. Add in the spices, salt, black pepper, spinach and lime juice. Bring to a boil then lower to a simmer for 5 minutes. Add in the spinach to wilt a few minutes before you serve, taste before serving and season if needed
8. Serve with your pittas and some fresh coriander and chilli flakes if you like. Enjoy!



## PAD THAI

Serves 4

### Ingredients

1 onion  
 3 cloves garlic  
 1 red chilli pepper  
 Small thumb sized piece of ginger  
 1 stalk of Lemongrass  
 2 red peppers  
 1 yellow pepper  
 220g bean Sprouts  
 200g sugar Snaps

### Sauce

1 x 400g tin of coconut milk  
 4 tbsp tamari  
 1 tbsp maple  
 Juice of 2 limes

240g rice noodles

### Garnish

Half bunch of coriander, cashews,  
 black sesame seeds and wedges of  
 lime

### Method:

1. Firstly, prep all your veg. Dice your onion, finely chop the garlic, chilli pepper and lemongrass, grate the ginger, slice your peppers and sugar snaps in small bite size pieces.
2. Next make your sauce by whisking all the ingredients together in a bowl.
3. Finally cook your noodles by cooking according to the instructions on the pack. If cooked before the sauce is finished you can drain and rinse in cold water to stop them from sticking together.
4. Turn the pan on a high heat, to the pan add the garlic, ginger, onions & lemongrass. Reduce the heat to medium and cook stirring occasionally for 5 minutes.
5. Next add your peppers to the pan, and cook for 4 minutes.
6. Now add the sauce and bring to a simmer for 3 minutes, add the sugar snaps just a few minutes before serving so they keep their colour and crunch, add the noodles and gently toss in the sauce then transfer to bowls and top with coriander, cashews, black sesame seeds and a wedge of lime on the side. Epic!





## SHEPHERDLESS PIE

Serves 5-6

### Ingredients

1 tbsp oil  
 2 onions  
 3 cloves garlic  
 1 carrot  
 1 parsnip  
 10 fine beans (chopped into bite-sized pieces)  
 few sprigs of fresh parsley  
 2 x 400g tins of cooked lentils  
 2 x 400g tins chopped tomatoes  
 1 teaspoon salt  
 ½ teaspoon black pepper  
 1 teaspoon smoked paprika  
 2 bay leaves  
 1 tablespoon maple syrup  
 2 tablespoons tamari/soy sauce

### Topping

1.5 kg potatoes with skin on  
 100 ml oat milk  
 3 tbsp olive oil  
 Salt and pepper to taste

### Method:

1. Peel and finely dice the onion and garlic.
2. Chop the carrot and parsnip into bite sized pieces.
3. Drain and rinse the lentils
4. Heat a large sauce pan to high heat.
5. Add 1 tbsp of oil, add the onion and garlic and cook on medium heat for 4 mins stirring regularly until they start to brown.
6. Add the carrot, parsnip, fine beans and lentils along with a generous pinch of salt, stir well and put the lid on and leave to sweat for 10 mins stirring occasionally until the veg is soft.
7. Add the tamari, pepper, smoked paprika, bay leaf and thyme to the veg and cook for 2 minutes.
8. While the veg is cooking, boil your potato for the topping.
9. Once the veg is cooked add the tinned tomatoes and maple, bring to the boil and reduce to a simmer for 10 mins until the sauce thickens. Taste and adjust seasoning if needed. Remove Bay leaf.
10. Drain and mash your potatoes until smooth and add the non dairy milk, oil and season with salt and pepper.
11. In a casserole dish or oven proof dish layer it  $\frac{2}{3}$  full with sauce/veg and  $\frac{1}{3}$  topping of mashed potato or other mashed starchy veg.
12. Use a fork to make drills or rows on your potatoes
13. Bake in a preheated oven at 200 degrees C for 15 mins until the potatoes start to golden. Enjoy!



## EASY WHOLEFOOD BURGER AND POTATO WEDGES

Makes 3-4 Burgers

### Ingredients

#### Wedges

1 kg of potato ; maris piper or rooster  
 4 tbsp oil  
 1 tsp salt

#### Burger

3 tablespoon oil  
 1 x 400g tin of kidney or black beans - 240g  
 100g cooked wholemeal couscous/breadcrumbs  
 1 red onion  
 2 cloves of garlic  
 300g oyster mushrooms (or any other mushrooms available)  
 3 tablespoons tamari  
 2 tablespoons nutritional yeast  
 2 tbsp ground flax seeds  
 6 tbsp water  
 2 tbsp rice flour

#### For serving

Burger buns  
 Your favourite burger toppings

### Method:

1. Preheat oven to 200 C
2. For the potato wedges, wash and scrub the potatoes. On a chopping board cut them in half then into wedges. Toss the wedges in the oil then toss in the salt and spread out on 1 to 2 baking trays if needed. Bake in the oven for 30 - 40 minutes until golden and crispy and release from the tray easily. Rotate the tray half way through the cooking time.
3. For the Burgers; Finely chop the garlic and onion, roughly chop the mushrooms.
4. Drain and rinse the beans
5. Mix the ground flax with the water to make the flax egg and set aside.
6. In a large non stick pan, heat 1 tbsp of oil over a high heat, when hot add the onion and garlic, reduce the heat to medium and cook for 2-3 minutes stirring occasionally, now add the mushrooms and continue to cook for 2 minutes, add the tamari and cook for 2-3 minutes. Set aside

# EASY WHOLEFOOD BURGER AND POTATO WEDGES

## Method: Continued

8. While the mushroom mixture is cooking, in a large bowl mash the drained beans using a potato masher, add the remaining ingredients, including the mushroom mixture and mix together well so it holds together.
9. For the burgers, shape the mixture into 4 burgers or 3 larger burgers. In the large non stick pan, heat 2 tbsp of oil over a high heat, when hot add the burgers, reduce the heat to medium and cook for 3-5 minutes each side or until nicely charred and cooked through.
10. To assemble, pick your favourite burger bun or wholemeal pitta, adding your favourite toppings, we like pesto, vegan mayo, ketchup and sliced tomato and red onion if you like! Serve with crispy wedges from the oven and Enjoy!





## EASY TRAY BAKE PIZZA

Makes 3 pizzas

### Ingredients

#### Dough

Makes Approx 3 x 12 inch  
 pizza doughs  
 330g white flour  
 200ml water  
 7g salt  
 ½ tbsp baking powder

#### Tomato sauce

1 x 340ml Jar of passata  
 200g Sundried tomato pesto

#### Toppings

6 tbsp pesto of choice  
 1 red Pepper  
 1 small Courgette  
 100g oyster Mushrooms ( or  
 what is available)  
 1 Leek  
 1 Sweet potato  
 2 tbsp oil  
 1 tsp salt

Rocket and pine nuts - optional

### Method:

1. Preheat oven to 180 C
2. In a bowl mix all the dough ingredients until they come together. Using the dough hook on a stand mixer, knead for 5 minutes or knead by hand on a lightly floured surface for 3 - 5 minutes until it is a nice smooth ball of dough and the gluten is developed. This recipe will make enough for 3 pizza but you can easily wrap and freeze the dough after portioning for use at a later stage.
3. Now to bake the pizza base. Divide the dough into 3 and roll out onto a lightly floured surface to fit the baking tray. Then transfer to the tray. Using a fork, prick the base of the dough all over and bake for 5 minutes, rotating once during baking.
4. While the dough is baking, Chop all the veg into bite size pieces and toss in oil and salt and bake in the oven after the dough comes out for 15 minutes or until the leeks and sweet potato are cooked through.
5. To make the sauce simply mix the passata with the pesto.
6. When your veg toppings are roasted you can assemble your pizzas. On each base spread a light layer of tomato sauce, bringing it right to the edge.
7. On each base give a generous serving of toppings a drizzle of pesto to your taste
8. Pop in the oven for 8 minutes
9. Once cooked, we like to sprinkle some leaves to add freshness and garnish with some chilli flakes, and some pine nuts if you have them
10. Slice and enjoy!!



## CHOCOLATE BANANA & WALNUT BREAD

Serves 8

### Ingredients

#### Wet ingredients

4 large ripe bananas  
 130ml of non-dairy milk (use your favourite, ours is rice milk)  
 125ml sunflower oil  
 1 tsp apple cider vinegar

#### Dry ingredients

280g of wholemeal spelt Flour or white flour  
 100g coconut sugar  
 $\frac{3}{4}$  tsp of baking soda  
 $\frac{3}{4}$  tsp baking powder  
 1 tsp of cinnamon  
 $\frac{1}{4}$  tsp of nutmeg  
 $\frac{1}{2}$  tsp of salt

25g raisins  
 50g dark chocolate chips  
 50g walnuts

### Method:

1. Preheat your oven to 170 C
2. Weigh up your dry and wet ingredients.
3. Put all of the wet ingredients into a blender or use a stick blender and blend smooth - the non-dairy milk, apple cider vinegar, oil and bananas.
4. Sift the flour, sugar, baking soda, cinnamon, nutmeg and salt. Make a well in the middle of the dry ingredients and add the wet ingredients, mix together using a spoon or spatula until all the ingredients are incorporated together. Chop the walnuts. Fold in the chocolate chips, raisins and walnuts last, until fully incorporated.
5. Line a loaf tin with greaseproof paper.
6. Pour the mixture into the loaf tin and smooth the top.
7. Bake in the oven for 45 minutes. Make sure when you take it out that it is cooked by putting a knife into the centre and making sure that it comes out dry, if not, leave it bake for longer. Allow to cool completely. Serve and enjoy!



## APPLE CRUMBLE

Serves 6

### Ingredients

4 Apple  
 2 Pear  
 125g Blackberries  
 Juice of 1 orange  
 1 tsp cinnamon- optional  
 ½ tsp nutmeg - optional  
 1 tsp vanilla extract  
 4 tbsp brown or coconut sugar  
 6 Tbsp water

### Topping

60g Coconut oil  
 75g Oats - GF can be used  
 75g Ground almonds  
 75g White spelt or regular flour  
 3 tbsp brown or coconut sugar

### Method:

1. Chop the fruit into small bite size pieces, (you can peel the fruit if you prefer or not using organic) and mix with remaining ingredients.
2. Add the fruit mixture to a medium pot over medium/low heat and stew for 10-15 minutes.
3. For the topping melt the coconut oil in your hands while mixing it through the remaining topping ingredients to form a crumb, ensure the coconut oil is well dispersed.
4. Place fruit mixture in an ovenproof dish and layer the crumble topping over the top in an even layer
5. Bake at 180 for 30 - 40 minutes until fruit is cooked and bubbling and a golden crumb topping. Serve with vegan ice cream or coconut yoghurt





## CHOCOLATE CHIP COOKIE

Makes 10 cookies

### Ingredients

125g White flour  
 110g brown or coconut sugar  
 1 ½ tsp baking powder  
 ½ tsp baking soda  
 Pinch Salt

60g sunflower oil  
 45g almond butter  
 ½ tsp vanilla essence  
 1 Tbsp ground flax  
 3 Tbsp water  
 60g dark chocolate chips (add  
 50g to mix and 10g after)

### Method:

1. Preheat the oven to 150 degrees Celsius
2. Mix ground flax seeds and water set aside
3. Whisk the wet ingredients, the almond butter and oil to make it easier to incorporate
4. Weigh the dry ingredients - starch, raising agent, sweetener, salt
5. Sift dry ingredients into a medium to large mixing bowl.
6. Mix the dry ingredients with the wet ingredients mixture and add flax egg.
7. With a spatula or using clean hands, bring the cookie dough mixture together, then add 50g of the chocolate chips and mix through the dough.
8. Line a tray with parchment paper. We used a 40 x 28 cm tray
9. Weigh 60g of dough for each cookie. Roll into a ball. (On a 40 x 28 cm tray we fit 5 cookies. So there is enough room for them to spread during cooking) Pat flat with the palm of your hand. Add a few choc chips to the top of each cookie
10. Chill in fridge for 30 minutes
11. Place in oven . Bake for 11 minutes. Remove from oven and allow to cool for 5 minutes then transfer to a wire cooling rack. Enjoy!





## BLACK FOREST CHEESECAKE

Serves: 12 slices

### Ingredients

#### Base layer

150g walnuts  
 150g cashew nuts  
 100g pitted dates  
 2 tbsp coconut oil

#### Cashew cheese layer

250g cashew nuts raw - boil for 10 mins so super soft or soak overnight  
 250g vegan cream cheese  
 100g coconut oil  
 150g maple syrup  
 1 tbsp vanilla extract

#### Cherry jam & cherry infused chocolate mousse

2 x tins of canned cherries in syrup (approx 425g in weight)  
 Zest of 1 lime  
 Juice of 1 lime  
 150ml maple syrup  
 3 tbsp chia seeds  
  
 200ml dark chocolate approx 60% cocoa solids  
 Ice

### Method:

1. First step boil the kettle. Soak the raw cashew nuts in boiling water ensuring that they are fully covered. Set aside to soften.
2. To make the base layer; In a food processor blend up the nuts first until they reach a bread crumb like texture. Next add the chopped pitted dates, coconut oil and blend till they start to come together and all is nice and smooth. This should take approx 2-3 mins.
3. Line a 20cm/ 8 inch springform tin with baking parchment. Pour in the base mixture and compact firmly using the back of a spoon to ensure its level, smooth and well compacted. We want it well compacted so that it holds together when the cake is cut and also so that we get those lovely division of layers.
4. To make the cherry jam, Pour the full contents of 1 of the canned cherries in syrup along with just the cherries from the second can (keep the cherry syrup from one can for the chocolate mousse set aside) blend in a food processor or blender. Add to a saucepan on high heat along with the maple syrup, chia seeds, lime zest and lime juice. Bring to the boil and once boiling reduce to a simmer and leave to reduce for 10 mins.

# BLACK FOREST CHEESECAKE

## Method: Continued

### To assemble

5. While the jam is reducing lets make our cheese layer. Drain and rinse the cashew nuts and add to a clean food processor along with the rest of the ingredients for the cashew cheese layer. Blend until super smooth. Depending on your food processor this may take 3-5 mins. Scoop out using a spatula and pour in on top of the level base layer. Level and smooth and put in the fridge for 5 mins to start to set
6. Take the cherry Jam off the heat and pour into a wide bowl to cool and become firmer, put in the fridge to cool for 10 mins.
7. While they are in the fridge time to make our cherry chocolate mousse. Take the syrup from the second can of cherries that was left aside. There should be approx 170ml. Chop 200g of chocolate finley and put in a metal bowl or heatproof glass bowl. In a separate bowl make an ice bath by putting approx 150g of ice and 150 ml of water. In a saucepan bring the cherry syrup to the boil. Once boiling remove from the heat and pour onto of the chopped chocolate. Using a whisk, stir until all the chocolate melts. Put the bowl with the melted chocolate on top of the ice bath and stir continuously for 3-5 mins. The chocolate will thicken, leave it on the ice bath until it reaches the texture of stiff cream. Remove from the ice bath and set aside.
8. Remove the cheesecake and cherry jam from the fridge. Pour half the jam into the cheesecake and swirl it through the cheesecake careful not to mix too much that it becomes one texture but enough that the jam is swirled throughout the top layer. Leave the remaining jam to use in another dish. Put the chocolate mousse into a piping bag and pipe on the chocolate mousse into nice small meringue like peaks - do this till all the mousse has been piped on the cake is covered. Put in the fridge to set for 1-2 hours.
9. Cut and enjoy this show stopping cheesecake!





## EASY CHOCOLATE LOAF CAKE

Makes 1 loaf

### Ingredients

#### Dry ingredients;

160g white all-purpose flour  
150g caster sugar  
1 tbsp baking powder  
1/4 tsp baking soda  
40g Cocoa powder  
30g dark chocolate chips

#### Wet ingredients

100ml unsweetened almond milk  
125ml neutral tasting oil - more oil  
1/2 Tbsp apple cider vinegar  
1/2 tsp pure vanilla essence

### Method:

1. Preheat oven to 180 degrees
2. Grease and line a loaf tin with baking parchment
3. Weigh up all the dry ingredients except the chocolate chips, then sift them through a mesh strainer into a large mixing bowl. Make a well in the centre of the dry ingredients.
4. Mix all the wet ingredients and add to the dry ingredients.
5. Mix together until they just come together using a spatula or a hand mixer. Add the chocolate chips in last.
6. Add the cake batter to the loaf tin, smooth the top and place in the preheated oven for 30 minutes rotating half-way through cooking time to ensure they cook evenly. Remove the loaf from oven and set aside to cool fully. Check if cooked by place a skewer in the centre, it should come out clean, if not they need to go back in the oven and cook a little longer until the skewer comes out dry. Cool completely. Slice and enjoy!





## BANOFFEE

Serves 10-12

### Ingredients

#### Base layer

100g almonds  
 300g cashews or walnuts  
 200g pitted dates  
 2 tsp vanilla extract  
 4 tbsp coconut oil

3 ripe Banana

#### Toffee layer

10 tbsp coconut oil  
 300g pitted dates  
 100g Almond Butter  
 10-12 Tbsp water  
 1 tsp vanilla extract  
 Pinch of salt

#### Coconut Cream

2 x 400 ml tins of full fat coconut milk ( kept in fridge overnight)

4 squares of good quality dark chocolate to grate on top

### Method:

1. For the Base; add all the ingredients to the food processor and pulse until a breadcrumb like texture. Line an 8 inch springform tin with baking parchment. Add the base layer, pressing it firmly into place in an even layer. Set aside in the fridge to set.
2. For the toffee layer, melt the coconut oil gently in a pan over low heat. Add the melted oil along with the remaining ingredients to the food processor and blend until smooth and caramel like, add 1-2 tbsp more water if needed, until it looks like caramel. Spread in an even layer over the base.
3. For the cream layer, take the tins out of the fridge and remove only the top solid cream and whisk in a bowl with the vanilla extract

### To assemble

4. Slice the bananas and place on top of the toffee layer, fanning out from the centre until totally covered. Add the cream layer gently over the banana, creating little peaks if you like. Carefully grate the dark chocolate over the cream layer and chill for 30 minutes. Slice and enjoy!





## ENERGY BALLS

Makes approximately 20 balls

### Ingredients

60g of sunflower seeds  
 120g of oat flakes  
 170g of pitted dates  
 60g of raisins  
 120 ml of apple juice/orange juice  
 2 tbsp of cacao powder  
 Zest of 1 orange or  
 5 drops of mint oil (food grade) or  
 2 tsp ground coffee

### Coating Options:

50g desiccated coconut/bee  
 pollen/finely chopped goji berries

### Method:

1. Chop the dates into small pieces and soak in the apple juice/orange juice for a few minutes.
2. Pulse in a food processor the oats and the sunflower seeds for 30 seconds.
3. Add the soaked dates and the juice together with the raisins and the cocoa powder. Add the zest of 1 orange. Alternatively, you could use mint oil or ground coffee to give a different flavour.
4. Blend all the ingredients, until the mix has a smooth texture. This could take up to 2 minutes.
5. Roll into small balls (about the size of a small brussel sprout) and roll in your coating of choice (we generally use the desiccated coconut but you could use bee pollen to give a yellow coating or chopped goji berries for the bright red colour).





## HUMMUS AND RAW VEG

Serves 3-4

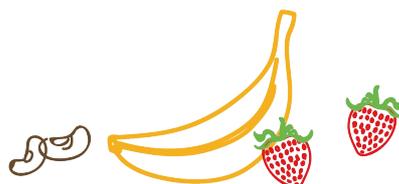
### Ingredients

400g tin cooked chickpeas drained  
 weight of 240g  
 100g of light tahini  
 2 tbsp lemon juice  
 1 clove of garlic  
 1 ¼ tsp salt  
 ½ tsp ground cumin  
 Pinch of ground chilli powder  
 50 ml of water

Selection of 1 large Carrot, 4 radish,  
 2 celery stalks, 1 cucumber

### Method:

1. Cut all the veg (except radish) into roughly 5 inch long strips. Trim and cut the radish into quarters. You can keep the veg fresh in cold water until ready to use.
2. For the Hummus; Drain and rinse the tinned chickpeas, finely chop the garlic.
3. Add all the ingredients to a blender or use a stick blender and blend to your desired consistency (add more liquid or oil if needed. Or beans if too thin) and all the ingredients are incorporated together.
4. Taste and check seasoning for salt and lemon juice, serve with cruditee and enjoy!





## GUACAMOLE, SALSA & CORN CHIPS

Serves 4

### Ingredients

1 large pack of corn chips

#### Guacamole

2 ripe avocados

6 cherry tomatoes

1 lime

½ tsp salt

Pinch black pepper

1 tsp cumin

¼ tsp chilli flakes

½ bunch of coriander

#### Salsa

1 x 400g chopped tomatoes

4 tablespoons tomato puree

1 small red onion

1 clove garlic

juice 1 lime

1/2 red chilli - remove seeds if you prefer less heat

1/2 tsp smoked paprika

1/2 tsp salt

1/3 tsp ground black pepper

1 tablespoon maple syrup

### Method:

1. For Guacamole; peel and de-stone the avocado, scoop out of the skin with a spoon and chop the flesh into small pieces. Put into a bowl with the lime juice, salt and black pepper. Chop the cherry tomatoes in half and add along with the cumin and chilli flakes. Mash with a fork until the avocado breaks up and comes together.
2. Finely chop the coriander (including the stalks) and add. Mix, taste and adjust the seasoning if you think it needs more lime juice, salt or heat.
3. For Salsa; Peel and chop the garlic and onion, now add all your salsa ingredients to the food processor and pulse until desired consistency, chunky or smooth. Taste and add salt or more lime juice if needed
4. To serve, put the Guacamole and Salsa in smaller bowls, place on a large flat bowl scatter the corn chips around. Happy Snacking and enjoy!

