



THE RECIPES

35 PLANT-BASED RECIPES
CREATED SPECIFICALLY
FOR SCHOOLS



SCHOOL PLATES



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MAKING PLANT-BASED EASY

The question we get asked the most from school caterers is: “do you have any plant-based recipes?” Well, yes we do - lots of them. Enough to completely fill a 3-week cycle!

We’ve collaborated with a professional plant-based chef to develop the future of school food. Throughout the following pages, you’ll find 35 all-new recipes designed specifically for UK schools. They’re nutritious, sustainable, come in under budget, and – best of all – they’re delicious.

Like you, we care passionately about the food we serve to school children. We want them to thrive, nourished and energised by food that gives their brains and bodies the best possible chance of soaking up all the new knowledge that’s thrown at them every day. We also care deeply about the future of our planet, and know that food can be one of our most important solutions in addressing the climate crisis.

We believe that plant-based food should be normal, everyday food that’s eaten any day of the week, by anyone. So, we have developed:

- **15 main course (pages 14)**
- **15 side dishes (pages 36)**
- **5 desserts (pages 52)**

In addition to the recipes, we briefly summarise why we’re so driven to do this work. We also look closely at the important nutrients children need and where to find them in plant-based food, and summarise some key ingredient swaps with the best and easiest plant-based alternatives to meat, dairy products, and eggs.

Thank you for already being so open to introducing healthier and more sustainable school food; your knowledge and enthusiasm are crucial to making positive change in schools.

TOGETHER, WE CAN HELP CHILDREN TO BUILD BETTER EATING HABITS THAT WILL LAST THEM A LIFETIME.

Our aim with this guide is to inspire you to try more plant-based food on your school menus. We want to show you just how exciting, inexpensive, easy-to-make, and packed with protein plant-based food can be.





AWARD WINNING

ProVeg was awarded the UN's Momentum for Change award at the UN World Climate Conference (COP24) in recognition of our climate-focused schools programmes.¹ The award recognises examples of innovative, transformative and scalable climate actions from around the world.



WHO ARE WE?

ProVeg UK is a non-profit and part of a much bigger organisation, ProVeg International, a global charity with nine country teams across four continents. Our mission is an ambitious one: to reduce the global consumption of animals by 50% by the year 2040. Our vision is a world where everyone chooses delicious and healthy food that is good for all humans, animals, and the planet.

WHY SHOULD CHILDREN EAT MORE PLANT-BASED FOOD?



SUSTAINABILITY

WE NEED TO EAT MUCH LESS MEAT AND DAIRY FOR THE FUTURE OF OUR PLANET – THAT’S THE COLLECTIVE VIEW OF ALL THE EXPERTS – AND WE AGREE.

Each year, we’re seeing more independent reports – from the likes of the UN², academic institutions³, policy think tanks⁴, and environmental organisations⁵ – all calling for a shift away from animal-based products and towards a more plant-based society.

- The Government’s official climate change advisor, the Climate Change Committee, has called for the implementation of policies to encourage **“a 20% shift away from all meat by 2030 rising to 35% by 2050, and 20% shift from dairy products by 2030”** in order to put the UK on the path to net zero.⁶
- The National Food Strategy⁷, the first independent review of the UK food system in 75 years, has gone even further, calling for the UK to eat **30% less meat and 30% more fruit and vegetables by 2032.**⁸



The single biggest way to reduce your impact right now is to avoid meat & dairy.⁹

Joseph Poore,
University of Oxford



INCLUSIVITY

MEALS THAT ARE 100% PLANT-BASED ARE SUITABLE FOR EVERYONE, REGARDLESS OF FAITH OR DIETARY REQUIREMENTS (EXCEPT SOME SPECIFIC ALLERGIES, OF COURSE).

This means that just one meal can suit everyone, saving time and money but also – importantly – helping to ensure that no one feels left out or different. If the same meal is available to all, it reduces the likelihood of discrimination and bullying of minority groups around meal times.

WHAT DOES PLANT-BASED MEAN?

Plant-based means foods that are derived from plant sources. This includes fruit, vegetables, grains, pulses, legumes, nuts, and meat substitutes. It excludes all foods that are derived either wholly or partially from an animal, including meat, fish, eggs, and dairy products such as cow’s milk and cheese.¹⁰



SAVE MONEY

WITH BUDGETS TIGHTER THAN EVER, WE KNOW JUST HOW IMPORTANT SAVING MONEY CAN BE.

The great news is that almost every one of our dozens of partners has saved money through working with us. This is because plant-based meals are on average cheaper than their meat-based counterparts. Chickpeas are far cheaper than chicken, and lentils cost a fraction of the price of minced beef! See page 62 for a cost comparison between a meat-based and a plant-based spaghetti bolognese.



HEALTH

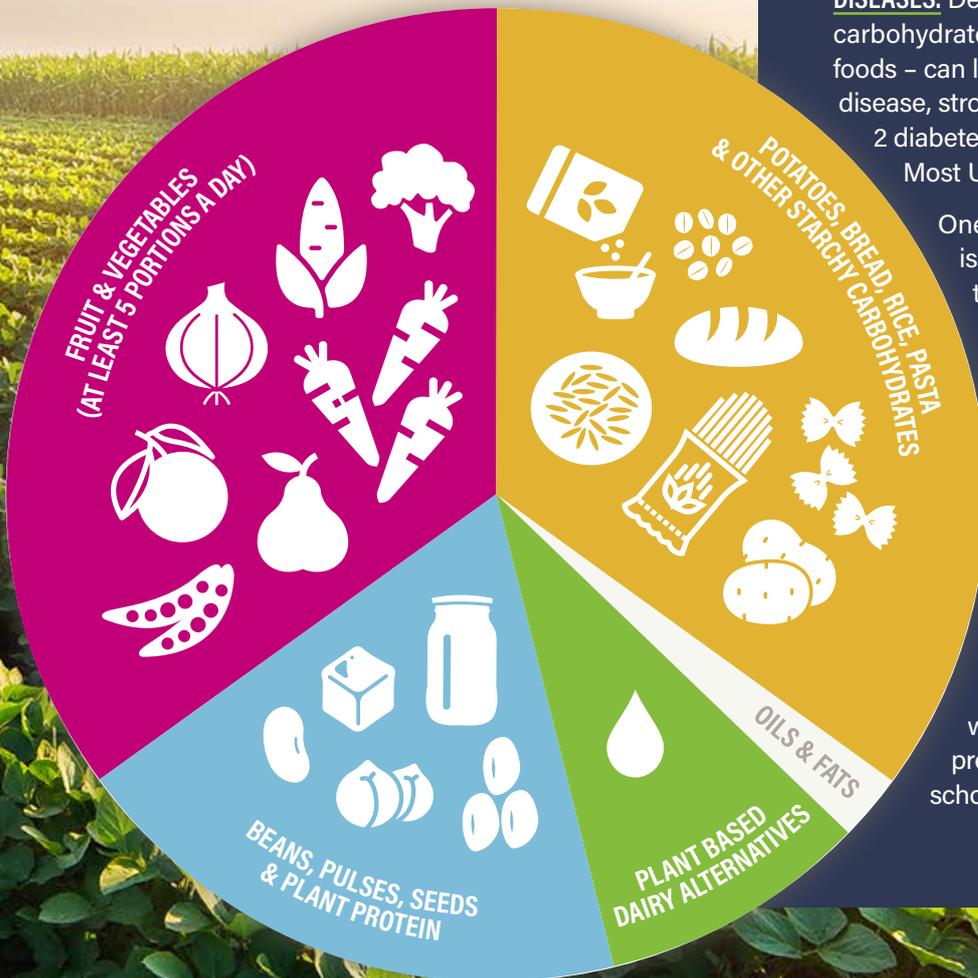
We all know that whole plant-based foods are fantastic for our health. In fact, all plants are superheroes! They're packed full of nutrients and fibre, are lower in fat and calories than animal-based products, and they lower the risk of chronic diseases.¹¹

Eating less meat and more plant-based foods is great for lots of reasons, but in particular for:

- **REDUCING CHILDHOOD OBESITY**, which is regarded by the World Health Organisation (WHO) as one of the most serious public health challenges of the 21st century.¹² By year 6 (age 10-11), 21% of children in the UK are obese.¹³
- **REDUCING THE RISK OF A RANGE OF LIFESTYLE DISEASES**. Deficiency in fibre – a type of carbohydrate that is only found in plant foods – can lead to an increased risk of heart disease, stroke, hypertension, obesity, type 2 diabetes, and several types of cancer.¹⁴ Most UK children are fibre-deficient.¹⁵

One of the keys to healthy eating is variety. You've probably heard that we should 'eat the rainbow'. This is because the more colour and variety we can get into our diets, the greater the range of nutrients our bodies can benefit from.

The Plant-Based Eatwell Guide¹⁶ is a plant-based version of Public Health England's Eatwell Guide.¹⁷ We've included it here to show you which plant-based foods to include, and in what proportion, to help make preparing balanced plant-based school food as simple as possible.



IMPORTANT NUTRIENTS FOR CHILDREN

(AND WHERE TO FIND THEM)

FOOD IS FUEL FOR OUR BODIES. IT'S WHAT GIVES US THE ENERGY TO MOVE AND THE CONCENTRATION TO LEARN. WE THEREFORE NEED TO MAKE SURE THAT THE FUEL WE SERVE TO CHILDREN TO POWER THEM FOR THE DAY IS PACKED WITH NUTRIENT-DENSE INGREDIENTS.

The School Food Standards¹⁸ focus on the importance of iron, calcium and zinc since many children in the UK don't get as much of these nutrients as they should.

For children eating a plant-based diet, there are other important nutrients to

consider too, including vitamin D, vitamin B12, omega 3 fatty acids, and iodine.¹⁹ Here, we briefly explain the best plant-based sources for each of these seven nutrients so we can be sure that children are getting everything their growing bodies need.



IRON

Iron is essential for the production of red blood cells.

Good sources include: wholemeal bread and flour, pulses (such as chickpeas, lentils and beans), soya, tofu, green leafy vegetables (such as broccoli, cabbage, spring greens), dried fruit (such as apricots, raisins), nuts, and seeds.

FACT: Iron is better absorbed by the body when combined with vitamin C-rich foods (such as citrus fruits, peppers, strawberries, kiwi, broccoli)²⁰



ZINC

Zinc is important for the immune system and metabolism.

Good sources include: wholegrains (such as whole grain bread, brown rice), quorn, tofu, nuts (such as peanuts, almonds), and seeds (such as sesame seeds).



CALCIUM

Calcium is needed for healthy bones and teeth.

Good sources include: green leafy vegetables (such as broccoli, cabbage, spring greens), lentils, bread, dried fruit (such as figs, apricots, raisins), fortified unsweetened plant-based milks (also fortified yogurts and cheeses), soy, tofu made with calcium, sesame seeds and tahini, and nuts (especially almonds).



VITAMIN D

Vitamin D is important for healthy bones and teeth, and the immune system.

Good sources include: mushrooms and sunshine!

FACT: You've probably heard of Vitamin D described as the sunshine vitamin. This is because our bodies create vitamin D when our skin is exposed to sunlight.²¹ Like humans, mushrooms also create and store vitamin D when exposed to UV or sunlight.²²



VITAMIN B12

Vitamin B12 is essential for the production of red blood cells and a healthy nervous system.

Good sources include: Marmite, nutritional yeast, and other foods fortified with B12 (such as most shop-bought plant-based milks).



OMEGA 3 FATTY ACIDS

Omega 3 fatty acids are important to help maintain a healthy heart.

Good sources include: ground flaxseeds or linseeds (these are the same thing), ground chia seeds, walnuts, and rapeseed oil.



IODINE

Iodine is essential for the functioning of the thyroid gland and for brain development.

Good sources include: some fortified plant-based milks, and sea vegetables (like nori and wakame).



INGREDIENT SWAPS

THERE ARE NOW PLANT-BASED VERSIONS OF JUST ABOUT EVERY ANIMAL-BASED INGREDIENT OR PRODUCT YOU CAN THINK OF. HERE'S A SUMMARY OF OUR FAVOURITE SWAPS TO MAKE YOUR EXISTING DISHES PLANT-BASED

MEAT ALTERNATIVES



BEANS & LENTILS are quite simply the most nutritious, sustainable, and cheapest meat alternative. These little powerhouses are packed with an abundance of important nutrients. Beans and lentils both work extremely well in chillis, curries, burgers, and veggie balls. Lentils are a good alternative to mince, and can be blended 50/50 to reduce meat content in a dish.

TOFU is made from soya beans. Just chop it up into small cubes, give it some flavour and seasoning, and add to your recipe. It works really well in stir fries and curries.

SOYA MINCE is also made from soya beans and can be used as an alternative to mince, such as in a shepherd's pie, spaghetti bolognese, lasagne, or chilli. Try blending in some lentils and mushrooms for even better texture and taste.

JACKFRUIT is a South and South East Asian fruit with flesh that resembles the texture of tuna or flaked pork. It's now widely available in a tin and, with a good blend of seasoning, spices or sauces, jackfruit can be transformed into a delicious plant-based tuna mayo filling, or sticky BBQ pulled pork.

SEITAN is produced using vital wheat gluten and is an excellent alternative to meat, although not suitable to anyone with any sort of intolerance to gluten. Its texture lends itself to being an excellent replacement for meat in casseroles, burgers, and burritos.

QUORN is a popular ingredient that we see on lots of school menus, but what is it, exactly? Well, it's a mycoprotein fermented from a fungus found in soil. It comes in many forms and can be used in just about any dish in place of meat. It is high in protein and fibre, and low in fat.



DAIRY AND EGG ALTERNATIVES



MILK

The range of plant-based milks now available is huge. Take your pick from soya, oat, coconut, almond, rice, cashew, hemp, and now even pea milk. Almost all plant-based milks are fortified with extra nutrients such as calcium, vitamin D, and B12.

CHEESE

Plant-based cheeses are improving rapidly in terms of taste and texture. Like animal-based cheeses, however, they are high in saturated fat and should be used more sparingly for good health. You can make a delicious plant-based cheese sauce by making the base white sauce with plant-based butter and plant-based milk, and then adding some grated plant-based cheese and nutritional yeast – a wonder-ingredient that naturally has a cheesy flavour.

NUTRITIONAL YEAST

If you're not used to cooking plant-based food then this may well be a new ingredient. It can be used in place of, or in combination with, cheese. It's extremely high in protein (over 50%!), packed with nutrients, low in sodium and calories, and is both fat-free and gluten-free. Nutritional yeast is derived from the same type of yeast that is used to bake bread, but the yeast is deactivated in the manufacturing process, leaving a cheesy and savoury-tasting addition to sprinkle into dishes.

EGGS

Ready-made egg alternative products are becoming more widely available, but these can be more expensive than making your own. Depending on the type of recipe, you can use ground linseeds or ground chia seeds mixed with water. Aquafaba (the cloudy liquid you find in tins of chickpeas) can even be whisked up to make perfect meringues or a chocolate mousse.

ICE CREAM

Plant-based ice cream is widely available. But why not try our easy banana nice cream recipe which is made from blitzed up bananas. It's amazingly creamy once frozen.

YOGHURT

Like plant-based milks, there are a wide variety of plant-based yoghurts to choose from.

MAYONNAISE

You can now find plant-based mayonnaise in most supermarkets, and it tastes great. You can also make plant-based mayo following a standard recipe, just without eggs. You will not be able to tell the difference. Trust us.

HONEY

There are lots of natural sweeteners, such as maple syrup and date syrup, but the easiest swap for honey is agave syrup - which is sweeter, so you can use less of it.



THE RECIPES

We know how little time you have, and how tight your budgets can be. So we've made sure that these recipes are simple, quick, low cost, and versatile, and only include everyday ingredients that you can easily get hold of.

- All the recipes in this guide are 100% plant-based.
- They've been created to meet the portion sizes recommended for primary school children (4-10 year olds) in the School Food Standards.²³
- Each recipe makes 10 portions, so you can easily multiply ingredient quantities for larger volumes.

ALLERGENS

We've avoided as many allergens as we can in order to be as inclusive as possible (and to make less work for you!). Seven of the recipes are completely allergen-free!

Some recipes do contain gluten and soya (but can easily be swapped for alternatives), and we have highlighted those that may, depending on the exact ingredients used, contain other allergens.

If necessary, look out for sulphites in tinned beans, dried fruit, and bought-in sauces, and check that your stock doesn't contain celery and your mayonnaise is free from mustard.

We have deliberately avoided including nuts but because they are such an excellent source of important nutrients, please do include them in your dishes if you can.

COST

For each recipe, we have included an approximate cost per serving, with main dishes **starting at 28p per portion**, and an **average cost of less than 44p**. Ingredient prices have been taken from the Tesco website, so you will no doubt find your wholesale costs are much cheaper.

NUTRITION FACTS

We have included some key nutrition facts for each recipe, calculated using a professional nutritional analysis tool²⁴, focusing on:

- **saturated fat**
- **fibre**
- **protein**
- **key micronutrients**

PROTEIN COMES FROM PLANTS

There is a common misconception that plant-based food is lacking in protein. However, all protein originates from plants, which animals then eat - think cows, gorillas, elephants. In fact, **meat-eaters get roughly half their protein from plants!**²⁵ You'll see that the recipes in this guide are packed with healthy plant protein.

If you want to compare the nutritional profile of all our recipes at a glance, then please see our key facts checklist for all 35 recipes on page 60.



CARBON RATING

We have also included a carbon rating²⁶ for each recipe to show you the approximate carbon dioxide emissions. The rating ranges from A (being the most environmentally friendly) to E (being the least environmentally friendly). Around 80% of the recipes have an A rating and the remainder are a B rating. We hope this helps to raise awareness of the impact food has on the environment and climate change, and encourages you to choose more sustainable food on your menus.

For an environmental, health and cost comparison of a meat-based and a plant-based version of a typical school meal – spaghetti bolognese – see page 62.

QUANTITIES

ALL THE RECIPES MAKE 10 PORTIONS FOR 4-10 YEAR OLDS. WE HAVE LEFT A BLANK COLUMN ON EACH RECIPE FOR YOU TO ADD YOUR OWN INGREDIENT QUANTITIES DEPENDING ON HOW MANY CHILDREN YOU ARE COOKING FOR.

NOTES ON THE RECIPES

- The quantities in brackets after the weights and measures are an approximate guideline for ordering and preparation. The actual weights and measures represent the definitive recipe quantities.
- Where quantities are indicated in spoon sizes, these are based on catering measuring spoons specifically designed for the purpose. They are always level.
- Food should cool to room temperature quickly and evenly before refrigerating.
- Peas in recipe ingredients always refer to frozen peas that have been cooked.
- Oil in recipe ingredients always refers to rapeseed oil.
- All pulses (chickpeas, butterbeans, cannellini beans, black-eyed beans) refer to tinned.
- All onions are medium-size brown onions.





MAINS

CREAMY CAULI MAC 'N' CHEESE 'N' PEAS (VE)

For the cauliflower sauce (makes 1.5kg):

		my quantities:
▪ Cauliflower, broken into florets	550g	_____
▪ Veg stock	1200ml	_____
▪ Macaroni, uncooked	500g	_____
▪ Cauliflower sauce	1.5kg	_____
▪ Plant-based butter	70g	_____
▪ Plain flour	70g	_____
▪ Plant-based grated cheese	125g	_____
▪ Nutritional yeast	10g	_____
▪ Peas	300g	_____
▪ Coarse breadcrumbs	110g	_____

1. Cook pasta in boiling water. Slightly undercook, as the pasta will continue to cook in the oven.
2. To make the cauliflower sauce, boil florets in stock until cooked through (approximately 12 mins).
3. Blend cooked cauliflower in stock until smooth.
4. Melt butter, stir in flour and cook for 2 mins, stirring.
5. Add cauliflower sauce to flour and butter, a little at a time, stirring constantly to give a smooth sauce.
6. Add the cheese and nutritional yeast, and stir until melted.
7. Combine the sauce, cooked pasta and peas.
8. Put mixture in a baking tin and cover with an even layer of breadcrumbs.
9. Bake at 200°C for 25 minutes.

TOP TIP

If the macaroni is likely to cool before adding to the sauce, drizzle over a small amount of rapeseed oil to prevent it from clumping and sticking together.

KEY FACTS

Cost:	38p
Fibre:	4.8g
Protein:	8.6g
Saturated Fat	3.7g
Other Nutrition Facts:	low fat, contains iron & zinc
Allergens:	gluten & soya
CO₂ emissions:	very low, 0.44kg



PASTA SHELLS WITH CREAMY ROASTED TOMATO SAUCE (VE)



For the white bean sauce (makes 1kg):

my quantities:

- | | | |
|----------------------------------|-------|-------|
| ▪ Butter beans, drained & rinsed | 485g | _____ |
| ▪ Veg stock | 515ml | _____ |

1. Blend butter beans and stock in a high-powered food processor until smooth.

For the roasted tomato sauce (makes 1,250g):

my quantities:

- | | | |
|-----------------------|--|-------|
| ▪ Tomatoes, halved | 750g
<small>(approximately 9 medium tomatoes)</small> | _____ |
| ▪ Italian mixed herbs | 2g / 2tsp | _____ |
| ▪ White bean sauce | 1kg | _____ |
| ▪ Veg stock | 275ml | _____ |
| ▪ Tomato ketchup | 125g | _____ |

1. Place tomatoes (halved) on baking parchment, on a baking tray and sprinkle over herbs.
2. Bake in a 150°C oven for 1 ½ hours.
3. Blend with remaining ingredients in a food processor until smooth.



my quantities:

- | | | |
|--------------------------------------|--------|-------|
| ▪ Roasted tomato sauce | 1,250g | _____ |
| ▪ Pasta shells, uncooked | 650g | _____ |
| ▪ Cannellini beans, cooked & drained | 600g | _____ |
| ▪ Dried basil | 4g | _____ |

1. Cook the pasta according to the packet instructions and drain well.
2. Combine roasted tomato sauce, cooked pasta shells, cannellini beans and dried basil, and cook until heated through.

TOP TIP

Cannellini beans can be substituted for cooked beans of your choice, such as butter beans or black-eyed beans.

KEY FACTS

Cost:	35p
Fibre:	6.5g
Protein:	9.6g
Saturated Fat	0.2g
Other Nutrition Facts:	low fat, low sugar, contains iron & zinc
Allergens:	gluten & soya - may contain celery & sulphites
CO₂ emissions:	low, 0.64kg



CHUNKY VEGGIE-POWER BIRYANI (VE)



For the roasted veg:

▪ Leek, sliced 1.5cm thick	375g	_____
▪ Carrot, thinly sliced	340g	_____
▪ Broccoli, small florets	500g	_____
▪ Mild curry powder	20g	_____
▪ Oil	45g / 3 tbsp	_____

my quantities:

▪ Oil	60g / 4 tbsp	_____
▪ Onion, chopped	700g <i>(5 onions)</i>	_____
▪ Water	250ml	_____
▪ Mild curry powder	4 tbsp / 25g	_____
▪ Coarse ground black pepper	2g / 1 ¼ tsp	_____
▪ Garlic granules	20g / 5 tsp	_____
▪ White bean sauce (see recipe page 17)	1kg	_____
▪ Brown long grain rice, cooked	800g	_____
▪ Veg stock	500ml	_____

1. Mix the roasted veg ingredients (veg, curry powder & oil) to coat evenly in the curry powder.
2. Spread in a single even layer in a roasting tray and roast at 220°C for 25 minutes. Set aside once cooked.
3. While the vegetables are roasting, heat the oil and cook the onion until softened.
4. Add the water and the spices. Cook, stirring for 2 minutes.
5. Add the white bean sauce, cooked rice, roasted vegetables and veg stock.
6. Stir to combine and continue to cook until hot.



TOP TIP

The curried roasted veg can be prepared in advance and stored in an airtight container in the fridge until required.

KEY FACTS

Cost:	47p
Fibre:	13g
Protein:	13g
Saturated Fat	1g
Other Nutrition Facts:	low fat, low sugar, contains omega 3, calcium, iron & zinc
Allergens:	gluten & soya - may contain celery & sulphites
CO₂ emissions:	very low, 0.51kg



SPAGHETTI WITH HOMEMADE PLANT-POWERED BALLS (VE)



For the balls mix:

Makes 50 x 14g balls (5 balls per serving)

▪ Brown lentils, cooked	225g	
▪ Chickpeas, drained & rinsed	100g	
▪ Red kidney beans, drained & rinsed	180g	
▪ Breadcrumbs, fresh	30g	
▪ Sweet smoked paprika	7g / 3 ½ tsp	
▪ Ground cumin	3g / 1 ½ tsp	
▪ Ground coriander	3g / 1 ½ tsp	

my quantities:

▪ Garlic granules	10g / 2 ½ tsp	_____
▪ Onion granules	10g / 2 ½ tsp	_____
▪ Coarse ground black pepper	2g / ½ tsp	_____
▪ Beetroot, cooked & grated	100g	_____
▪ Plain flour	55g	_____
▪ Salt	3g / ½ tsp	_____

1. Pulse all the ingredients in a food processor until thoroughly combined.
2. To make balls, roll mixture into 14g balls and place onto baking parchment in a lidded, plastic container. Refrigerate until required.

**For the tomato & red pepper sauce
(100g per serving)**

my quantities:

▪ Chopped tomatoes, tinned	780g	_____
▪ Red pepper, de-seeded & roughly chopped	140g <i>(1 red pepper)</i>	_____
▪ Garlic granules	4g / 1 tsp	_____
▪ Onion granules	4g / 1 tsp	_____
▪ Italian mixed herbs	2g / 2 tsp	_____
▪ Tomato ketchup	40g	_____
▪ Plant-powered balls	50 x 14g balls	_____
▪ Wholewheat spaghetti	500g	_____

1. Lay the balls on a non-stick baking sheet and cook in a 240°C oven for 10-15 mins.
2. Blend all the sauce ingredients in a food processor until smooth.
3. Cook pasta according to packet instructions.
4. To serve, bring sauce to a simmer, and reheat balls in the sauce.

TOP TIPS

- Cook the balls in advance and refrigerate or freeze until required. Defrost before reheating.
- Make the sauce in advance and keep refrigerated or freeze. Defrost before reheating.
- If the spaghetti is likely to cool before serving, drizzle over a small amount of rapeseed oil to prevent it clumping and sticking together. Refrigerate, covered until required. To serve, reheat in a pan of simmering water for a couple of minutes.

KEY FACTS

Cost:	31p
Fibre:	10g
Protein:	12g
Saturated Fat	0.3g
Other Nutrition Facts:	low fat, low sugar, contains calcium, iron, zinc & iodine
Allergens:	gluten & soya - may contain celery & sulphites
CO₂ emissions:	low, 0.54kg





SMOKY SAUSAGE & MUSHROOM GOULASH (VE)

my quantities:

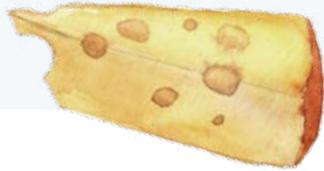
▪ Oil	60g / 4 tbsp	_____
▪ Onion, thinly sliced	650g <small>(5 onions)</small>	_____
▪ Mushrooms, sliced	500g	_____
▪ Sweet smoked paprika	15g	_____
▪ Veg stock	400ml	_____
▪ White bean sauce (see recipe page 17)	850g	_____
▪ Plant-based sausages, cooked & chopped	400g <small>(10 sausages)</small>	_____
▪ Cornflour	6g / 2½ tsp	_____

1. Heat oil and add onions.
2. Cook on low heat for 15 minutes until soft and lightly brown.
3. Add mushrooms and cook for a further 3-5 minutes until tender.
4. Add smoked paprika and stock. Stir well to combine.
5. Add white bean sauce and sausages and bring to a simmer.
6. Mix the cornflour with an equal volume of cold water and add to the sauce.
7. Return to a simmer and cook for 3 minutes, or until the sauce thickens.



KEY FACTS	Cost:	56p	
	Fibre:	6.9g	
	Protein:	9.4g	
	Saturated Fat	2g	
	Other Nutrition Facts:	low sugar, contains omega 3, calcium, iron, zinc & iodine	
	Allergens:	gluten & soya - may contain celery & sulphites	
	CO₂ emissions:	very low, 0.41kg	

PLANET-FRIENDLY CHEESE BURGER (VE)



- Plant-powered balls mix (see recipe page 20) 700g
- Plant-based cheese 50g / 10 tsp
- Burger buns, halved x10
- Tomato, sliced 180g / 2 slices
- Little Gem lettuce x1
- Tomato ketchup 50g / 10 tsp
- Plant-based mayonnaise 50g / 10 tsp

my quantities:

1. To make burgers, shape balls mix into 10 x 70g patties.
2. Cook the patties on a non-stick baking sheet in a 240°C oven for 10-15 mins.
3. Two minutes before the end of cooking time, top each patty with the cheese and put back in the oven for the remaining 2 minutes.
4. To assemble the burgers, spread the ketchup over each bun base, add a cheese-topped burger, then the tomato, and lettuce. Top with the other bun half with the mayonnaise.



TOP TIP

Toast the cut side of the bread buns for extra flavour and texture.

KEY FACTS

Cost:	51p
Fibre:	8.6g
Protein:	12g
Saturated Fat	2.8g
Other Nutrition Facts:	low sugar, contains calcium, iron, zinc, iodine & vitamin B12
Allergens:	gluten & soya - may contain celery, sulphites & mustard
CO₂ emissions:	very low, 0.41kg



MOROCCAN RAINBOW TAGINE (VE)





my quantities:

▪ Oil	60g / 4 tbsp	_____
▪ Onion, chopped	400g (3 onions)	_____
▪ Water	250ml	_____
▪ Ground cumin	12g / 2 tbsp	_____
▪ Ground coriander	12g / 2 tbsp	_____
▪ Ground ginger	6g / 1 tbsp	_____
▪ Ground cinnamon	6g / 1 tbsp	_____
▪ Turmeric	6g / 1 tbsp	_____
▪ Garlic granules	20g / 1 ½ tbsp	_____
▪ Veg stock	1,200ml	_____
▪ Raisins	185g	_____
▪ Butternut squash, peeled and chopped into 1.5cm cubes	450g	_____
▪ Cauliflower, bite-sized florets	500g	_____
▪ Red pepper, roughly chopped	280g (2 peppers)	_____
▪ Chickpeas, drained & rinsed	400g	_____
▪ Lemon juice	25g (2 ½ lemons)	_____
▪ Agave syrup	65g / 2 ½ tbsp	_____
▪ Peas	300g	_____

1. Heat the oil and cook the onions for a few minutes until soft.
2. Add the water, spices and garlic granules and cook for a further 2 minutes, stirring.
3. Add the veg stock and bring to a simmer.
4. Add the raisins, squash, cauliflower, red pepper and chickpeas.
5. Bring back to a simmer and cook for a further 10 minutes, until the vegetables are just cooked through.
6. Add the remaining ingredients, stir well to combine and heat through.



TOP TIPS

- Butternut squash can be substituted for sweet potato
- Cauliflower can be substituted for broccoli
- Leftover roasted vegetables (see recipe page 38) can be added in place of the listed vegetables either wholly or in part. If so, add towards the end of cooking just to heat through.

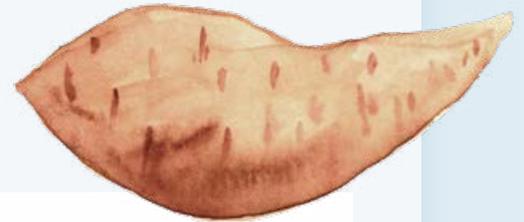
KEY FACTS	Cost:	59p	
	Fibre:	9g	
	Protein:	8.4g	
	Saturated Fat	0.8g	
	Other Nutrition Facts:	low fat, contains omega 3, calcium, iron & zinc	
	Allergens:	may contain sulphites	
	CO₂ emissions:	very low, 0.50kg	

PEARL BARLEY RISOTTO WITH SWEET ROASTED ROOTS (VE)





SRI LANKAN SWEET POTATO & COCONUT CURRY (VE)



my quantities:

▪ Oil	60g / 4 tbsp	_____
▪ Onion, finely chopped	390g (3 onions)	_____
▪ Fresh ginger, peeled & grated	30g	_____
▪ Garlic, peeled & crushed	16g (5 large cloves)	_____
▪ Mild curry powder	18g / 3 tbsp	_____
▪ Ground cinnamon	4g / 2 tsp	_____
▪ Water	100ml	_____
▪ Coconut milk	600ml	_____
▪ Veg stock	600ml	_____
▪ Salt	6g / 1 tsp	_____
▪ Sweet potato, peeled & cut into 2cm cubes	750g	_____
▪ Chickpeas, drained & rinsed	500g	_____
▪ Green beans, cooked	250g	_____



1. Heat the oil and cook the onions for a few minutes until soft.
2. Add the ginger, garlic, spices and water and cook for a further 2 minutes, stirring.
3. Add the coconut milk and veg stock and bring to a simmer.
4. Add the salt, sweet potato and chickpeas.
5. Cook for 10 minutes – or until the sweet potato is just cooked through.
6. Add the cooked green beans and heat through.

TOP TIP

Cook the green beans in plenty of boiling water until they are slightly undercooked (they will cook further when reheated). Immediately drain and plunge into iced water with the cold tap running until the beans are completely cold. This helps them stay bright green and avoids overcooking with residual heat.

KEY FACTS

Cost:	49p
Fibre:	6.9g
Protein:	6.7g
Saturated Fat	14g
Other Nutrition Facts:	low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine
Allergens:	none
CO₂ emissions:	very low, 0.28kg



SPICY SINGAPORE NOODLES (VE)



▪ Oil	30g / 2 tbsp	_____
▪ White or savoy cabbage, shredded	100g	_____
▪ Red cabbage, shredded	100g	_____
▪ Spring onion, sliced	50g	_____
▪ Red pepper, sliced	140g (1 pepper)	_____
▪ Leek, finely sliced	40g	_____
▪ Carrot, finely sliced	80g	_____
▪ Cooked meat alternative pieces (e.g. Quorn)	350g	_____
▪ Mild curry powder	6g / 3 tsp	_____
▪ Chinese 5 spice powder	2g / 1 tsp	_____
▪ Fine rice noodles, cooked	400g	_____
▪ Soy sauce	100ml	_____

my quantities:

1. Heat the oil in a large frying pan
2. Add the vegetables and meat substitute.
3. Cook for 2 or 3 minutes on a high heat, stirring continuously to ensure even cooking.
4. Add all the remaining ingredients and cook for a further couple of minutes until hot.

TOP TIP

You can experiment with different types of noodles such as udon, soba (buckwheat), or different thicknesses of rice noodles. Remember to avoid egg noodles to keep the dish plant-based.

KEY FACTS

Cost:	65p
Fibre:	4.5g
Protein:	10g
Saturated Fat	0.8g
Other Nutrition Facts:	low sugar, contains omega 3, calcium, iron & zinc
Allergens:	gluten & soya
CO₂ emissions:	low, 0.52kg



HOMEMADE COTTAGE PIE (VE)



For the pie filling:

- Oil
- Onion, finely chopped
- Leek, finely chopped
- Garlic granules
- Dried thyme
- Tomato puree
- Dried brown lentils, uncooked
- Soya mince, dried

15g / 1 tbsp
 130g (1 onion)
 60g
 2 tsp / 8g
 2 tsp / 2g
 30g
 100g
 50g

my quantities:



my quantities:

▪ Carrot, cut into 1cm cubes	300g	_____
▪ Turnip or swede, cut into 1 ½ cm chunks	250g	_____
▪ Black pepper	1½ g / ½ tsp	_____
▪ Veg stock	1,100ml	_____

For the mash:

▪ White potatoes	1.2kg	_____
▪ Plant-based butter, softened	50g	_____
▪ Plant-based cheddar-style cheese, grated	50g	_____
▪ Plant-based milk	100ml	_____
▪ Nutritional yeast	5g / 2 tbsp	_____

1. Heat the oil and cook the onion and leek for a few minutes until soft.
2. Add the garlic, thyme and tomato puree.
3. Cook for a further 2 minutes, stirring.
4. Add the lentils, dried soya mince, carrots and swede or turnip, black pepper and stock.
5. Stir to combine, bring to the boil and simmer gently for 40 minutes or until the lentils are completely cooked. Add more stock if required.

To make the mash:

6. Peel the potatoes and cut into equal size chunks.
7. Place in a large pan of cold water, bring

to the boil and simmer until cooked.

8. Drain well and mash.
9. Add the butter and cheese and fold in until completely combined.
10. Add the milk and nutritional yeast and fold in until completely combined.

To assemble:

11. Put the pie mixture into an ovenproof dish.
12. Top with the mash
13. Bake in a 220°C oven for 30 minutes, or until the top begins to brown and mixture starts to bubble up at the edges.



TOP TIPS

- For variety and extra nutrients, the mash recipe can be replaced with the sweet potato and carrot mash recipe on page 49, or simply a sweet potato mash.
- Cooked peas and/or sweetcorn can also be added to the pie mixture at the point before topping with the mash for added nutrients.

KEY FACTS	Cost:	31p	
	Fibre:	6g	
	Protein:	8.3g	
	Saturated Fat	1.8g	
	Other Nutrition Facts:	low fat, low sugar, contains calcium, iron, zinc & vitamin B12	
	Allergens:	gluten & soya - may contain sulphites	
	CO₂ emissions:	very low, 0.30kg	



TOAD-IN-THE-HOLE (VE)



For the batter mix:

▪ Plain flour	230g	
▪ Chickpea / Gram flour	20g	
▪ Baking powder	10g / 2 ½ tsp	
▪ Plant-based milk	400ml	
▪ Veg stock	250ml	
▪ Oil	83g / 5 ½ tbsp	
▪ Plant-based sausages	x 10	

my quantities:

1. Combine the dry ingredients in a mixing bowl.
2. Add the milk to the veg stock and slowly whisk into the dry ingredients to make a smooth batter.
3. Pour the oil into a non-stick tray (about 37cm x 27cm) and put in a 240°C oven for 10 minutes.
4. Remove from the oven and add the sausages, evenly spaced.
5. Pour the batter into the tray in between the sausages, ensuring it is evenly spread across the tray.
6. Put back in the oven for 15 minutes. After 15 minutes, turn the oven down to 200°C and cook for a further 15 minutes.

TOP TIP

The underside of the toad-in-the-hole will be much more golden brown than the top. The finished dish can therefore be served inverted in order to get a more golden-brown looking finished dish if desired.

KEY FACTS

Cost:	32p
Fibre:	3.1g
Protein:	8.1g
Saturated Fat	2.3g
Other Nutrition Facts:	low sugar, contains omega 3, calcium, iron, zinc & vitamin B12
Allergens:	gluten & soya
CO₂ emissions:	very low, 0.21kg



CRUSHED CHICKPEA & SWEETCORN MAYO WRAP (VE)



my quantities:

▪ Chickpeas, drained & rinsed	500g	_____
▪ Plant-based mayonnaise	150g	_____
▪ Sweetcorn, drained	150g	_____
▪ Spring onions, finely chopped	70g	_____
▪ Onion granules	4g / 1 tsp	_____
▪ Flour tortillas	10 x 10" tortillas	_____
▪ Little Gem leaves	x 20	_____
▪ Tomato, sliced	350g	_____
▪ Cucumber, thinly sliced	170g	_____

1. Pulse the chickpeas in a food processor until lightly crushed.
2. Combine the chickpeas with the mayonnaise, sweetcorn, spring onions and onion granules.
3. Place 2 salad leaves down the middle of each tortilla.
4. Arrange 3 or 4 slices of tomato along the lettuce, followed by the cucumber.
5. Arrange 90g of the chickpea mixture per tortilla along the top of the salad.
6. Fold over the top and bottom of the tortilla, just enough to allow the tortilla to be rolled into a closed cylinder.
7. Cut each cylinder in half.

TOP TIP

As an alternative wrap filling, try a fishless fish finger with crispy lettuce and plant-based mayonnaise, or an all-day breakfast wrap with hash brown, plant-based sausage, mushrooms and ketchup.

KEY FACTS

Cost:	47p
Fibre:	4.5g
Protein:	8.1g
Saturated Fat	1.3g
Other Nutrition Facts:	low sugar, contains calcium, iron & zinc
Allergens:	gluten - may contain mustard
CO₂ emissions:	low, 0.40kg



GOLDEN SPANISH PAELLA (VE)



my quantities:

▪ Veg stock	1,500ml	
▪ Turmeric	½ tsp	
▪ Oil	30g / 2 tbsp	
▪ Onion, finely chopped	260g <i>(2 onions)</i>	
▪ Red pepper, chopped	140g <i>(1 red pepper)</i>	
▪ Garlic granules	8g / 2 tsp	
▪ Ground cumin	2g / 1 tsp	
▪ Sweet smoked paprika	6g / 3 tsp	
▪ Paella rice	300g	
▪ Chickpeas, rinsed & drained	240g	
▪ Black pepper	1 ½g / ½ tsp	
▪ Green beans, cooked & chopped <i>(see the top tip on page 28 for par-cooking green beans)</i>	100g	
▪ Peas	100g	



1. Add the turmeric to warm or hot veg stock, stir well and set aside.
2. Heat the oil in a large, high-sided frying pan and cook the onions for a few minutes until soft.
3. Add the red pepper, garlic, cumin and paprika and cook for a further 2 minutes, stirring.
4. Add the rice and stir to evenly coat in the onion mixture.
5. Add the stock, chickpeas and black pepper and bring to the boil.
6. Simmer, without stirring, for about 25 minutes, or until the rice is cooked.
7. Add the green beans and peas and stir through.
8. Heat for a further couple of minutes to heat through the vegetables.



TOP TIPS

- The paella can be par-cooked by taking it up to and including stage 5. Then cook for 20 minutes and then immediately remove from the heat and spread in a thin layer in a gastronome tray to cool quickly and evenly.
- Once cooled to room temperature, store in the fridge until required.
- To serve, re-heat the paella along with the remaining ingredients. Add a little more stock if required.

KEY FACTS

Cost:	28p
Fibre:	3.5g
Protein:	4.3g
Saturated Fat	0.4g
Other Nutrition Facts:	low fat, low sugar, contains omega 3, calcium, iron & zinc
Allergens:	none
CO₂ emissions:	very low, 0.35kg





SIDES

CRUNCHY MINTY GREEN PEA SALAD (VE)

my quantities:

▪ Fine green beans	750g	_____
▪ Peas	300g	_____
▪ Spring onions, finely sliced	85g <small>(9 spring onions)</small>	_____
▪ Baby spinach, roughly chopped	150g	_____
▪ Mint sauce	75g	_____

1. Cook the green beans in plenty of boiling water until tender.
2. Immediately drain and plunge the beans into iced water with the cold tap running until the beans are completely cold. Drain well.
3. Combine all the ingredients to serve.



KEY FACTS	Cost:	31p	
	Fibre:	3.7g	
	Protein:	3.8g	
	Saturated Fat	0.2g	
	Other Nutrition Facts:	low fat, low sugar, contains calcium, iron, zinc & iodine	
	Allergens:	sulphites	
	CO₂ emissions:	very low, 0.13kg	

COURGETTI WITH HOMEMADE CHEESY CROUTONS (VE)



		my quantities:
▪ Oil	2 tbsp / 30g	_____
▪ Bread, cut into 1cm cubes	100g	_____
▪ Plant-based cheese, finely grated	30g	_____
▪ Lemon juice	20g (2 lemons)	_____
▪ Agave syrup	20g	_____
▪ Courgette, spiralized	500g	_____

1. Heat the oil on a medium heat and add the bread cubes when hot.
2. Fry gently for several minutes to brown evenly on all sides.
3. Remove from the heat and add the grated cheese, stirring continuously to coat the croutons evenly.
4. Transfer to a plate to cool.
5. Combine the lemon juice and agave syrup and pour over the spiralised courgette just prior to serving.
6. Sprinkle over the cheesy croutons.



TOP TIP

A spiralizer is a useful piece of kitchen equipment to use with various vegetables and fruit to make them more attractive and fun to eat.

KEY FACTS	Cost:	19p
	Fibre:	1.7g
	Protein:	1.9g
	Saturated Fat	0.9g
	Other Nutrition Facts:	low sugar, contains omega 3, calcium, iron, zinc & vitamin B12
	Allergens:	gluten & soya
	CO ₂ emissions:	very low, 0.06kg



OVEN-ROASTED VEGGIES (VE)

my quantities:

▪ Broccoli florets	450g	_____
▪ Leek, 1 ½ cm slices	300g	_____
▪ Carrot, 1 ½ cm slices	300g	_____
▪ Red onion, sliced	250g	_____
▪ Dried oregano	3g / 1 ½ tsp	_____
▪ Oil	20g / 1 ½ tbsp	_____

1. Combine all the ingredients and spread in a single layer on a baking sheet.
2. Roast in a 220°C oven for 30 minutes – or until browned and cooked through.
3. Mix the veg, turning after 15 minutes of cooking.



KEY FACTS	Cost:	15p	
	Fibre:	4g	
	Protein:	2.8g	
	Saturated Fat	0.3g	
	Other Nutrition Facts:	low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	
	Allergens:	none	
	CO₂ emissions:	very low, 0.10kg	

HOMEMADE SWEET CRUNCHY SLAW (VE)



		my quantities:
▪ White cabbage, finely shredded	100g	_____
▪ Red cabbage, finely shredded	100g	_____
▪ Carrot, peeled & grated	100g	_____
▪ Eating apple, grated	x1	_____
▪ Orange, zest & juice	x1	_____
▪ Plant-based mayonnaise	65g	_____

1. Combine all the ingredients.



KEY FACTS	Cost:	5p	
	Fibre:	1.3g	
	Protein:	0.5g	
	Saturated Fat	0.3g	
	Other Nutrition Facts:	contains calcium, iron, zinc & iodine	
	Allergens:	may contain mustard	
	CO₂ emissions:	very low, 0.05kg	

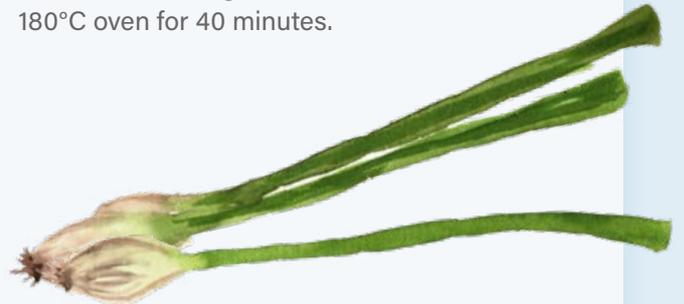
STUFFED POWER PEPPERS (VE)



my quantities:

▪ Red peppers, small/medium	x5	_____
▪ Oil	35g / 2 ½ tbsp	_____
▪ Red onion, finely chopped	135g	_____
▪ Lemon zest	6g (3 lemons)	_____
▪ Spring onions, finely chopped	30g (3 spring onions)	_____
▪ Italian mixed herbs	2g / 2 tsp	_____
▪ Mild chilli powder	4g / 2 tsp	_____
▪ Garlic granules	8g / 2 tsp	_____
▪ Black-eyed beans, rinsed & drained	180g	_____
▪ Sweetcorn, drained	135g	_____
▪ Wholemeal coarse bread crumbs, fresh	90g	_____

1. Halve the peppers lengthwise through the stalk.
2. Carefully cut out the white membrane and de-seed.
3. Heat 1 tbsp of the oil (leaving the rest for the breadcrumbs later) and cook the red onions on a medium heat until soft.
4. Add the lemon zest, herbs, chilli and garlic and cook gently for a couple of minutes.
5. Add the beans, sweetcorn and 50g of the breadcrumbs and stir well to combine thoroughly.
6. Remove from the heat and divide the mixture between the pepper halves.
7. Mix the remaining breadcrumbs with the remaining oil.
8. Spread the breadcrumb and oil mix evenly over the mix in each pepper half.
9. Place the half peppers, mix-side up on a non-stick baking sheet and cook in a 180°C oven for 40 minutes.



TOP TIP

Halved peppers make the perfect vessel for filling with leftover mixtures, such as chopped roasted vegetables mixed with couscous.

KEY FACTS	Cost:	34p	
	Fibre:	3.6g	
	Protein:	3.4g	
	Saturated Fat	0.3g	
	Other Nutrition Facts:	low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	
	Allergens:	gluten & soya	
	CO₂ emissions:	very low, 0.20kg	



CRUNCHY BUFFALO CAULIFLOWER WINGS (VE)

my quantities:

▪ Chickpea / Gram flour	200g	_____
▪ Water	400ml	_____
▪ Cauliflower, broken into medium florets	750g	_____
▪ Dried breadcrumbs	250g	_____
▪ Sweet smoked paprika	8g / 4 tsp	_____
▪ Coarse ground black pepper	4g / 1 tsp	_____
▪ Dried thyme	4g / 4 tsp	_____
▪ Garlic granules	8g / 2 tsp	_____

1. Mix the chickpea flour and water, whisking well to make a smooth batter.
2. Add the florets to the chickpea mix, stirring until the florets are completely coated in the batter.
3. Combine the breadcrumbs and remaining ingredients in a large tray.
4. With a slotted spoon, drain off excess batter from the florets and add to the breadcrumb mix.
5. Coat the florets with the breadcrumb mix and then lift them out carefully and put back into the chickpea batter to coat evenly again.
6. Remove the florets back to the breadcrumb mix and coat again.
7. Remove the florets to a non-stick baking sheet in a single layer.
8. Bake at 220°C for 35 minutes, or until they are brown and crunchy and the cauliflower is completely cooked.

KEY FACTS

Cost:	25p
Fibre:	5.7g
Protein:	9.3g
Saturated Fat	0.3g
Other Nutrition Facts:	low fat, low sugar, low salt, contains omega 3, calcium, iron & zinc
Allergens:	gluten & soya
CO₂ emissions:	very low, 0.13kg



ROASTED VEGGIE SALAD WITH CREAMY ORANGE DRESSING (VE)



my quantities:

▪ Butternut squash, cut into 2cm cubes	300g	_____
▪ Sweet potato, cut into 2cm cubes	300g	_____
▪ Broccoli, broken into medium florets	300g	_____
▪ Red pepper, de-seeded & cut in chunks	300g	_____
▪ Oil	30g / 2 tbsp	_____
For the dressing:		
▪ Plant-based yoghurt	40g	_____
▪ Plant-based mayonnaise	40g	_____
▪ Orange juice	3 tbsp	_____
▪ Pumpkin seeds	30g	_____

- Mix the vegetables with the oil.
- Spread in a single layer on baking parchment on a baking tray.
- Roast in a 220°C oven for 30 minutes, or until browning and cooked through.
- Allow to cool before refrigerating.
- Toast the pumpkin seeds in a dry frying pan for a few minutes over a medium heat until lightly toasted.
- Make the dressing by mixing the yoghurt, mayonnaise and orange juice until completely combined.
- To serve, toss the vegetables with the dressing and sprinkle over the toasted pumpkin seeds.



KEY FACTS

Cost:	28p
Fibre:	3.4g
Protein:	3.3g
Saturated Fat	0.7g
Other Nutrition Facts:	low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine
Allergens:	soya - may contain mustard
CO₂ emissions:	very low, 0.14kg





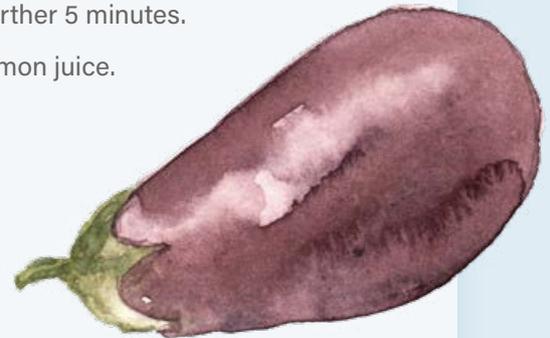
FRENCH-STYLE RATATOUILLE (VE)



my quantities:

▪ Oil	15g / 1 tbsp	_____
▪ Onion, finely chopped	130g (1 onion)	_____
▪ Garlic granules	4g / 1 tsp	_____
▪ Aubergine, cut into 1 ½ cm cubes	200g (1 small)	_____
▪ Red pepper, cut into 1 ½ cm chunks	200g (1 medium)	_____
▪ Courgette, cut into 1 ½ cm cubes	200g (1 medium)	_____
▪ Dried basil	1g / 1 tsp	_____
▪ Salt	½ tsp	_____
▪ Pepper	3g / ½ tsp	_____
▪ Chopped tomatoes, tinned	200g	_____
▪ Lemon juice	½ tsp	_____

1. Heat the oil in a large pan and cook the onions for a few minutes until soft.
2. Add the garlic granules, aubergine, pepper, courgette and basil.
3. Cook for 7-10 minutes, or until the veg is cooked, stirring regularly.
4. Add the salt, pepper and tomatoes and cook for a further 5 minutes.
5. Stir in the lemon juice.



KEY FACTS	Cost:	22p	
	Fibre:	1.8g	
	Protein:	1.1g	
	Saturated Fat	0.1g	
	Other Nutrition Facts:	low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	
	Allergens:	none	
	CO₂ emissions:	low, 0.19kg	

COOL SPANISH-STYLE GAZPACHO (VE)



	my quantities:
▪ Tomatoes	400g <i>(4 large, very ripe)</i>
▪ Spring onions, finely chopped	40g <i>(4 spring onions)</i>
▪ Cucumber, peeled	80g
▪ Red pepper	100g <i>(1 red pepper)</i>
▪ Garlic granules	½ tsp
▪ White wine vinegar	2 tsp
▪ Salt	3g / ¼ tsp
▪ Dried basil	1g / 1 tsp
▪ Veg stock, cooled	320ml

1. Combine all the ingredients in a high-powered food processor and blitz until smooth.
2. Serve chilled.



TOP TIP

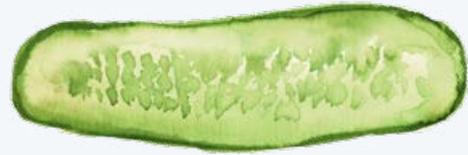
This recipe requires a high-powered blender such as Vitamix, Ninja or Magimix power blender in order to blitz raw vegetables to a smooth consistency.

KEY FACTS	Cost:	16p
	Fibre:	0.8g
	Protein:	0.5g
	Saturated Fat	0g
	Other Nutrition Facts:	low fat, low sugar, contains calcium, iron, zinc & iodine
	Allergens:	none
	CO ₂ emissions:	very low, 0.16kg





LITTLE GEM SALAD BOATS (VE)



my quantities:

▪ Little Gem lettuce	x2	
▪ Tomato	105g <i>(1 medium-sized)</i>	
▪ Cucumber, cut in 1cm cubes	80g	
▪ Yellow pepper, cut in 1cm chunks	60g	
▪ Spring onions, finely chopped	25g <i>(3 onions)</i>	
For the Marie Rose sauce:		
▪ Plant-based mayonnaise	70g	
▪ Tomato ketchup	30g	

1. Remove 5 of the larger leaves of each Little Gem lettuce to give 10 boat-shape leaves and set aside.
2. Shred the two remaining Little Gem hearts.
3. Combine the tomato, cucumber, yellow pepper and spring onions with the shredded lettuce hearts.
4. Make the Marie Rose sauce by mixing the mayonnaise and tomato ketchup until completely combined.
5. Divide the salad mixture equally between the lettuce leaf boats and top each one with a tsp of the sauce.



KEY FACTS

Cost:	16p
Fibre:	0.7g
Protein:	0.5g
Saturated Fat	0.4g
Other Nutrition Facts:	low sugar, contains calcium, iron, zinc & iodine
Allergens:	may contain celery, mustard & sulphites
CO₂ emissions:	low, 0.11kg



ZESTY LEMON RICE (VE)



		my quantities:
▪ Brown basmati rice, uncooked	500g	_____
▪ Water	1,250ml	_____
▪ Salt	6g / 1 tsp	_____
▪ Lemon zest	3 lemons	_____

1. Rinse and drain the rice.
2. Put the rice in a pan with a tight-fitting lid.
3. Add the water and salt.
4. Bring to the boil with the lid on, turn down to a low simmer and cook until the rice is just tender – with the lid on (about 25 mins).
5. Remove from the heat, stir through the lemon zest, put the lid back on and allow to stand for a further 5 minutes.
6. Serve immediately or cool as explained on page 13.



KEY FACTS	Cost:	7p	
	Fibre:	1.7g	
	Protein:	4.7g	
	Saturated Fat	0.3g	
	Other Nutrition Facts:	low fat, low sugar, low salt, contains iron & zinc	
	Allergens:	may contain gluten	
	CO₂ emissions:	very low, 0.22kg	



HERBY ROASTED MINI POTATOES (VE)

my quantities:

▪ Large white potatoes, skin on (Maris Piper or similar)	1.5Kg	_____
▪ Oil	30g / 2 tbsp	_____
▪ Dried oregano	6g / 2 tbsp	_____

1. Cut the potatoes into 1 – 1 ½ cm cubes.
2. Combine the potatoes, herbs and oil in a bowl until evenly coated.
3. Spread on parchment paper on a baking tray.
4. Roast at 220°C for 45 minutes or until golden brown, turning/mixing halfway through cooking.



KEY FACTS	Cost:	9p	
	Fibre:	2.1g	
	Protein:	3.1g	
	Saturated Fat	0.2g	
	Other Nutrition Facts:	low fat, low sugar, low salt, contains omega 3	
	Allergens:	none	
	CO₂ emissions:	very low, 0.09kg	

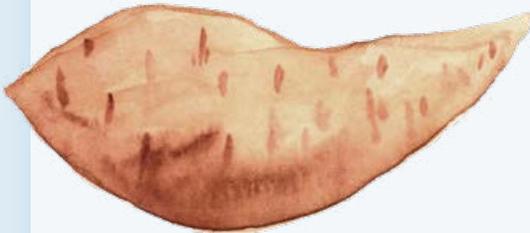
SWEET POTATO, CARROT & ROASTED GARLIC MASH (VE)



my quantities:

▪ Sweet potato, peeled & roughly chopped	1,200g	_____
▪ Carrot, peeled & roughly chopped	500g	_____
▪ Plant-based butter, softened	150g	_____
▪ Veg stock	250ml	_____
▪ Roasted garlic (see top tip)	50g (2 large bulbs)	_____

1. Boil the sweet potato and carrot together in enough water to cover until soft.
2. Drain well and mash.
3. Combine the remaining ingredients with the mash, stirring well until thoroughly combined.



TOP TIPS

- Roasting the garlic bulb softens and sweetens the flavour.
- To make roasted garlic, wrap each large bulb of garlic loosely in kitchen foil. Roast in the oven at 180°C for 1 hour. When cool enough to handle, unwrap the garlic, cut in half through the equator (horizontally across the middle of the bulb, not vertically from the tip to the root) and squeeze out the roasted garlic puree, discarding the outer skin.

KEY FACTS

Cost:	19p
Fibre:	4.5g
Protein:	2.1g
Saturated Fat	2.1g
Other Nutrition Facts:	low sugar, low salt, contains calcium, iron, zinc, iodine & vitamin B12
Allergens:	none
CO₂ emissions:	very low, 0.15kg





HOMEMADE TURKISH FLATBREADS (VE)



my quantities:

▪ Plain flour	180g <i>+ extra for dusting</i>	_____
▪ Whole wheat flour	180g	_____
▪ Baking powder	1 tsp	_____
▪ Salt	6g / 1 tsp	_____
▪ Plant-based yoghurt	140g	_____
▪ Water	90ml	_____
▪ Leftover roasted veg, finely chopped	115g	_____
▪ Plant-based cheese, grated	30g	_____

- Combine the flour, baking powder and salt in a mixing bowl.
- Add the remaining ingredients and knead for a few minutes either by hand or in a mixer until you have a smooth, pliable bread dough.
- Divide into 70g balls, and roll into balls in the palms of your hands.
- Lightly dust the work surface and roll into oval pitta shapes about 3-4mm thick.
- Place on a baking sheet and cook in a 220°C oven for 10 minutes.
- Turn over the pitta and cook for a further 5 minutes.
- Cool on a wire rack.

TOP TIPS

- This recipe is perfect for using leftovers to make differently flavoured flatbreads.
- The roasted garlic (see page 49) makes a very tasty addition to the bread. Squeeze out a full bulb's worth of roasted garlic puree into the above quantity of dough for perfect roasted garlic flat bread.



KEY FACTS

Cost:	10p
Fibre:	1.2g
Protein:	3.7g
Saturated Fat	0.7g
Other Nutrition Facts:	low fat, low sugar, contains calcium, iron, zinc & vitamin D
Allergens:	gluten & soya
CO₂ emissions:	very low, 0.06kg



TRAFFIC LIGHTS COUSCOUS (VE)



		my quantities:
▪ Couscous, uncooked	500g	_____
▪ Veg stock	500ml	_____
▪ Tinned sweetcorn, drained	250g	_____
▪ Red pepper, diced	200g <i>(1 large red pepper)</i>	_____
▪ Peas	220g	_____
▪ Coarse ground black pepper	1 tsp / 2.3g	_____

1. In a heat-proof bowl or pan, add the boiling stock to the couscous.
2. Stir once to combine and immediately put on a tight-fitting lid.
3. Leave to stand for 10 minutes.
4. Remove the lid, fluff up the couscous with a fork and transfer to a bowl.
5. Add the remaining ingredients.



TOP TIP

Couscous is perfect for making the most of leftover vegetables. Mixed roasted vegetables, cooked green beans, spring onions and peppers can all be chopped up and added to couscous for a tasty warm side dish or served cold as a salad.

KEY FACTS

Cost:	20p
Fibre:	5.9g
Protein:	8.1g
Saturated Fat	0.4g
Other Nutrition Facts:	low fat, low sugar, low salt, contains calcium, iron & zinc
Allergens:	gluten
CO₂ emissions:	very low, 0.19kg





DESSERTS

CREAMY RICE PUDDING WITH FRESH BERRY JAM (VE)

For the rice pudding:

▪ Pudding rice	200g	my quantities:
▪ Plant-based milk	1200 ml	
▪ Agave syrup	70g	
▪ Vanilla extract	4g / ½ tsp	

1. Combine all the rice pudding ingredients, stirring well, and pour into an ovenproof dish (about 1200 ml capacity).
2. Bake in a 150°C oven for 1½ - 2 hours.
3. Can be served warm, at room temperature or chilled.
4. Serve with 25g per serving of fresh berry jam.



For the fresh berry jam (makes 250g):

▪ Mixed frozen berries, defrosted	190g	my quantities:
▪ Apple, peeled, decored, cut in 2cm ² chunks	125g	
▪ Orange, juice & zest	½ an orange	
▪ Agave syrup	8g	

1. Combine all the ingredients in a saucepan. Bring to the boil and simmer gently for 10 minutes.
2. Allow to cool. Store in an airtight container, refrigerated until required.



TOP TIPS

- Pudding rice can be substituted for Spanish paella rice.
- Dried fruits such as sultanas, figs and pineapple can be added to the rice pudding mix before baking for tasty variations.

KEY FACTS

Cost:	33p
Fibre:	1.4g
Protein:	4.6g
Saturated Fat	0.3g
Other Nutrition Facts:	low fat, low salt, contains omega 3, calcium, iron, zinc, iodine, vitamin B12 & vitamin D
Allergens:	gluten & soya
CO₂ emissions:	very low, 0.23kg



CHEWY TROPICAL FLAPJACK (VE)



- Plant-based butter
- Soft light brown sugar
- Golden syrup
- Ground cinnamon
- Dried figs, chopped
- Dried pineapple, chopped
- Porridge oats
- Sunflower seeds

125g
+ extra for greasing

100g

50g / 2 ½ tbsp

2g / 1 tsp

60g

50g

250g

35g

my quantities:

1. Heat the butter, sugar, golden syrup and cinnamon in a saucepan until melted. Stir well to combine.
2. Add the pan contents to the remaining ingredients in a mixing bowl and stir well to evenly combine.
3. Line a baking tin (approx. 20cm²) with baking parchment and grease with a little butter.
4. Spread the mixture evenly in the tray, pressing down with the back of a spoon to compact the mixture as much as possible.
5. Bake in a 200°C oven for 20 minutes. Allow to cool completely before carefully turning out and cutting into 10 equal size portions.



TOP TIPS

- Any kind of dried fruit can be used in the flapjack in place of the fig and pineapple such as dates, raisins or apricots.
- Agave syrup can be used in place of sugar and golden syrup or, for a chocolatey flavour, add cocoa powder to the oat mixture.

KEY FACTS	Cost:	20p	
	Fibre:	3.1g	
	Protein:	4.1g	
	Saturated Fat	2.1g	
	Other Nutrition Facts:	contains calcium, iron, zinc & vitamin B12	
	Allergens:	gluten & sulphites	
	CO₂ emissions:	low, 0.17kg	

STICKY CHOCOLATE BROWNIE WITH BANANA NICE CREAM (VE)



For the banana nice cream: (40g per portion)

my quantities:

- Bananas 400g
(4 x large bananas)

1. Peel and slice the bananas.
2. Blitz in a high-powered blender until smooth and freeze.

my quantities:

- Plain flour 100g
- Cocoa powder 50g
- Baking powder ¾ tsp
- Golden caster sugar 125g
- Plant-based butter, softened 100g
- Plant-based milk 100ml
- Raw beetroot, peeled & grated 80g
- Cooked black beans, drained & rinsed 100g
- Vanilla extract 1 tsp



1. Sift the flour, cocoa powder and baking powder into a mixer bowl.
2. Add the remaining ingredients and mix in a food mixer with the beater attachment until all the ingredients are thoroughly combined.
3. Grease an oven-proof dish and line completely with greased baking parchment.
4. Pour the mixture into the baking dish (the mixture should be about 3cm deep).
5. Bake in a 180°C oven for 30 to 40 minutes, or until a skewer comes out clean when inserted into the middle.
6. Remove to a cooling rack. Once cool, divide into 10 even size portions with a sharp knife.
7. Serve brownie at room temperature.
8. Remove banana nice cream from the freezer 10 mins before serving to soften.



TOP TIP

Vary the brownie accompaniments using the fresh berry jam recipe on page 52 or the chocolate yoghurt on page 57.

KEY FACTS

Cost:	19p
Fibre:	2.7g
Protein:	3.8g
Saturated Fat	2g
Other Nutrition Facts:	low salt, contains calcium, iron, zinc, iodine, vitamin B12 & vitamin D
Allergens:	gluten & soya - may contain sulphites
CO₂ emissions:	very low, 0.18kg



BLACKCURRANT POACHED PEAR WITH CHOCOLATE YOGHURT (VE)



my quantities:

▪ Water	1 litre	_____
▪ Lemon, juiced	1 lemon	_____
▪ Pears, peeled & halved lengthwise	x 5	_____
▪ Blackcurrant cordial	70ml	_____
▪ Caster sugar	200g	_____

**For the chocolate yoghurt
(makes 200g, 20g/1 tbsp per serving)**

▪ Plant-based yoghurt	150g	_____
▪ Plant-based cream	50ml	_____
▪ Cocoa powder	2 tbsp	_____
▪ Agave syrup	1 tsp	_____

1. Add the lemon juice to the water in a pan large enough to accommodate the pear halves.
2. Peel and halve the pears and keep in the lemon water to avoid discolouration.
3. When ready to cook, remove the pear halves from the water and set aside.
4. Add the cordial and sugar to the lemon water and bring to the boil.
5. Add the pear halves and cook on a gentle simmer for 20 mins, turning half way through cooking.
6. Allow the pears to cool in the poaching liquid.
7. Refrigerate the pears in the liquid until required.
8. For the chocolate sauce, combine all the ingredients until smooth.
9. Make the chocolate yoghurt by mixing the yoghurt, cream, cocoa powder and agave syrup until thoroughly combined and smooth.



TOP TIPS

- Pears can be substituted for seasonal alternatives, such as peaches and nectarines.
- This poaching method can also be used to make the most of an excess of underripe fruit – even bananas – by softening and sweetening even the hardest of fruit for use in a compote or alternative fruit dessert.

KEY FACTS	Cost:	19p	
	Fibre:	2.5g	
	Protein:	1.2g	
	Saturated Fat	0.3g	
	Other Nutrition Facts:	low fat, low salt, calcium, iron, zinc, vitamin B12 & vitamin D	
	Allergens:	soya - may contain sulphites	
	CO₂ emissions:	very low, 0.14kg	

CRUNCHY CRUMBLE WITH SUMMER FRUITS & RASPBERRY RIPPLE YOGHURT (VE)



For the crumble topping:

▪ Oats	360g	my quantities: _____
▪ Oil	185ml	_____
▪ Demerara sugar	125g	_____

For the fruit filling:

▪ Mixed frozen berries, defrosted	625g	_____
▪ Eating apples, peeled, decored, cut in chunks	390g <i>(approx. 3 apples)</i>	_____
▪ Caster sugar	75g	_____

**For the raspberry ripple yoghurt
(makes 250g):**

▪ Frozen raspberries, defrosted	90g	_____
▪ Caster sugar	18g	_____
▪ Plant-based yoghurt	210g	_____

- To make the topping, mix all the topping ingredients in a bowl until thoroughly combined.
- To make the filling, combine the berries, apples and sugar and place in an ovenproof dish.
- Press down lightly to create an even, flat surface.
- Spread the topping over the fruit in an even layer, pressing down lightly.
- Bake in a 200°C oven for 25 minutes, or until the topping is lightly browned and the fruit mixture starts to bubble up the sides.
- To make the raspberry ripple yoghurt, blend the raspberries with the sugar and yoghurt in a mini food processor.
- Press the resulting sauce through a sieve with the back of a spoon to leave behind the seeds. Discard the seeds.
- Swirl the raspberry sauce into the yoghurt to create a ripple effect.
- Serve the crumble warm, at room temperature or chilled.

**TOP TIP**

Use different fruits for the crumble, such as rhubarb, blackberries and gooseberries, to give seasonal variations. With more sour fruit, such as rhubarb and gooseberries, the sugar content will need to be raised.

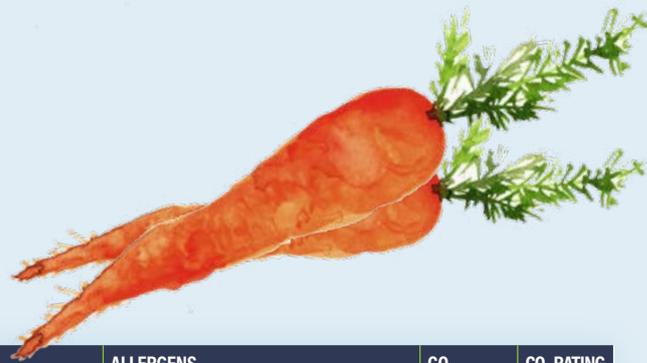
KEY FACTS	Cost:	49p	
	Fibre:	5.7g	
	Protein:	6g	
	Saturated Fat:	1.7g	
	Other Nutrition Facts:	low salt, contains omega 3, calcium, iron, zinc, iodine, vitamin B12 & vitamin D	
	Allergens:	gluten & soya	
	CO₂ emissions:	low, 0.40kg	



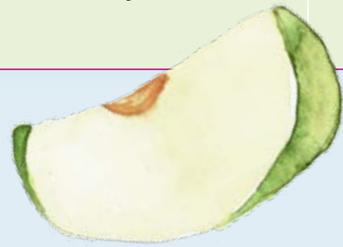
KEY FACTS

	COST	FIBRE	PROTEIN	SAT FAT	OTHER NUTRITION FACTS	ALLERGENS	CO ₂	CO ₂ RATING
Mac 'n' cheese	38p	4.8g	8.6g	3.7g	Low fat, contains iron & zinc	Gluten & soya	0.44kg	Very Low
Chilli	36p	7.1g	12g	0.4g	Low fat, low sugar, contains omega 3, calcium, iron, zinc & iodine	Gluten & soya - may contain sulphites	0.60kg	Very Low
Pasta shells & tomato sauce	35p	6.5g	9.6g	0.2g	Low fat, low sugar, contains iron & zinc	Gluten & soya - may contain celery & sulphites	0.64kg	Low
Biryani	47p	13g	13g	1g	Low fat, low sugar, contains omega 3, calcium, iron & zinc	Gluten & soya - may contain celery & sulphites	0.51kg	Very Low
Spaghetti & balls	31p	10g	12g	0.3g	Low fat, low sugar, contains calcium, iron, zinc & iodine	Gluten & soya - may contain celery & sulphites	0.54kg	Low
Goulash	56p	6.9g	9.4g	2g	Low sugar, contains omega 3, calcium, iron, zinc & iodine	Gluten & soya - may contain celery & sulphites	0.41kg	Very Low
Burger	51p	8.6g	12g	2.8g	Low sugar, contains calcium, iron, zinc, iodine & vitamin B12	Gluten & soya - may contain celery, sulphites & mustard	0.41kg	Very Low
Tagine	59p	9g	8.4g	0.8g	Low fat, contains omega 3, calcium, iron & zinc	May contain sulphites	0.50kg	Very Low
Risotto	50p	4g	6.5g	3.5g	Low fat, low sugar, contains omega 3, calcium, iron & zinc	Gluten	0.35kg	Very Low
Coconut curry	49p	6.9g	6.7g	14g	Low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	None	0.28kg	Very Low
Noodles	65p	4.5g	10g	0.8g	Low sugar, contains omega 3, calcium, iron & zinc	Gluten & soya	0.52kg	Low
Cottage pie	31p	6g	8.3g	1.8g	Low fat, low sugar, contains calcium, iron, zinc & vitamin B12	Gluten & soya - may contain sulphites	0.30kg	Very Low
Toad-in-the-hole	32p	3.1g	8.1g	2.3g	Low sugar, contains omega 3, calcium, iron, zinc & vitamin B12	Gluten & soya	0.21kg	Very Low
Wrap	47p	4.5g	8.1g	1.3g	Low sugar, contains calcium, iron & zinc	Gluten - may contain mustard	0.40kg	Low
Paella	28p	3.5g	4.3g	0.4g	Low fat, low sugar, contains omega 3, calcium, iron & zinc	None	0.35kg	Very Low
Green pea salad	31p	3.7g	3.8g	0.2g	Low fat, low sugar, contains calcium, iron, zinc & iodine	Sulphites	0.13kg	Very Low
Courgetti	19p	1.7g	1.9g	0.9g	Low sugar, contains omega 3, calcium, iron, zinc & vitamin B12	Gluten & soya	0.06kg	Very Low
Roasted veg	15p	4g	2.8g	0.3g	Low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	None	0.10kg	Very Low





	COST	FIBRE	PROTEIN	SAT FAT	OTHER NUTRITION FACTS	ALLERGENS	CO ₂	CO ₂ RATING
Slaw	5p	1.3g	0.5g	0.3g	Contains calcium, iron, zinc & iodine	May contain mustard	0.05kg	Very Low
Peppers	34p	3.6g	3.4g	0.3g	Low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	Gluten & soya	0.20kg	Very Low
Cauli wings	25p	5.7g	9.3g	0.3g	Low fat, low sugar, low salt, contains omega 3, calcium, iron & zinc	Gluten & soya	0.13kg	Very Low
Veg salad	28p	3.4g	3.3g	0.7g	Low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	Soya - may contain mustard	0.14kg	Very Low
Ratatouille	22p	1.8g	1.1g	0.1g	Low fat, low sugar, low salt, contains omega 3, calcium, iron, zinc & iodine	None	0.19kg	Low
Gazpacho	16p	0.8g	0.5g	0g	Low fat, low sugar, contains calcium, iron, zinc & iodine	None	0.16kg	Very Low
Salad boats	16p	0.7g	0.5g	0.4g	Low sugar, contains calcium, iron, zinc & iodine	May contain celery, mustard & sulphites	0.11kg	Low
Lemon rice	7p	1.7g	4.7g	0.3g	Low fat, low sugar, low salt, contains iron & zinc	May contain gluten	0.22kg	Very Low
Potatoes	9p	2.1g	3.1g	0.2g	Low fat, low sugar, low salt, contains omega 3	None	0.09kg	Very Low
Mash	19p	4.5g	2.1g	2.1g	Low sugar, low salt, contains calcium, iron, zinc, iodine & vitamin B12	None	0.15kg	Very Low
Flatbread	10p	1.2g	3.7g	0.7g	Low fat, low sugar, contains calcium, iron, zinc & vitamin D	Gluten & soya	0.06kg	Very Low
Couscous	20p	5.9g	8.1g	0.4g	Low fat, low sugar, low salt, contains calcium, iron & zinc	Gluten	0.19kg	Very Low
Rice pudding	33p	1.4g	4.6g	0.3g	Low fat, low salt, contains omega 3, calcium, iron, zinc, iodine, vitamin B12 & vitamin D	Gluten & soya	0.23kg	Very Low
Flapjack	20p	3.1g	4.1g	2.1g	Contains calcium, iron, zinc & vitamin B12	Gluten - may contain sulphites	0.17kg	Low
Brownie	19p	2.7g	3.8g	2g	Low salt, contains calcium, iron, zinc, iodine, vitamin B12 & vitamin D	Gluten & soya - may contain sulphites	0.18kg	Very Low
Pear	19p	2.5g	1.2g	0.3g	Low fat, low salt, contains calcium, iron, zinc, vitamin B12 & vitamin D	Soya - may contain sulphites	0.14kg	Very Low
Crumble	49p	5.7g	6g	1.7g	Low salt, contains omega 3, calcium, iron, zinc, iodine, vitamin B12 & vitamin D	Gluten & soya	0.40kg	Low



COMPARISON: MEAT-BASED vs. PLANT-BASED

So, now you've seen the cost, nutrition profile, and carbon rating of all our 35 plant-based recipes, and the scores are great! But how do plant-based meals stack up against meat-based meals across the same categories?

Let's take a quick look at a standard school meal – spaghetti bolognese – and compare a plant-based version against a meat-based version.²⁷ The figures stated below are per portion based on the School Food Standards' guide for primary school children.

SPAGHETTI BOLOGNESE	vs.	SPAGHETTI BOLOGNESE (VE)
Cost = 61p		Cost = 44p
Saturated fat = 4.7g		Saturated fat = 0.6g
Fibre = 3.4g		Fibre = 8.5g
Protein = 17g		Protein = 16g
Carbon emissions = 2,980g (this is the equivalent to 11.9 x 5 min showers)		Carbon emissions = 1,000g (this is the equivalent to 4 x 5 min showers)
"VERY HIGH" carbon rating²⁸		"MEDIUM" carbon rating²⁹



Here, you can see clearly that the plant-based Spaghetti Bolognese performs better than the meat-based version in virtually every category. Simply by replacing the minced beef with 50% soy mince and 50% lentils, the plant-based dish is:

			
27% cheaper	87% lower in saturated fat	contains more than double the fibre	emits less than one-third of the carbon emissions

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ALL RECIPES DEVELOPED BY RICHARD FOX AT THE HEALTH HABIT

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