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# PLANT-BASED TOOLKIT

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## ABOUT MADE IN HACKNEY

We are a pioneering plant-based community cookery school, food support service and charity.

We opened our doors in 2012 as the UK's first exclusively vegan cookery school. Since then we've collaborated with over 100,000 Londoners and impacted 400,000 people by inspiring them to grow, cook and eat more plants. Our critical work inspires dietary change across communities, civil society and businesses for the benefit of people and planetary health.

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# THE FUTURE OF FOOD IS PLANT-CENTRED

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**For the sake of planetary and human health we need an urgent shift to plant-based eating.**

Discerning consumers are voting with their forks with veganism, flexitarianism and everything in between becoming the norm not the exception. People want tasty, nutritious, culturally varied, sustainably sourced food – and that means menus that hero vegan dishes and all the flavour, ethics and diversity they can offer.

We understand this transition may require a shift in approach, culture, training and thinking across your business. We can offer bespoke support in recipe, menu and chef development and have produced this toolkit to help, upskill and inspire your organisation to become more plant-based.

This is an exciting time and opportunity for your business to become part of the solution and not the problem.

**Get on board and join the plant-based movement today. Because if not now, when?**

This toolkit includes:

- Inspiring industry examples
- A guide to vegan store cupboard staples
- 25 low-cost and delicious recipes that can be replicated at scale
- A guide to vegan food suppliers
- Advice on how to source sustainably

## How quickly we need to reach net zero

Global warming must not exceed 1.5°C to avoid the catastrophic impacts of climate change. The wealthiest 10% of the world's population are responsible for over 50% of current emissions. The poorest 50% are responsible for only 10% of emissions. According to a recent report, in order to achieve a 2 in 3 chance of staying below 1.5°C, the UK and other wealthy countries must aim for net zero emissions by 2030 or sooner.

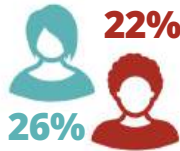


# WHY GO PLANT-BASED?

**£1 BILLION**



Sales of plant-based products in the UK **almost doubled** over the last five years and are now worth almost £1bn



**22%**

**26%**

In 2024, 22% of Millennials and 26% of Gen Z, in the UK, were already eating a meat-free diet



**<50%**

The average cost of a home-cooked evening meal is less than half of one containing meat or fish



1 in 3 Brits have already stopped or reduced their meat consumption



**73%**

Plant-based diets have been tied to a 73% lower risk of severe COVID



**10-50x**

Emissions from plant-based foods are 10 to 50 times smaller on average than those from animal products

# AHEAD OF THE CURVE

In 2021, **Wagamama** became the first UK high street restaurant to offer a menu that is over 50% vegan.

**Pho**, specialised in healthy Vietnamese street food, hardly used any dairy in their cooking, and 40% of the menu is vegan.

**Greencore**, Britain's biggest sandwich maker and supplier to most major supermarkets, has committed to achieve parity on their product development of animal vs plant-rich alternatives, by 2030.

**LIDL** has tripled plant based range as it experiences double digit growth. The new Vemondo Plant! own label range features 28 new items.

**IKEA** has pledged to make 50% of its restaurant meals plant-based by 2025 and 80% of its packaged food offerings in the next 5 years. It also launched a vegan version of its iconic meatball which has a 96% lower carbon footprint than the meat version.

**Burger King** has pledged to become 50% plant-based by 2030 as part of its aim to slash carbon emissions by 41%. It's one of the first fast food companies to do this, and although positive, we need to transition quicker.

In the food service and catering sector, the world's largest food service company, **Compass Group**, pledged to swap 40% of their meat-based meals for plant-based alternatives by 2030 in the UK and Ireland.

## Nutrition

The absence of processed and red meat in plant-based diets reduces the risk of heart disease and Type 2 diabetes. Vegan diets often contain a higher number of foods rich in fibre (wholegrains) as well as fruits and vegetables which have a positive impact on our nutrition.

## Seasonal sourcing

Locally sourced and seasonal plant-based food has the smallest carbon footprint. It's also healthier and fresher, containing more nutrients than produce that has travelled halfway around the world.

## Culturally appropriate food

We live in diverse communities and some meals use ingredients that need to be imported in order to create authentic and culturally appropriate dishes. Food that has to be imported to honour the traditional food of our diverse communities should be produced and imported sustainably, e.g. fairly-traded and freighted by sea rather than air. Plant-based food is inclusive for most religious dietary needs and contains fewer allergens (i.e. milk, molluscs, crustaceans and fish).

# STOCKING UP

## THE STOREROOM STAPLES NEEDED TO CREATE DELICIOUS PLANT-BASED DISHES

To create delicious, flavoursome plant-based dishes you need a store cupboard (or room, or warehouse!) of ingredient staples tried and tested by specialist plant-based chefs. This list is by no means definitive but will get you started setting up your plant-centred kitchen.

### STORE CUPBOARD ESSENTIALS

#### Oats (Gluten-free option, check labels)

Oats are a cheap source of slow-releasing energy, fibre and zinc. Use them in crumble toppings, to bulk up veggie burgers/balls, flapjacks and baked goods.

#### Tinned tomatoes/passata **GF**

Rich in lycopene and a source of vitamins A and C, potassium and fibre. Tomatoes are an essential ingredient that provide a base for sauces, curries and stews.

#### Coconut milk **GF**

An excellent replacement for cream in curries, stews, soups and desserts. Note that coconut milk and cream are different; double check your recipe.

#### Vegan 'dairy' **GF** (check labels)

You can get plant-based versions of all airy products, i.e. milk, butter, cream and cheese. These can almost always be used to replace dairy in recipes.

#### Gram (chickpea) flour **GF**

High protein, high fibre and gluten-free. A key ingredient in Indian and Moroccan cuisine, use in pancakes/flatbreads, batters and baking.

## FLAVOURINGS

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### Miso **GF** (check labels)

Miso is a fermented paste that adds a salty, umami flavour to dishes without overpowering other flavours.

Light miso is great in light dressings and sweets, while dark, stronger flavoured miso enhances sauces and stews. Ensure that the brand you buy is vegan.

### Tahini **GF**

Sesame seed paste, used in hummus and good for making creamy dressings and sauces. Stir into soup to add creaminess, delicious in salad dressings or in desserts.

### Soy sauce/tamari

(Gluten-free option, check labels)

Used mainly in Asian cuisine, soy sauce has a salty, sweet and umami flavour profile which makes it good for building depth of flavour in savoury dishes.

Tamari is a Japanese version which is less salty and is mostly gluten free.

### Dried fruit

Dried fruit (e.g. figs, prunes, apricots, raisins, dates, goji berries, cranberries) are high in fibre but also high in sugar so use sparingly.

Boosts nutrition and adds sweetness to baked goods, curries, salads, stews and tagines.

**GF** = gluten-free

## GELLING AGENT

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### Agar agar **GF**

A seaweed gelling agent used instead of gelatine in jellies, mousses and panna cottas. The powder form is easiest to work with.

## EGG REPLACERS

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### Ground flax/chia seeds **GF**

An egg substitute in baking. 1 tablespoon of seeds in 3 tablespoons of water equals 1 egg. Buy the seeds whole and grind as needed.

Flax/chia eggs do best when the egg isn't critical for a fluffy texture but needs an additional leavening agent to get the rise.

### Aquafaba **GF** (liquid from unsalted tinned chickpeas)

A direct replacement for egg whites in baked goods, meringues and mousses. Add cream of tartar to stabilise the foam. Substitute 3 tablespoons of aquafaba for every egg, 1 tablespoon for 1 egg yolk, or 2 tablespoons for 1 egg white.

### Applesauce

A fat-free binding agent which adds moistness to cakes and muffins. Unsweetened applesauce can be used as a replacement for eggs in vegan baking.





## PROTEIN SOURCES

### Tofu/tempeh **GF** (check labels)

Made from soy, tofu's neutral taste makes it a versatile product that absorbs other flavours easily. Tempeh is made from fermented soybeans and can be used like firm tofu.

Firm and extra firm tofu can be used in stir-fries, curries and stews or can be baked or grilled. Silken tofu can be blended for sauces, desserts and salad dressings and fried to make vegan scrambled egg.

### Pressing tofu

Pressing firm tofu removes moisture to improve the texture, stops it breaking up when fried and allows it to absorb flavour. To press, wrap in a clean tea towel and place on a plate. Top with a heavy weight (e.g a chopping board or large book) for 30 minutes until the tofu has reduced in density by a third. Chop and fry as normal. Specialist tofu presses are available. Not suitable for silken tofu.

### Beans and lentils **GF**

An excellent source of protein, fibre, vitamins and minerals.

Cheap, nutritious and filling; great for creating satisfying plant-based dishes.

### *Common types of lentil*

- **Red lentils** Cook quickly, have a sweet flavour and soften to a puree. Perfect for daals, creamy soups, pie fillings, burgers, curries and stews.
- **Green lentils** Have a slight peppery flavour and maintain a medium to firm texture. A staple in Indian and Middle Eastern dishes and soups, moussaka, vegan shepherd's pies, stews and salads.
- **Brown lentils** Have a mild earthy flavour and hold their shape well, making them versatile for many recipes. A great replacement for mince meat in bolognese, shepherd's pie etc.
- **Black lentils (Beluga lentils)** Have a rich earthy flavour and hold their shape well. An alternative to green and brown lentils.



## ***Common types of beans***

- **Chickpeas** Have a creamy texture and are very versatile. Use in curries, dips, falafel, burgers, stews, salads and mashed as a tinned tuna replacement.
- **Kidney beans** Have a meaty, dense structure and slightly sweet flavour. Used widely in Mexican, Caribbean and Indian recipes. Add to curries, chilli and stews.
- **Butter beans** These large beans develop a creamy, buttery texture when cooked. Use in stews, soups, curries, salads and dips. Can also be added to vegan bakes for texture and moisture.
- **Cannellini beans** These Italian beans have a creamy colour, fluffy texture, and mild nutty flavour when cooked. They hold up well in slow recipes like stews and soups and can be mashed or made into dips.
- **Black-eyed beans** Small, creamy-flavoured beans, used typically in American, Caribbean, African and Indian cuisines.
- **Black beans** Have a creamy texture with a mild, slightly sweet flavour. Used in South American and Mexican dishes. Great in tacos, chillis, stews and burgers.



## Nuts and seeds GF

Contain healthy fats, minerals, vitamins, protein and fibre. They add texture to your dishes. Toasting or roasting before using brings out their flavour.

Toasted nuts and seeds on salads, stir fries and soups or crumble toppings and burgers add depth of flavour.

Can be blended to make pesto.

Nut butters thicken and provide creaminess to sauces and salad dressings and can be used in baking.

**Common nuts:** almonds, walnuts, brazil nuts, peanuts, hazelnuts, cashews

**Common seeds:** pumpkin, sunflower, sesame, hemp

## UK-GROWN GRAINS

### Quinoa GF

A complete protein, high in fibre and has all nine essential amino acids. A light pseudo-grain with a nutty flavour and fluffy texture perfect for salads or as an alternative to rice.

### Pearl barley

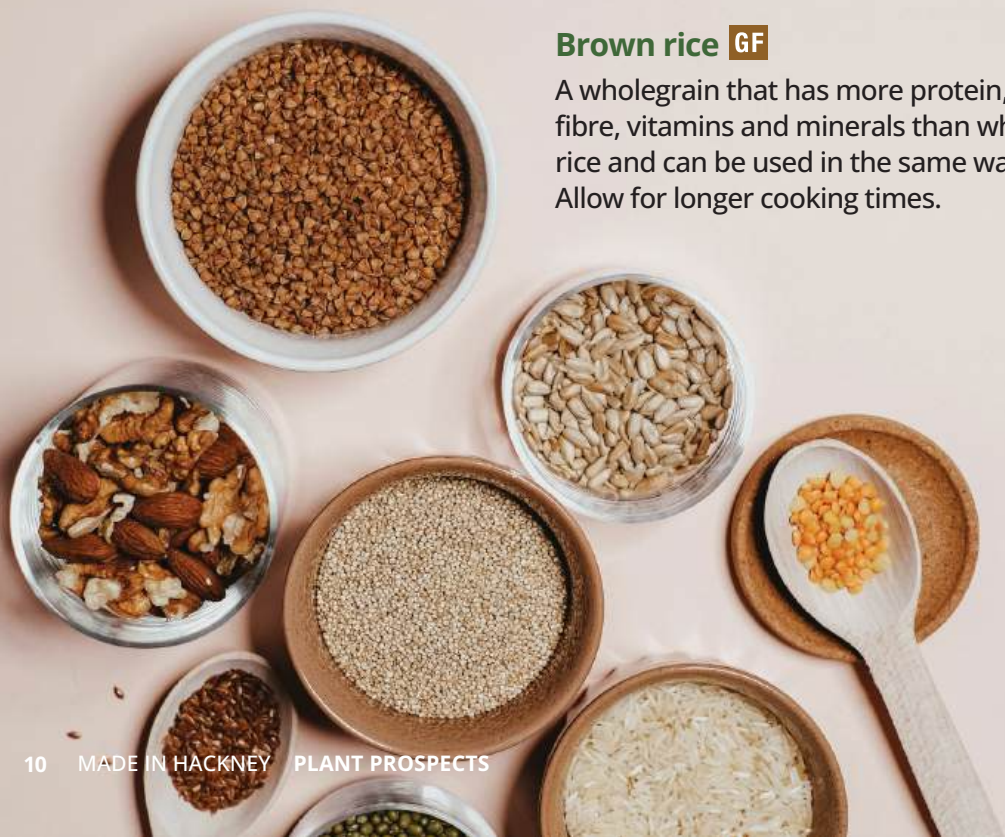
A source of protein and fibre. Thicken soups and stews and add extra texture, or use it to make salads and risotto.

### Buckwheat GF

High fibre pseudo-grain provides slow release energy, available as groats, flakes and flour. Use in porridge, burgers, baking, and as a replacement for rice or couscous.

### Brown rice GF

A wholegrain that has more protein, fibre, vitamins and minerals than white rice and can be used in the same way. Allow for longer cooking times.





# CREATING CHEESY, MEATY AND FISHY FLAVOURS AND TEXTURES

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The below ingredients are a jumping off point for your chefs, but they'll need training to understand how to bring out the flavour and potential in these ingredients. It's still an all too common experience for a delicious sounding dish (often using the ingredients below) to fail to deliver.

**Don't let that be you!**

## CHEESY FLAVOURS

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Use **nutritional yeast** in the same way as grated cheese; sprinkle it on pasta, risotto, roasted vegetables and salads for a savoury flavour boost. Add to soups and sauces (like bechamel) for a cheesy flavour.

## EGGY FLAVOURS AND TEXTURES

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### Eggy flavours

#### Indian black salt (Kala Namak)

Can be used to add an eggy flavour to savoury dishes such as tofu scramble or vegan omelettes.

### Eggy textures

- **Tofu** – silken and firm – can be used to create mayonnaise, egg fried rice dishes and even whole replica fried eggs.
- **Flax seeds** Used to create a gelatinous texture to replace eggs in baking.
- **Chia seeds** Same as flax.
- **Aquafaba** Liquid from tinned or cooked chickpeas whipped in a blender to create frothy texture for baking, omelettes, mayonnaise and meringues.



## MEATY FLAVOURS AND TEXTURES

### Meaty flavours

- **Vegan Worcester sauce**  
Increases the savoury notes of your food. Add a few drops to shepherd's pie or bolognese.
- **Liquid smoke** Add a few drops to impart a tangy, smoky, BBQ flavour to food.
- **Brown rice miso** Adds an incredible depth of flavour and umami to higher-end dishes.

- **Yeast extract** Marmite and other brands of yeast extract have a rich umami flavour that increases savoury notes in sauces.

### Meaty textures

- **Jackfruit** (pictured) when shredded has a similar texture to pulled pork or chicken.
- **Mushrooms** have an intense, meaty flavour when cooked. Use minced in bolognese.

All will need seasoning and cooking appropriately to achieve a meaty taste experience.





# FISHY FLAVOURS AND TEXTURES

## Fishy flavours

Creating fishy tastes is all about precise use of simple seasonings.

- **Seaweed – nori sheets, wakame, laverbread** – can all be used to add a fishy taste to dishes.
- **Lemon, dill, liquid from jars of capers, salt** – can be used to create experience of fishy flavour.

## Fishy textures

- **Banana blossom's** chunky, flaky texture makes it an ideal substitute for fish.
- **Firm tofu** when cooked and seasoned appropriately with a nori sheet instead of a white fish like cod.
- **Jackfruit** when shredded and seasoned can be used to create a tinned tuna-like experience.
- **Chickpeas** when partially mashed and seasoned can be used to replace tinned tuna.
- **Carrots** can be par boiled and seasoned to taste like smoked salmon.
- **Watermelon** can be cooked to create a fishy experience like sushi.
- **Artichoke hearts** take on flavour well and their flaky texture is perfect for recreating crab.



## Pre-made plant-based meat and cheese alternatives

Not all meat and cheese replacement products are created equal. The huge variety now available differ in quality, nutritional profile, sustainability, taste, texture, cooking potential, similarity to meat and dairy tastes and other points of difference. You need to trial a range of products before committing them to your menu. Ensure to get opinions from vegans, vegetarians and carnivores as all have different expectations. Many businesses go wrong by adding items to menus without chefs being trained how to work with them. Or, the wrong product has been selected for the dish.

# RECIPES

## SO YOU'RE READY TO START COOKING SOME PLANTS?

The world of plant-based recipes is a diverse, exciting and ever evolving culinary playground. These recipes are tried and tested staples suitable for low to medium budget kitchens. They're scalable, use minimal equipment and don't compromise on flavour.

### SAVOURY

1. Root vegetable crumble	15	13. Shepherd's pie	38
2. Spaghetti Bolognese	17	14. Sweet potato and aubergine moussaka	40
3. West African red red stew with jollof rice	18	15. Chilli non-carne	43
4. Rainbow tagine with couscous	21	16. Pea and mint soup with freshly baked rolls	44
5. Cauliflower korma with lemon pilau rice	22	17. Spiced squash and red onion salad	46
6. BBQ pulled jackfruit burrito with refried beans and mango salsa	24	18. Swede and coconut daal	48
7. Ultimate bangers and mash with gravy	26	19. Macaroni cheese	50
8. Sweet and sour stir fry	28	20. Veg noodle salad	51
9. Jamaican stew peas with spinners and rice	29		
10. Banging bean burger and sweet potato wedges	32		
11. Sweet potato, black bean and plantain Caribbean style curry with rice 'n' peas	34		
12. Thai green curry	36		

### SWEET

1. Fruity muffins	52
2. Caribbean ginger bites	53
3. Banana and peanut butter flapjacks	54
4. Chocolate mousse	56
5. Apple and berry crumble	57

# ROOT VEGETABLE CRUMBLE

Serves 10



© Sustainable Kitchen and Clive Sherlock Photography

## Easy, versatile and comforting

Recipe: Steve Wilson & Sarah Bentley

### INGREDIENTS

#### Filling

1.5kgs mixed root vegetables such as beetroot, carrots, swede, parsnip, turnip or sweet potato.

1.5kgs butternut squash

625ml plant milk – oat milk works well

1kg tinned butter beans

100g nutritional yeast

2½ tablespoons dijon mustard

#### NUTRITIONAL VALUES (PER 559G SERVING)

Energy	3146kj 754kcal	37%
Fat	36g	51%
of which saturates	5.1g	26%
Carbohydrate	64g	25%
of which sugars	22g	24%
Fibre	23g	92%
Protein	32g	64%
Salt	1.1g	18%

#### CONTAINS



OATS



MUSTARD



SULPHITES

#### MAY CONTAIN



GLUTEN



150g onion (1 onion)  
8 cloves garlic  
2½ tablespoons olive oil

### **Topping**

500g sunflower seeds  
5 tablespoons nutritional yeast  
5 tablespoons olive oil  
1¼ teaspoons flaky sea salt  
1¼ teaspoons cracked black pepper

## **METHOD**

1. Preheat the oven to 180C/Gas Mark 4.
2. Place the butternut squash straight into the oven on a baking tray. Cook for 45 minutes until soft through to the centre, the outside of the butternut will bubble and caramelize during cooking.
3. Meanwhile, prepare the rest of your vegetables. Cut the mixed root vegetables into 1cm square dice. Dice the onion into 1cm pieces. Roughly chop the garlic.
4. Heat up the olive oil in a saucepan over a medium to low heat. Add the diced onion, garlic and root vegetables to the pan. Cover with a lid and cook for 5 minutes, stirring the vegetables every couple of minutes. Cook until the vegetables are soft and tender to the centre. Taste them to check.
5. Toast your sunflower seeds in a dry pan over a medium heat for 5 minutes until lightly browned on the outside and their nutty aroma is released. Remove them from the pan and pop them into a blender with the nutritional yeast, olive oil, salt and pepper. Blend until crumbly.
6. By now, the butternut should be cooked. Check that it is soft through to the centre with a skewer or thin knife. If cooked, remove the butternut from the oven and cool until safe to handle.
7. Cut the butternut squash in half and scoop out the seeds with a spoon, these can go into the compost, or be saved for roasting as a snack. Use the spoon to scoop out the flesh of the butternut and put into the blender along with the butterbeans, nutritional yeast, Dijon mustard and plant milk. Blend until you have a smooth cheesy sauce.
8. Mix the cheesy sauce with the diced vegetables. Place into your baking dish(es). Top with the sunflower crumble. Bake in the oven for a further 10 minutes until your tops are golden and crunchy.



# SPAGHETTI BOLOGNESE

Serves 10



© Patricia Niven

***A vegan version of a well-known classic, packed full of protein***



Recipe: Fiona McCallister

## INGREDIENTS

3 tablespoons olive oil  
450g onions, diced (3 onions)  
150g celery, diced (3 stalks)  
3 cloves garlic, crushed  
5 tablespoons tomato puree  
1kg tinned chopped tomatoes  
250g red lentils in 250ml water  
625g grated carrot  
2½ teaspoons Italian mixed herbs  
1kg dried spaghetti

## METHOD

1. Gently heat the olive oil in a pan and fry the onion and celery until golden brown.

NUTRITIONAL VALUES (PER 386G SERVING)			CONTAINS
Energy	2450kj 579kcal	29%	 WHEAT
Fat	6.2g <i>of which saturates</i> 1g	9% 5%	
Carbohydrate	103g <i>of which sugars</i> 16g	40% 18%	 CELERY
Fibre	10g	40%	
Protein	22g	44%	
Salt	0.13g	2%	

2. Add the crushed garlic, chopped tomatoes, tomato puree, lentils and water, grated carrot and mixed herbs.
3. Simmer for about 20 minutes.
4. Cook the spaghetti according to packet instructions.
5. Add spaghetti to the lentil mixture and serve.

# WEST AFRICAN RED RED STEW WITH JOLLOF RICE

Serves 10

*Excite the palate with this West African dish*

Recipe: Ekowa Booth (stew);  
Nena Ubani (jollof)



## INGREDIENTS

### Red red stew

500g dried black-eyed peas (or x2 400g tins)  
4 tablespoons tomato paste  
4 tins chopped tomatoes  
900g large onions (4 large onions)  
160ml oil  
50g fresh ginger  
1 Scotch Bonnet (or less according to desired heat levels)  
1.25 litres veg stock  
3 Bay leaves (Optional)  
¾ teaspoon salt

### Jollof rice

800g Golden Sella or long grain rice  
4 tins plum/chopped tomatoes  
6 tablespoons tomato puree  
1 cup frozen mixed vegetables/frozen peas (optional for Party Jollof only)  
2 onions  
4 bay leaves  
1 teaspoon thyme  
1 teaspoon rosemary  
2 teaspoons curry powder  
½ teaspoon sea salt  
125ml cooking oil (preferably avocado)

NUTRITIONAL VALUES (PER 814G SERVING)			CONTAINS
Energy	3287kj 784kcal	39%	 CELERY
Fat	31g	44%	
of which saturates	9.9g	50%	<b>MAY CONTAIN</b>  GLUTEN
Carbohydrate	102g	39%	
of which sugars	27g	30%	
Fibre	12g	48%	
Protein	19g	38%	
Salt	2.6g	43%	

4 vegetable stock/bouillon cubes  
340g red pepper (2 peppers)  
1 scotch bonnet  
40g ginger  
4 cloves garlic

## METHOD

### Tomato sauce

1. Dice the onions and finely slice the scotch bonnet.
2. Sauté the onions until caramelised then add the tomato paste.
3. Add the canned tomatoes and scotch bonnet and cook down for 10 minutes.
4. Add the stock and cook down for another 10 minutes.
5. Then leave to simmer for 30 min on low heat.



## Beans

1. Soak the beans in water for 2-3 hours or overnight to make the cooking process quicker. You can also soak the beans in hot water before cooking for 30 minutes. You can use tinned beans as well.
2. If using dried beans, cover them in double the amount of cold water and cook for 30-45 min until soft. You know if the beans are soft when you can press a bean with your finger and it squashes easily.
3. Don't let all the water cook away – top up if needed to prevent burning.
4. Drain the water off using a colander
5. Put the beans back in the pan and add the tomato sauce
6. Cook for a further 10 minutes.

## Jollof rice

1. In a blender/food processor, add the tomatoes, red pepper, 1 onion, scotch bonnet, garlic and ginger. Blend till smooth.
2. Chop or slice 1 onion.
3. In a pan, heat oil and add the chopped onion and stir-fry for 1 minute. Then add the tomato puree and cook for a further minute.
4. Add the blended mix, the bay leaves, curry powder, thyme, rosemary, bouillon cube/powder salt and cook on medium heat for 10 to 12 minutes till reduced. Stir occasionally to avoid burning. This stew will be the base for the jollof.

5. Wash the rice thoroughly and parboil in a separate pot for 5 minutes. Rinse and add to the stew and mix properly.
6. Cover the pot with foil/parchment paper before putting a lid over it. Put on low heat and cook for 30 minutes. Give the rice a stir midway as the sauce tends to stay at the bottom of the pot. This will also ensure rice cooks evenly.

*To make 'Party jollof', add 1 cup of frozen mixed vegetables to the rice once it has been cooking for 15 minutes. Transfer cooked rice to a pyrex ovenware bowl, stir in some additional fresh tomatoes and sliced onions, cover in foil and bake in a 200C oven for 10 minutes to create a smoky flavour to imitate the authentic taste of it being made over a fire. This is less practical for mass catering.*



© sbossert



# RAINBOW TAGINE WITH COUSCOUS

Serves 10

© Lisa Holmen Photography/Shutterstock






***Low cost, flavourful and packed full of goodness***

Recipe: Mark Breen

## INGREDIENTS

1kg tinned tomatoes  
1kg tinned chickpeas, drained & rinsed  
375g onion (2½ onions)  
2 garlic cloves  
1.5kg mixed veg (carrot, red pepper, courgette, aubergine are all good)  
2½ tablespoons olive oil  
1¼ teaspoons ground cumin  
1¼ teaspoons ground coriander  
1¼ teaspoons ground cinnamon  
625ml vegetable stock  
250g dried fruit (apricots, prunes or dates work well)  
125g parsley  
750g couscous (cooked to packet instructions)

NUTRITIONAL VALUES (PER 573G SERVING)			CONTAINS
Energy	2445kj 580kcal	29%	 WHEAT
Fat	8.7g	12%	
of which saturates	1.1g	6%	 CELERY
Carbohydrate	93g	36%	
of which sugars	25g	28%	
Fibre	22g	88%	 SULPHITES
Protein	21g	42%	
Salt	0.55g	9%	

## METHOD

1. Finely chop the onion and garlic.
2. Heat the olive oil in a saucepan, add the onion and garlic then gently cook for 5 minutes on a medium heat or until softened.
3. Add the spices and fry for a minute until they smell nice but aren't burnt. Add the veg, and fry for 8-10 minutes until they're coated in the spices and start to take on some colour.
4. Add the chickpeas, stock, tomatoes and dried fruit.
5. Cook on a medium heat for 15-20 minutes until the vegetables are tender.
6. Scatter over the parsley and serve with couscous.

# CAULIFLOWER KORMA WITH LEMON PILAU RICE

Serves 10



## A creamy and comforting classic Indian dish

Recipe: Mark Breen

### INGREDIENTS

#### Cauliflower korma

2.1kgs cauliflower  
1kg tinned butter beans  
600g onion (3 large onions)  
50g ginger  
13 cloves garlic  
20g red chilli (adjust according to desired heat levels)  
625g tomatoes (5 tomatoes)  
1 litre tinned coconut milk  
2½ teaspoons turmeric  
5 tablespoons curry powder  
2½ tablespoons coconut oil




#### Lemon pilau rice

1kg basmati rice  
2½ teaspoons black mustard seeds  
12 curry leaves (fresh are best)  
1¼ teaspoons turmeric  
60ml lemon juice (juice and rind of 1½ lemons)  
2½ tablespoons coconut oil

### METHOD

#### Cauliflower korma

1. Break the cauliflower into florets, dice the stalk and slice the leaves.
2. Dice the onion, slice the chilli and peel and chop the ginger and garlic.
3. Combine the onion, ginger, chilli, and garlic and fry with coconut oil in a pan.
4. Add the turmeric, curry powder and heat until they smell nice but

NUTRITIONAL VALUES (PER 664G SERVING)			CONTAINS
Energy	3581kj 853kcal	43%	 MUSTARD
Fat	29g	41%	
of which saturates	24g	120%	 SULPHITES
Carbohydrate	119g	46%	
of which sugars	14g	16%	
Fibre	15g	60%	MAY CONTAIN
Protein	24g	48%	 TREE NUTS
Salt	0.21g	4%	

aren't burnt, about 1 minute.

5. Add the tomatoes, coconut milk, beans and cauliflower.
6. Simmer for 25 minutes.

#### Lemon pilau rice

1. Wash the basmati rice.
2. Heat 2½ tablespoons of coconut oil in a pan and add the mustard seeds, when they pop add the curry leaves and turmeric.
3. Stir for another minute before adding the rice with the lemon juice and zest.
4. Add water to the pan, 3cm above the level of the other ingredients.
5. Bring to the boil, stir once, then simmer on a medium heat for 10 minutes with a lid on.

**Variations:** You could use wholegrain rice which is even healthier, but takes a little longer to cook. If you don't have one of the ingredients above, try substituting or leaving it out, for example you could swap the curry leaves for a cinnamon stick for a warmer flavoured rice.



# BBQ PULLED JACKFRUIT BURRITO WITH REFRIED BEANS & MANGO SALSA

Serves 10



© Chelsea Blossome




## Meaty textures and flavours

Recipe: Mark Breen

### INGREDIENTS

#### Jackfruit

- 1kg tinned jackfruit
- 20 tortillas
- 2½ teaspoon chilli powder
- 2½ tablespoons lemon juice
- 1¼ teaspoons pepper
- 5 tablespoons olive oil
- 5 cloves garlic

NUTRITIONAL VALUES (PER 457G SERVING)			MAY CONTAIN
Energy	2657kj 632kcal	32%	 TREE NUTS
Fat	16g	23%	 PEANUTS
of which saturates	2.5g	13%	
Carbohydrate	99g	38%	 SESAME
of which sugars	13g	14%	
Fibre	19g	76%	
Protein	14g	28%	
Salt	1.1g	18%	



375g red onion (2½ onions)  
50g Serrano chilli (optional, 2½ chillies)

### Refried beans

1kg canned pinto beans  
3 bay leaves  
375g onions (2½ onions)  
2½ tablespoons olive oil  
5 cloves garlic  
25g jalapeño pepper (1½ chillies)  
2½ tablespoons finely chopped canned chipotle chillies in adobo sauce (or a chopped red chilli if easier to find)

### Mango salsa

150g shallots (2½ shallots)  
50g red chilli (no seeds)  
500g mango (2½ mangoes)  
2½ tablespoons olive oil  
7½ tablespoons lime juice and zest of 2½ limes  
2½ tablespoons fresh coriander

## METHOD

### Jackfruit

1. Drain and rinse the jackfruit
2. Dice the onion, garlic and chilli if using.
3. Using a fork, shred the jackfruit.
4. Add the chilli powder, lemon juice and pepper to the jackfruit.
5. Heat 5 tablespoons of olive oil in a saucepan, add the onion, garlic and chilli and then gently cook for 5 minutes on a medium heat or until softened.
6. Add the jackfruit and cook until lightly browned, about 5-8 minutes
7. Heat the tortillas. Serve with refried

beans, mango and chilli salsa and if you are really hungry, rice.

### Refried beans

1. Finely chop the onion, garlic and deseed and chop the jalapeño pepper.
2. Heat the olive oil in a saucepan on a medium heat and add the onion, garlic and jalapeno.
3. Gently cook for 5 minutes on a medium heat or until softened.
4. Add beans and chipotle and cook, stirring as it cooks for about 15 minutes until the beans have started to break down.
5. Add a splash of water if it is catching on the bottom. Serve.

### Mango salsa

1. Chop the coriander including the stalks and finely slice the mango, shallots and chilli.
2. Put the shallots, chilli, mango and coriander in a bowl.
3. Add the lime and olive oil and mix together.
4. Leave for at least 20 minutes to let the ingredients get to know each other. Serve.



© Chelsey Blossome

# ULTIMATE BANGERS & MASH WITH GRAVY

Serves 10

*Classic, easy comfort food – a real crowd pleaser*

Recipe: Sarah Bentley (bangers and mash); Sareta Puri (gravy)

## INGREDIENTS

20 vegan sausages (2 per person)  
800g peas (fresh or frozen)

### Ultimate mash

1.25kgs Maris Piper potatoes  
150ml Oatly oat milk  
5 teaspoons nutritional yeast  
5 teaspoons finely chopped chives  
⅓ teaspoon black pepper  
⅓ teaspoon sea salt

### Gravy

250g vegan butter  
200g corn flour  
300g red onions (2 onions)  
3 cloves garlic  
1 tablespoon soy sauce  
1 teaspoon English mustard  
½ teaspoon black pepper  
¼ teaspoon salt (to taste, depending on the stock and soy sauce)  
750ml vegetable stock

## NUTRITIONAL VALUES (PER 379G SERVING)

Energy	1890kj 452kcal	23%
Fat	22g	31%
of which saturates	12g	60%
Carbohydrate	51g	20%
of which sugars	9.5g	11%
Fibre	9.1g	32%
Protein	9g	18%
Salt	1.3g	22%

## CONTAINS:



OATS, WHEAT



CELERY



MUSTARD



SOYA



SULPHITES

## METHOD

1. Cook the sausages according to packet instructions
2. Add the peas to a pan of boiling water and simmer for 3 minutes.

### Ultimate mash

1. Place potatoes in a large saucepan of water and using a medium to high heat, bring to the boil.
2. Add a pinch of sea salt.
3. Cook for 20-25 minutes until very tender
4. Chop your chives into thin slithers.



© Drong

5. Turn off the heat and empty water from the potato pan.
6. Tip the potatoes into a large pan. Add the oat milk, nutritional yeast, pepper, salt and chives.
7. Stir with a wooden spoon or mash using a potato masher.
8. Garnish with chives (optional).

### **Gravy**

1. Dice the onion and mince the garlic.
2. Melt the butter in a medium-sized saucepan
3. Add the onion and garlic and cook for 7-8 minutes until the onions are soft.
4. Add the flour and mix into a roux over a low heat.
5. Stir through the soy sauce, mustard and pepper.
6. Gradually add the stock and stir from a paste to a gravy consistency. You might not need to add it all or if you want it thinner you can add more water.
7. Simmer on a low heat for 15 minutes, stirring occasionally to prevent it from sticking.
8. Taste and adjust seasoning.
9. Serve as is or blend if you want a totally smooth gravy.



# SWEET & SOUR STIR FRY

Serves 10

© Chelsea Bloxsome



***Recreate this takeaway classic  
with tofu for protein***

Recipe: Mark Breen

## INGREDIENTS

5 tablespoons coconut oil  
560g onion (2½ large onions)  
425g red bell pepper (2½ peppers)  
375g green beans (frozen are fine  
and often more affordable)  
1kg tinned tomatoes  
500g unsweetened tinned pineapple  
chunks, drained, juice reserved  
500g extra-firm tofu or tempeh  
630g brown rice or wholegrain noodles

### NUTRITIONAL VALUES (PER 425G SERVING)

Energy	2209kj 526kcal	26%
Fat	19g	27%
of which saturates	12g	60%
Carbohydrate	67g	26%
of which sugars	21g	23%
Fibre	8.2g	33%
Protein	16g	32%
Salt	0.68g	11%

### CONTAINS:



SOYA

### MAY CONTAIN



GLUTEN



SULPHITES

## Sauce

2½ tablespoons rice vinegar  
2½ tablespoons date syrup  
2½ tablespoons tamari or low salt  
soy sauce

## METHOD

1. Chop the onion and bell pepper into slices and dice the tofu or tempeh.
2. Stir together all sauce ingredients in a small bowl.
3. In a wok or large frying pan, heat coconut oil over medium heat. Add the onion and cook, stirring often, until golden, about 8 minutes.
4. Add the tomatoes (with liquid) and pineapple chunks and stir-fry for 5 minutes.
5. Stir in the sauce and cook, stirring, until mixture has thickened slightly, around 2 to 3 minutes.
6. Serve with wholegrain noodles or brown rice cooked to packet instructions.

# JAMAICAN STEW PEAS WITH SPINNERS & RICE

Serves 10



## Tasty and satisfying Jamaican stew

Recipe: Melissa Saint Hill  
@the\_bare\_scientist

## INGREDIENTS

### Stew peas

3 tablespoons olive oil  
500g yellow onion, chopped into medium chunks (2½ large onions)  
350g carrot, diced (2½ large carrots)  
425g pepper any colour, diced (2.5 peppers)  
125g celery thinly sliced (2.5 stalks)  
10 large cloves garlic, minced

NUTRITIONAL VALUES (PER 495G SERVING)			CONTAINS:
Energy	4169kj 991kcal	50%	 WHEAT
Fat	25g	36%	
of which saturates	18g	90%	 CELERY
Carbohydrate	147g	57%	
of which sugars	14g	16%	
Fibre	21g	84%	
Protein	34g	68%	
Salt	3.5g	58%	



15g fresh thyme (15 sprigs)  
 625g preferably dried kidney beans,  
 soaked overnight or 5 x 400g cans  
 1 litre tinned coconut milk  
 100g spring onions (10 stalks), sliced  
 25g scotch bonnet peppers finely  
 chopped  
 3 teaspoons ground allspice  
 2 stock cubes (optional)  
 7 tablespoons dried mixed herbs  
 2½-5 tablespoons cornflour (optional)  
 2 teaspoons sea salt

### Spinners

450g wholemeal spelt flour  
 150-200ml approx cold water  
 4 tablespoons dried mixed herbs  
 ¼-½ teaspoons sea salt

### Rice

1kg basmati rice or enough to serve

## METHOD

1. If you are using dried beans and have soaked them overnight (the traditional method) – drain the water and rinse them under the tap. Place in a pan and cover with water (about 1 inch above the surface of the peas is plenty) and bring them to a rolling boil (you'll see bubbles) and cook for approx 45 minutes until softened.
2. Next thoroughly wash the rice, place into a saucepan and add water to just cover the rice.
3. Add a pinch of salt to the rice then cover the saucepan and place over a high heat bringing to a boil. Once at a rolling boil (when it's bubbling), reduce to a low heat and leave to steam whilst you prepare the stew peas.
4. Chop the vegetables. Dice the onions and chop the garlic into thin slithers. Cut the carrot into roughly 1cm width discs, the celery into roughly ½cm width discs, and bell peppers into similar size cubes.
5. Heat a large pot (I use a traditional Jamaican dutch pot), add in 3 tablespoons of olive oil, followed by the onion. Leave to slightly brown for 2-3 minutes.
6. Follow on by adding the garlic, carrot, peppers, thyme, scotch bonnet and celery. Leave to cook for a further 2-4 minutes



7. If using canned kidney beans, drain and rinse before adding to the pot. If you have used dried peas soaked overnight and they have now been cooked for 45 minutes, add them to the pot and save the cooking water.
8. Leave to simmer over a medium-high heat for a couple of minutes before reducing the heat.
9. Next add all the coconut milk, allspice, dried mixed herbs, stock cubes (if using) and 5 to 7½ cups of reserved water (or plain water if you used canned beans).
10. Now leave to continuously simmer. Check for taste at this point. The stew should reduce and thicken due to the coconut milk but if you'd like it thicker you can add in the optional corn flour now.
11. If you are adding the optional cornflour, measure out a teaspoon or two and place into a little bowl or ramekin. Take a couple of tablespoons of liquid from the stew and mix the cornflour out until smooth. Return this liquid to the stew and stir until you start to see it thicken. Repeat this process if necessary.
12. It's time to prepare the spinners, basically log shape dumplings. We'll be forming a dough and breaking off and rolling between the palms of our hands in a back and forth motion.
13. Add the spelt flour for the dumplings into a mixing bowl and add in 4 tablespoons of mixed herbs and up to ½ teaspoon of salt. Add approximately 150-200ml of water and mix with a spoon or your hands until a dough is formed. I like doing it with my hands. After about five minutes of light kneading to develop structure, shape into a ball.
14. Proceed to break off equal-sized pieces of dough (whatever size you like but if you need a visual go for enough to roll a ball half the size of a golf ball). As you tear off pieces of dough, roll in a circular motion between your hands to begin with, then switch to a back and forth motion to form a little log.
15. Add the dumplings to the pot, cover and leave to simmer for the remaining time (about 20-30 minutes). Check for taste and adjust as required.
16. Check on rice and once everything is ready, it's time to plate up! Further sliced scallions can be added for garnish if you wish. This is beautiful served with some fried or baked plantain.

# BANGING BEAN BURGER & SWEET POTATO WEDGES

Serves 10



© Faith Mason




## A protein packed veggie burger

Recipe: Mark Breen (burger);  
Sareta Puri (wedges)

### INGREDIENTS

#### Burgers

1 kg tinned borlotti, kidney or butter beans  
500g cooked mashed veg (pumpkin/sweet potato/squash)  
3 garlic cloves  
7½ tablespoons tablespoons flour  
5 tablespoons olive oil

NUTRITIONAL VALUES (PER 395G SERVING)			CONTAINS:
Energy	2451kj 586kcal	29%	 WHEAT
Fat	26g	37%	
of which saturates	4.2g	21%	 SESAME
Carbohydrate	65g	25%	
of which sugars	9.7g	11%	<b>MAY CONTAIN</b>  SOYA
Fibre	12g	48%	
Protein	17g	34%	
Salt	2g	33%	

2½ tablespoons lemon juice  
1¼ teaspoons ground cumin  
1¼ teaspoons ground coriander  
1¼ teaspoons paprika  
1¼ teaspoons ground black pepper  
10 tablespoons sesame seeds or  
breadcrumbs for coating (optional)  
10 wholemeal buns  
625g tomatoes (5 tomatoes)  
10 Lettuce leaves

### Sweet potato wedges

600g sweet potatoes  
100ml olive oil salt to taste  
1 teaspoon dried rosemary  
½ teaspoon smoked paprika (optional)

## METHOD

### Burgers

1. Preheat the oven to 200°C/Gas Mark 6.
2. Drain the beans and leave to dry.
3. Mash the beans as much as you can with a potato masher in a bowl.
4. Add the mashed vegetables, flour, sliced garlic, lemon juice, spices and pepper. Mix well.
5. The mixture then needs to be rolled into burger-sized balls with wet hands. Flatten the balls slightly. If you like, you can coat them with sesame seeds or breadcrumbs for extra crunch.
6. Drizzle the olive oil on a baking tray, place the burgers on top then turn them all over so that they have a coating of a little oil on each side.

7. Place the baking tray in the oven and cook for 30 minutes, turning the burgers over midway through cooking.
8. Serve in buns with lettuce and tomato.

### Sweet potato wedges

1. Preheat the oven to 200°C/Gas Mark 6.
2. Scrub the sweet potatoes well but do not peel them. Make sure they're dry before you cut them or they won't crisp up well.
3. Cut in wedges 1.5-inches by 0.5-inch thick.
4. Combine the oil, salt, paprika and rosemary in a bowl.
5. Toss the sweet potatoes in the oil and coat generously then transfer to a baking tray.
6. Bake for 30-40 minutes until soft in the middle and crisp on the outside.





# SWEET POTATO, BLACK BEAN & PLANTAIN CARIBBEAN STYLE CURRY WITH RICE 'N' PEAS

Serves 10



© Chelsea Blossome

*A hearty Caribbean style curry paired perfectly with rice and peas*

Recipe: Mark Breen

## INGREDIENTS

### Caribbean curry

- 1 kg sweet potato
- 625g plantain (2.5 plantains)
- 50g ginger
- 1 kg tinned chopped tomatoes
- 1 kg tinned coconut milk

### NUTRITIONAL VALUES (PER 877G SERVING)

Energy	5332kj 1272kcal	63%
Fat	50g	71%
of which saturates	43g	215%
Carbohydrate	161g	62%
of which sugars	27g	30%
Fibre	25g	100%
Protein	31g	62%
Salt	0.92g	15%

### MAY CONTAIN:



SULPHITES

1kg tinned black beans  
750g onions (5 onions)  
5 cloves garlic, chopped  
50g fresh red chilli (optional)  
90g fresh coriander  
5 tablespoons coconut oil  
2½ teaspoons turmeric  
5 tablespoons curry powder

### **Rice 'n' peas**

1kg tinned kidney beans  
1kg white rice (brown rice also works and is healthier)  
500ml tinned coconut milk  
3 cloves garlic  
375g onions (2.5 onions)  
¾ teaspoon ground allspice  
5 sprigs of thyme  
2½ tablespoons coconut oil  
2½ scotch bonnet chillies (to add warmth to the dish, not to eat)  
500ml water

## **METHOD**

### **Caribbean curry**

1. Peel and dice the sweet potato, peel and slice the plantain, peel and chop the ginger and peel and dice the onion.
2. Put the coconut oil into a large saucepan and place on a medium heat. Add the ginger, garlic, onion, finely chopped coriander stalks (not the leaves, these are to garnish) and chopped and deseeded red chilli (optional) and cook for 4 minutes.
3. Add the turmeric, curry powder, tomatoes, sweet potato and plantain. Cook until softened

which will take approximately 20 minutes. If the pan needs water to stop it drying out add some.

4. Add the coconut milk and drained black beans until heated through and well combined.
5. Scatter with coriander leaves.

### **Rice 'n' peas**

1. Rinse the rice.
2. Chop the onion and garlic into thin pieces. You can lightly sauté or add in raw.
3. Add the rice, onion and garlic to a pan, followed by the coconut milk and water, kidney beans (including juices from the can) and allspice.
4. Next add the thyme and scotch bonnet. There are two methods: add sprigs of thyme and scotch bonnet chilli whole and remove both after cooking, or add the thyme leaves to the pot and slice ½ scotch bonnet into small pieces and add to the rice and do not remove.
5. The liquid should come about 3cm above the level of the rice and beans.
6. Bring to a simmer, then cover with a lid, turn the heat right down and cook for about 10 to 15 minutes (don't stir the rice, but you can scrape the bottom of the pan from time to time, to ensure rice on the bottom isn't burning.)
7. Locate and carefully remove the chilli and thyme sprig if you've gone for that method. Fork through the rice to fluff it up.

# THAI GREEN CURRY

Serves 10






Laur Patterson

## *A fragrant and versatile Thai classic*

Recipe: Sareta Puri

### INGREDIENTS

750g brown rice (substitute for jasmine rice if you want)  
5 tablespoons vegetable or coconut oil  
250g curry paste (see recipe below)  
1kg tinned coconut milk  
1.5kg sweet potato (5 potatoes)

NUTRITIONAL VALUES (PER 648G SERVING)			CONTAINS:
Energy	3907kj 932kcal	47%	 WHEAT
Fat	37g	53%	 SOYA
of which saturates	19g	95%	
Carbohydrate	110g	42%	 SULPHITES
of which sugars	27g	30%	
Fibre	18g	72%	
Protein	32g	64%	
Salt	1.7g	28%	



1kg plant protein of your choice – e.g. extra-firm tofu, tempeh or fake 'chicken' pieces (optional)  
600g carrot (5 carrots)  
1kg your choice of mixed green veg (e.g. green beans, courgette, broccoli, peas)  
5 tablespoons light soy sauce or tamari or coconut aminos  
75g coconut or brown sugar or date syrup or agave  
25g kaffir lime leaves (fresh are best)  
50g Thai sweet basil leaves (if you can get them)  
13g red Thai chilli (3 chillies)  
500ml water – you may not need it all

### Curry paste

150g shallot  
13 cloves garlic  
3g kaffir lime leaves (fresh are best)  
5 sticks of lemongrass (or lemongrass powder)  
50g galangal (or ginger)  
45g green bird's eye chillies, or long finger chillies (8-13 chillies)  
2½ tablespoons miso paste  
2½ teaspoons cumin  
1¼ teaspoons coriander seeds

## METHOD

1. Wash and peel your sweet potato and carrot and cut into small cubes or quarters.
2. Prep the rest of your vegetables.
3. Wash your rice and put in a pan and cover with twice the amount of water (e.g. 1.5 litres if using 750g). The time and method will

depend on the rice so feel free to follow the packet instructions here.

4. Bring the rice to the boil then reduce to a simmer and put on a low heat. Do not stir. Cook for as long as needed for the type of rice (as per packet instructions).
5. Heat the oil in a medium pan.
6. Add the curry paste and cook down for 5 minutes until the flavours are released. Make sure the heat is not too high.
7. Add the coconut milk and stir to combine. Simmer for about 3-4 minutes.
8. Add the sweet potato, carrot and choice of protein (plus any other root veg). Mix so the sauce coats everything.
9. Add kaffir lime leaves, chilli and sugar. Add 500ml water if required – will depend on your veg. You want the sauce quite thick, not watery.
10. Taste and add soy sauce/tamari.
11. Simmer for 10 minutes or until all veg is soft. Can add more water at any point if needed.
12. Add the Thai basil at the very end and cook for another minute.

# SHEPHERD'S PIE

Serves 10



## Recreate a well-known classic




Recipe: Sareta Puri

### INGREDIENTS

1 kg potatoes  
500g puy or green lentils, rinsed  
800g tinned chopped tomatoes  
450g onions (3 onions)  
8 cloves garlic  
560g carrot (4 carrots)  
100g celery, diced (2 stalks)  
500g mushrooms  
2 tablespoons vegetable oil  
3 tablespoons tomato puree  
1 tablespoon cacao powder  
2 teaspoons salt  
2 teaspoons ground black pepper  
1 teaspoon thyme,  
½ teaspoon paprika  
20g vegan margarine

### METHOD

1. Dice the onions and mince the ginger and garlic.
2. Finely slice the celery. Cut the carrots into half moons of 3-4mm thickness. Very finely chop the mushroom or blitz in a food processor.
3. Heat the oil in a large pan. Add the onion and cook for 5-7 minutes until soft.
4. Add the garlic and cook for another 2-3 mins until soft but not golden.
5. Add the carrot, celery and mushroom and cook for 5 minutes until the mushrooms are soft.
6. Add the lentils, chopped tomatoes, tomato puree, cacao, thyme,

NUTRITIONAL VALUES (PER 406G SERVING)			CONTAINS:
Energy	1534kj 364kcal	18%	 CELERY
Fat	5.6g	8%	
of which saturates	1g	5%	 SOYA
Carbohydrate	55g	21%	
of which sugars	12g	13%	
Fibre	15g	60%	MAY CONTAIN
Protein	17g	34%	 WHEAT
Salt	1.1g	18%	

paprika, 1 teaspoon salt and ½ teaspoon pepper and stir.

7. Cover with a lid and simmer until the lentils have cooked down – check on it after 10-15 minutes and add more water if required. It shouldn't be too saucy but not dry either. It's ready when the lentils are soft.
8. Meanwhile, dice the potatoes and boil until soft.
9. Drain them and then mash them. Add margarine, salt and pepper.
10. Preheat the oven to 180C/Gas Mark 5.
11. When the lentils are cooked transfer them to a large oven proof tray/dish/gastro and spread out evenly.
12. Top with the potatoes. Drizzle with olive oil if desired.
13. Bake for 20-25 minutes until the potato is slightly golden (you can grill at the end for extra crisp).

**Tip:** Add a few dashes of vegan worcester sauce for an extra savoury flavour.



# SWEET POTATO & AUBERGINE MOUSSAKA

Serves 10

*Tasty, satisfying and full of veggies*

Recipe: Sareta Puri

## INGREDIENTS

1kg aubergines, cut lengthwise into roughly 1 cm thick slices (3 aubergines)  
1.5kg sweet potatoes (5 potatoes), cut lengthwise into roughly 1cm thick slices

420g courgette, cut lengthwise into roughly 1 cm thick slices (2 courgettes)

375g white onion, finely chopped or sliced (2½ onions)

3 cloves garlic, finely sliced

480g carrots, finely chopped or grated (4 medium-size carrots)

200g celery, thinly chopped (4 stalks)

340g red peppers, roughly diced into 1 cm square (2 peppers)

375g button mushrooms, thinly sliced

1kg chopped fresh tomatoes or tinned tomatoes

4 tablespoons tomato puree

6g smoked paprika

6g ground cumin

3g ground cinnamon

6g thyme





6g oregano

½ teaspoon salt

(adjust according to taste)

½ teaspoon pepper

(adjust according to taste)

NUTRITIONAL VALUES (PER 703G SERVING)			CONTAINS:
Energy	1581kj 376kcal	19%	 WHEAT
Fat	9.2g	13%	
of which saturates	1.7g	9%	 ALMONDS
Carbohydrate	58g	22%	 CELERY
of which sugars	26g	29%	
Fibre	13g	52%	<b>MAY CONTAIN</b>  SULPHITES
Protein	9g	18%	
Salt	1.2g	20%	

2 teaspoons brown sugar (to taste)

1 tablespoon balsamic vinegar (to taste)

Grated vegan cheese (optional)

## Bechamel

1 litre unsweetened plant-based milk

100g plain white flour

60ml extra virgin olive oil

3 cloves garlic, crushed

15g nutritional yeast

2 bay leaves

3g ground nutmeg

½ teaspoon salt

(adjust according to taste)

½ teaspoon pepper

(adjust according to taste)



## METHOD

1. Preheat the oven to 180C/200C depending on your oven.
2. Season the mushrooms with olive oil, thyme, garlic, salt and pepper to taste and roast in the oven until golden.
3. Season the pre-sliced aubergines with olive oil, cinnamon, salt and pepper and roast until softened and lightly browned.
4. In a large, non-stick pot heat 4 tablespoons of olive oil. Fry garlic and onion until softened.
5. Stir in peppers, carrots and celery. Cook until they begin to soften.
6. Season with smoked paprika, cinnamon, cumin, salt and pepper to taste and cook for a minute or two.
7. Stir in a couple of teaspoons of brown sugar and cook for a minute.
8. Add a splash of balsamic vinegar and let it caramelise for a couple of minutes.
9. Add chopped tomatoes to the pot. Let it all simmer over medium-low heat for 20-30 minutes or until all the liquid from the tomatoes has cooked away and the sauce has acquired a thick consistency. Remove from the hob and add the roasted mushrooms.
10. With your hands or a brush, generously oil the base and walls of your baking trays, gastros or dishes.
11. Arrange the sliced sweet potato over the base of your trays.
12. Spread a layer of tomato sauce, then top with aubergines.
13. Build two more layers following this same order.
14. Top with sliced courgettes, then spread with the remaining tomato sauce.
15. To make the bechamel, warm up the milk with a few bay leaves until it begins to boil.
16. Meanwhile, heat up the oil in a deep sauce-pan, add flour and stir continuously for 5 minutes.
17. Gradually, pour in the milk and continue to whisk to prevent lumps. Season with nutritional yeast, salt, pepper and nutmeg. Keep stirring, bring to the boil, then take off from the heat. Remove the bay leaves and add crushed garlic.
18. Pour the bechamel over the layered veggies and spread to the side of the dishes. If you are using vegan cheese, sprinkle some on top of the bechamel.
19. Bake for 30 to 45 minutes, or until you can easily pierce through the middle of the moussaka with a knife or a skewer.
20. Let it rest for 10-15 minutes before cutting it to serve.



# CHILLI NON-CARNE

Serves 10



***An affordable but hearty chilli using kidney beans for protein***

Recipe: Mark Breen

## INGREDIENTS

1kg tinned red kidney beans  
500g chopped vegetables (celery, carrot, peppers, mushrooms)  
1kg tinned tomatoes  
2 litres low salt vegetable stock  
375g onion (2½ onions)  
5 cloves garlic  
10 tablespoons tomato puree  
2½ tablespoons olive oil  
2½ teaspoons ground cumin  
2½ teaspoons cayenne pepper  
2½ teaspoons smoked paprika  
5 tablespoons lime juice  
Fresh coriander to garnish  
5 tablespoons olive oil  
630g brown rice (cooked to packet instructions)

## NUTRITIONAL VALUES (PER 581G SERVING)

Energy	2126kj 505kcal	25%
Fat	11g	16%
of which saturates	1.7g	9%
Carbohydrate	79g	30%
of which sugars	13g	14%
Fibre	12g	48%
Protein	15g	30%
Salt	1.4g	23%

## CONTAINS:



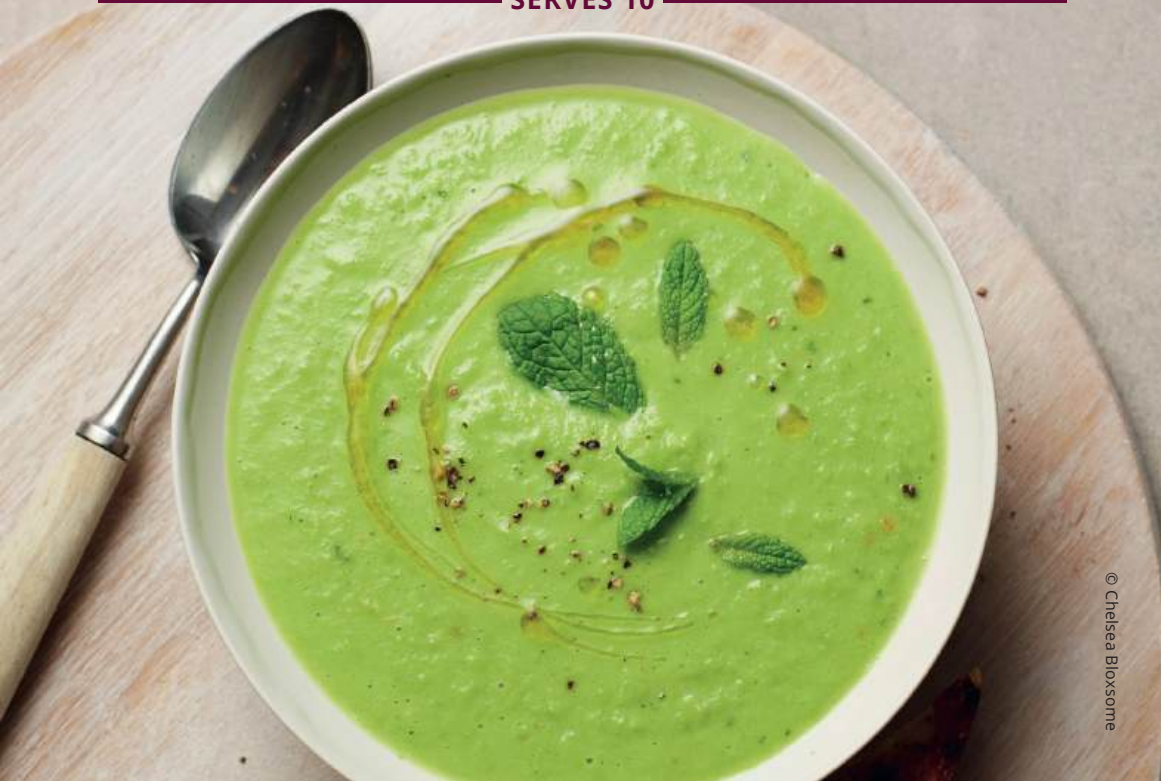
CELERY

## METHOD

1. Heat the olive oil in a saucepan, add the onion (chopped) and gently cook for 5 minutes on a medium heat or until softened.
2. Add all the chopped vegetables, chopped garlic and spices. Stir and cook for 5 minutes.
3. Add the tomato puree, tinned tomatoes, vegetable stock and kidney beans. Stir gently to combine everything.
4. Bring to the boil, cover the pan and simmer for about 30 minutes or until the veg has cooked.
5. Cook the rice according to packet instructions.
6. Add the lime juice a little at a time whilst tasting. Garnish with chopped coriander.

# PEA & MINT SOUP WITH FRESHLY BAKED ROLLS

SERVES 10



© Chelsea Blossome

*A refreshing, simple yet tasty soup*

Recipe: Mark Breen

## INGREDIENTS

### Soup

750g onions (5 onions)  
3 cloves garlic  
5 tablespoons olive oil  
2kgs frozen peas  
50g mint leaves  
2.5 litres vegetable stock

### NUTRITIONAL VALUES (PER 592G SERVING)

Energy	1938kj 461kcal	23%
Fat	10g	14%
of which saturates	1.4g	7%
Carbohydrate	62g	24%
of which sugars	20g	22%
Fibre	19g	76%
Protein	20g	40%
Salt	2.6g	43%

### CONTAINS:



WHEAT



CELERY

## **Bread Rolls (makes 12)**

500g bread flour (wholemeal) 7g  
fast-action yeast  
1½ teaspoons date syrup or ½  
teaspoon sugar  
2 teaspoons salt  
3 tablespoons olive oil  
300ml lukewarm water  
extra flour for dusting

### **METHOD**

#### **Soup**

1. Dice the onions and garlic.
2. Heat the olive oil in a saucepan, add the onions and gently cook for 4 minutes and then add the garlic for an additional minute.
3. Stir in the peas and vegetable stock. Bring to a boil, then simmer for 5 minutes.
4. Cool slightly, add the mint leaves and blitz until smooth.
5. Enjoy warm or chill in the fridge for a couple of hours before serving.

#### **Bread rolls**

1. Sieve the flour and salt together into a bowl and mix with the oil.
2. Mix the yeast with a splash of the warm (body temperature) water and date syrup.
3. Add the yeast mix to the flour mix then gradually add the remaining warm water while mixing with your hands add a little at a time and combine, be careful not to squeeze the dough. Add enough liquid until you achieve a nice sticky dough.

4. Knead for 10 minutes by hand until smooth and elastic.
5. Place the dough in a lightly oiled bowl and cover with lightly oiled cling film and leave in a warm place to double in bulk, this will take approximately 1 hour.
6. Knock back the dough and shape into 12 bread rolls. Place the rolls onto a silicone lined baking tray. Add a sprinkle of sesame or poppy seeds if desired.
7. Leave them in a warm place until they appear well risen.
8. Preheat the oven to 200°C/Gas Mark 6 and bake the rolls for 25 minutes or until the bread sounds hollow when tapped on the bottom. Spraying the oven with water at regular intervals can help create a better crust.
9. Best eaten warm!



Marco Verch CC: BY-20

# SPICED SQUASH & RED ONION SALAD

Serves 10

*Colourful salad that's a feast for the eyes as well as the stomach*

Recipe: Mark Breen

## INGREDIENTS



2.5kgs butternut squash  
750g red onion (5 onions)  
7½ tablespoons olive oil  
2½ teaspoons ground cumin  
2½ teaspoons ground coriander  
2½ teaspoons paprika  
10 tablespoons sunflower seeds  
2½ tablespoons fresh parsley  
500g pearl barley (cooked according to packet instructions)

## Dressing

5 tablespoons tahini  
5 tablespoons olive oil  
5 teaspoons lemon juice  
Water

## METHOD

1. Heat the oven to 200°C/Gas Mark 6.
2. Scoop out seeds from squash and cut into pieces (approximately 3cm long).
3. Put the squash in a large bowl, add the olive oil, and some black pepper, the cumin, coriander and paprika and toss well.

NUTRITIONAL VALUES (PER 408G SERVING)			CONTAINS:
Energy	2234kJ 533kcal	27%	 BARLEY
Fat	23g	33%	
of which saturates	3.2g	16%	 SESAME
Carbohydrate	66g	25%	
of which sugars	15g	17%	
Fibre	7.2g	29%	
Protein	11g	22%	
Salt	0.05g	1%	

4. Spread, skin down, on a baking sheet and roast for 20 minutes until the squash has taken on a little colour and started to cook.
5. Slice the onions then mix them with the squash and cook for another 20 minutes. Remove from the oven and leave to cool.
6. Mix the dressing ingredients together and add water to achieve the desired consistency. The mixture may curdle but keep stirring and add a little more water and it will come together again.
7. Roughly chop the parsley.
8. To serve, spread the vegetables on a platter and scatter the seeds and parsley on top.

*For extra protein, throw in some green lentils or white beans.*





# **SWEDE & COCONUT DAAL**

Serves 10



## Affordable, protein packed and spice infused




Recipe: Roshni Shah

### INGREDIENTS

670g diced swede  
5 tablespoons coconut/sunflower/  
rapeseed oil  
500g diced onions  
65g ginger, peeled and chopped  
1 heaped tablespoon turmeric  
1 heaped tablespoon ground cumin  
(optional)  
1 heaped tablespoon ground  
coriander seeds  
35g red chilli (optional)  
585g red lentils  
1.3 litres coconut milk  
500ml water (you may need more)  
2½ teaspoons salt  
3½ tablespoons lemon juice  
Fresh coriander to garnish

### METHOD

1. Gently heat the oil in a pan and cook the onions until they are soft, approximately 10 minutes.
2. Add the chopped swede and cook until it colours, approximately 5 minutes.
3. Add the garlic, ginger and chilli if using and cook for 2 minutes.
4. Add the ground coriander seeds, cumin seeds and turmeric and cook for 1 minute.

NUTRITIONAL VALUES (PER 335G SERVING)			MAY CONTAIN:
Energy	2237kj 536kcal	27%	 GLUTEN
Fat	31g	44%	
of which saturates	22g	110%	 CELERY
Carbohydrate	43g	17%	
of which sugars	10g	11%	
Fibre	7.2g	29%	 SOYA
Protein	17g	34%	
Salt	1.4g	23%	

5. Add the lentils, coconut milk and water. Stir well and bring to the boil.
6. Then turn the heat down and simmer until the lentils have cooked and the consistency is thick, approximately 20 minutes. You may need to add more water.
7. Add salt and lemon juice.
8. Serve garnished with fresh coriander with rice, naan or flatbreads.



# MACARONI CHEESE

Serves 10



## *A creamy, cheesy, comfort food classic*




Recipe: Sareta Puri

### INGREDIENTS

1 litre water  
300g potatoes, peeled  
150g carrots, peeled  
100g tomatoes (1 tomato)  
750g macaroni  
500ml plant-based milk e.g. oat or soy  
100g nutritional yeast  
50g corn flour  
25ml soy sauce  
1 teaspoon paprika  
1 teaspoon nutmeg  
1 teaspoon salt  
1 teaspoon black pepper

### METHOD

1. Cut the potatoes and carrots into equal-sized pieces. Halve the tomatoes.
2. Bring the water to the boil, add a pinch of salt, and put the carrot,

NUTRITIONAL VALUES (PER 238G SERVING)			CONTAINS:
Energy	1027kj 243kcal	12%	 WHEAT
Fat	2g	3%	
of which saturates	0.4g	2%	 SOYA
Carbohydrate	41g	16%	
of which sugars	5.4g	6%	
Fibre	5.6g	22%	 SULPHITES
Protein	12g	24%	
Salt	0.98g	16%	

potato and tomatoes in and cook until potatoes are soft.

3. Use a stick blender to blend down, or transfer in batches to a food processor.
4. Add the rest of the ingredients and continue to blend until you have a thick, creamy sauce. Taste and adjust the seasoning if required.
5. Cook pasta then drain and rinse in cold water.
6. Stir olive oil through the pasta and then combine with the sauce.



# VEG NOODLE SALAD

Serves 10

© Patricia Niven

*A vibrant and light dish perfect for warmer days*

Recipe: Fiona McCallister

## INGREDIENTS




500g brown rice noodles  
75g fresh coriander leaves  
900g carrots (7½ carrots)  
850g mixed peppers (5 peppers)  
75g chives  
250g spring onions  
2½ tablespoons sesame seeds (optional)

## Dressing

5 tablespoons cider vinegar  
50g fresh red chilli (2½ chillies)  
2½ tablespoons tamari/soy sauce  
7½ tablespoons lime juice and zest of 2½ limes  
5 tablespoons olive oil

## METHOD

1. Cook the noodles according to the instructions on the packet, drain

NUTRITIONAL VALUES (PER 301G SERVING)			CONTAINS:
Energy	1444kj 344kcal	17%	 SESAME
Fat	10g	14%	
of which saturates	1.7g	9%	 SOYA
Carbohydrate	50g	19%	
of which sugars	12g	13%	
Fibre	8.4g	34%	<b>MAY CONTAIN</b>  SULPHITES
Protein	7.6g	15%	
Salt	0.99g	17%	

and rinse under a cold tap and leave to cool and dry.

2. Slice the vegetables finely and shave the carrots with a peeler.
3. Add all the salad ingredients to a large serving bowl and toss together.
4. Place the dressing ingredients in a bowl and mix then add to the salad.
5. Garnish with herbs; e.g. chopped chives, coriander, spring onions, sesame seeds.

**Tip:** Make this gluten free by replacing the soy sauce with tamari

# FRUITY MUFFINS

Makes 12



***Versatile muffin recipe  
that's delicious with various  
fruits and seeds***

Recipe: Jane Totty




## INGREDIENTS

400g wholemeal spelt flour (or wholemeal flour)  
250ml dairy-free milk (e.g. almond)  
60ml oil (olive or melted coconut oil)  
360g ripe mashed bananas (2 bananas) (or 200g fruit puree such as apple)  
3 tablespoons ground flax seeds  
2 teaspoons baking powder  
1 tablespoon vanilla extract

### **Plus ONE of the following:**

100g fresh or frozen berries  
**OR** 320g apples, grated (2 small apples), 50g raisins, 1 teaspoon ground cinnamon

**OR** 140g carrot, grated (1 large carrot), 50g raisins, zest of a lemon or orange

NUTRITIONAL VALUES (PER 100G SERVING)			CONTAINS:
Energy	851kj 203kcal	10%	 WHEAT
Fat	7.1g	10%	
of which saturates	1g	5%	 ALMONDS
Carbohydrate	27g	10%	
of which sugars	6.1g	7%	<b>MAY CONTAIN</b>  BARLEY, RYE
Fibre	5g	20%	
Protein	4.8g	10%	
Salt	0.04g	1%	

## METHOD

1. Preheat the oven to 180C/Gas Mark 5.
2. Line a muffin tray with paper cases.
3. Stir the flax seeds into the milk, whisking well. Add the oil, stir again and leave to stand for a few minutes to thicken slightly.
4. Next add the mashed bananas (or fruit puree) and mix well.
5. Mix the flour and baking powder together then stir into the wet mixture.
6. Stir in your additions (berries, apples, carrots, raisins etc).
7. Divide the mixture evenly between the muffin cases.
8. Transfer to the oven and bake for 30 minutes until golden and springy to the touch.
9. Remove from the muffin tray and leave to cool before eating.

# CARIBBEAN GINGER BITES

Serves 10

© VeselovaElena



NUTRITIONAL VALUES (PER 88G SERVING)			CONTAINS:
Energy	1078kj 256kcal	17%	WHEAT
Fat	5.9g	8%	
of which saturates	4.4g	22%	MAY CONTAIN
Carbohydrate	43g	17%	BARLEY, RYE
of which sugars	13g	14%	
Fibre	5.1g	20%	SULPHITES
Protein	5.6g	11%	
Salt	0.3g	5%	

## A sweet, spiced delight

Recipe: Sharon Gardner

### INGREDIENTS

450g spelt flour, sifted  
1 teaspoon ground ginger (if you like it gingery add another 1 teaspoon)  
1 teaspoon cinnamon  
¼ teaspoon ground allspice  
1½ teaspoons baking powder  
110g coconut sugar (or you can experiment using something with a lower glycemic index like xylitol)  
250ml tinned coconut milk  
65ml blackstrap molasses

### METHOD

1. Preheat the oven to 180C/160C fan/Gas Mark 4.
2. Line a 20cm x 20cm tin with baking paper, greasing well to ensure the paper stays in place.

3. Sieve the flour, baking powder and ginger, cinnamon and allspice into a bowl, add the sugar and mix well.
4. In a small saucepan mix together the coconut milk and molasses and heat gently until the mixture begins to bubble slightly.
5. Pour this liquid mixture into the flour and sugar ingredients, stir in well to ensure all the ingredients are well combined and there are no more dry spots. The batter should be thick, a little like brownie batter but also spongy.
6. Pour the batter into the tin ensuring it is evenly spread throughout.
7. Bake for 25-30 minutes. To check if the cake is cooked through use a toothpick in the middle of the cake and if it comes out clean it's done.

# BANANA & PEANUT BUTTER FLAPJACKS

Serves 10

*Delicious slow-release energy  
with no refined sugar*






Recipe: Mark Breen

## INGREDIENTS

250g rolled oats  
2 tablespoons smooth peanut butter  
3 tablespoons date syrup  
360g ripe mashed bananas (2 bananas)  
200g apple (1 apple)  
85g chopped dried apricot  
100g raisins  
85g pumpkin and sunflower seeds (50/50 mix)  
50g coconut oil, plus a little extra for greasing  
100ml hot water

## METHOD

1. Peel and grate the apple.
2. Heat oven to 160°C/Gas Mark 3.
3. Line a 20cm square tin (or the closest thing you have) with baking parchment.
4. Heat the coconut oil, peanut butter and date syrup in a small pan until melted.
5. Add the mashed banana, apple and 100ml hot water, and mix to combine.

NUTRITIONAL VALUES (PER 121G SERVING)			CONTAINS:
Energy	1321kj 315kcal	16%	 OATS
Fat	12g	17%	
of which saturates	5.4g	27%	 PEANUTS
Carbohydrate	43g	17%	
of which sugars	25g	28%	 SULPHITES
Fibre	4.5g	18%	
Protein	6.4g	13%	MAY CONTAIN
Salt	0.02g	0%	 TREE NUTS
			 SESAME

6. Tip the oats, the dried fruit and the seeds into a large bowl.
7. Pour in the combined banana and apple and stir until everything is coated by the wet mixture.
8. Tip into the cake tin and level the surface
9. Bake for 40 minutes or until golden. Leave to cool in the tin before slicing and serving.





# CHOCOLATE MOUSSE

Serves 10



## ***A delicious but light chocolate mousse***


Recipe: Bruna Oliveira

### INGREDIENTS

1.25 litres aquafaba  
2g cream of tartar 10 tablespoons  
coconut sugar (use stevia or xylitol for  
sugar free version)  
625g vegan dark chocolate  
(70% minimum)  
25ml vanilla extract  
5 teaspoons orange zest (optional)  
¼ teaspoon salt

### METHOD

1. Add the aquafaba and cream of  
tartar to a bowl. Using a cake mixer

NUTRITIONAL VALUES (PER 204G SERVING)			MAY CONTAIN:
Energy	1847kj 443kcal	22%	 SULPHITES
Fat	26g	37%	
of which saturates	16g	80%	
Carbohydrate	42g	16%	
of which sugars	30g	33%	
Fibre	7.3g	29%	
Protein	6.1g	12%	
Salt	0.13g	2%	

or stand mixer (use the balloon  
whip attachment) whip it for about  
5 minutes at medium speed.

2. Increase the speed to medium-high  
and continue to whip for another  
5 to 8 minutes, or until the aquafaba  
can hold stiff peaks. Add sugar (or  
natural sweetener), 1 tablespoon  
at the time, over the course of  
1 minute and continue to whip  
for another 5 minutes or until the  
sugar has dissolved.
3. In a clean bowl, add 3 tablespoons  
of the whipped aquafaba, add the  
melted chocolate slowly (cooled to  
room temperature) and mix well.  
Add in vanilla extract, salt and  
orange zest if using, mix.
4. Add the rest of the whipped  
aquafaba and fold in gently to  
combine well.
5. Scoop the mousse into glasses  
and chill in the refrigerator until  
firm, about 8 hours.



# APPLE & BERRY CRUMBLE

Serves 10



**A comforting family favourite**





Recipe: Mark Breen

## INGREDIENTS

63g ground almonds  
250g oats  
2½ tablespoons nuts  
2½ tablespoons coconut oil  
1¼ teaspoons cinnamon  
1¼ teaspoons ground ginger  
1.5kgs apples (7½ apples)  
125g berries (frozen are fine)  
50ml date syrup

## METHOD

1. Preheat the oven to 180°C/Gas Mark 4.
2. Peel the apples and remove the core, cutting them into bite-sized pieces.
3. Crush the nuts; either in a pestle and

NUTRITIONAL VALUES (PER 210G SERVING)			CONTAINS:
Energy	1247kj 298kcal	15%	 OATS
Fat	14g	20%	
of which saturates	6.7g	34%	
Carbohydrate	36g	14%	 TREE NUTS
of which sugars	18g	20%	
Fibre	5.8g	23%	MAY CONTAIN
Protein	5.6g	11%	 SESAME
Salt	0g	0%	 TREE NUTS

mortar or a blender or by crushing them under a chopping board.

4. Put the apples into a saucepan with 2½ tablespoons of water. Cook gently on a medium heat for about 8-10 minutes until soft but still retaining colour and bite. Remove and mix with berries in a Pyrex dish or cake tin.
5. Use the saucepan to melt the coconut oil, add the date syrup, cinnamon, and ginger. Pour this over the oats, almonds and crushed nuts and stir well until all the dry ingredients are coated with the coconut oil mix.
6. Distribute the topping mixture over the apples.
7. Bake until golden (20-30 minutes).
8. Serve with vegan cream, custard or ice cream.

# SUPPLIERS

## Biffs

Europe's largest B2C vegan delivery brand, Biffs know what plant-curious consumers want. All food products are formulated for busy de-skilled kitchens, ambient or frozen for max life and minimal waste, ready-to-cook (or pour) and delivery-tested.

[biffs.co/trade](http://biffs.co/trade)



## Bute Island

Bute Island Foods have been passionate about vegan food for 32 years. They founded the award-winning dairy-free Sheese brand and continue to deliver dairy, gluten and animal-free vegan foods to major supermarkets and retailers.

[buteisland.com](http://buteisland.com)



## Gambardeli

Makes a range of vegan, plant-based meats supplying direct to customers, cafes, restaurants and shops. Products are vacuum packed for freshness and chilled. They can be frozen before the use by date to extend the shelf life by another 3 months plus.

[gambardeli.co.uk](http://gambardeli.co.uk)



## Green Vie Foods

Inspired by the plant powered diet, they created a range of products which are healthy, sustainable and planet friendly. They offer plant-based alternatives to cheese, free from common allergens; dairy, lactose, soya, gluten, nuts and palm oil.

[greenviefoods.com](http://greenviefoods.com)



## Moving Mountains Foods

Moving Mountains® Foods is a ground-breaking British company who created the UK's first ever meatless bleeding burger. They've developed plant-based meat alternatives including a hot dog, sausage burger and fish fingers sold in the likes of Waitrose, Sainsbury's, and Hard Rock Cafés.

[movingmountainsfoods.com](http://movingmountainsfoods.com)







## THIS

Set up by former beef burger chain owners THIS™ makes hyper-realistic plant-based food for meat lovers. THIS™ mimics meat in taste, texture, appearance and versatility, using peas and soya beans. THIS™ contains zero nitrates or carcinogens, is high in protein and fibre, and is fortified with vitamin B12 and iron.

**this.co**

## The Vegan Wholesaler

This 100% vegan store stocks a huge selection of top quality food products. They focus on organic and zero-waste offerings that contain absolutely no traces of dairy, egg, or animal derivatives.

**veganwholesaler.com**

## Vegetarian Express

Boasting the largest range in the UK with 1200+ plant-based products and ingredients. Expert support is available from their team and free portal – seed-bank.co.uk features 250 recipes.

**vegexp.co.uk**



## Violife

Violife make coconut oil based, B12



fortified vegan cheeses that can help you cater for flexitarians or customers seeking a fully plant-based diet. Free from dairy, preservatives, casein, lactose, gluten, nuts and soya.

**violifefoods.com**

## V Bites

VBites are leading makers of vegan meat substitutes made in the UK and distributed worldwide. Their mission is to deliver the taste and texture of meat, fish and dairy, without the harmful dietary, environmental, welfare and sustainability drawbacks of pastoral agriculture and fishing.

**www.vbites.com**



- New products are launching all the time in the UK. Be forward-thinking and be the first UK company to work with a new product on your menu. **Heura**, **Planted** and **Future Farm** are new to the UK and could be looking for partners.



# HOW TO SOURCE SEASONALLY

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There are many benefits to using seasonal, local produce – it tastes better and is better for the environment, it supports the local economy and can be cheaper. It doesn't have to be difficult to do. Here is a guide to sourcing seasonally for your organisation.

- Use local veg box schemes; many are willing to provide bulk produce. Some examples:  
**[findlocalproduce.co.uk/Veg-Box-Schemes](https://findlocalproduce.co.uk/Veg-Box-Schemes)**
- Build partnerships with local farms and source your fresh produce directly from them.  
**[farmretail.co.uk/find-a-farm-retailer](https://farmretail.co.uk/find-a-farm-retailer)**
- If you are catering in the public sector, consider forming a partnership to consolidate demand and make savings through bulk buying.
- **Betterfoodtraders.org** is a directory of local retailers selling sustainably grown fruit and veg
- A wealth of resources to help you make your food more sustainable  
**[sustainablefoodplaces.org/resources/food\\_procurement\\_and\\_supply](https://sustainablefoodplaces.org/resources/food_procurement_and_supply)**

# WHAT YOU CAN DO NEXT

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**Review your current menu** What are the easy swaps?



**Look at your suppliers** Use our guide to source specialist ingredients



**Look at your costings** How much can you save with plant-based meals?



**Train your staff** Front and back of house and use our toolkit to develop skills and knowledge



**Make a commitment** What plant-based pledges will you make?

## HOW MADE IN HACKNEY CAN SUPPORT YOU

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Creating healthy and sustainable food benefits us all. This Toolkit provides a wealth of information to take you further on your plant-based journey, and the Made In Hackney team is on hand to help you with:

- Menu development
- Recipe testing
- Chef training
- Community education

### Get in touch with:

Mauro Strumendo,  
Plant Prospects Manager

**Email:** [mauro@madeinhackney.org](mailto:mauro@madeinhackney.org) or  
[plantprospects@madeinhackney.org](mailto:plantprospects@madeinhackney.org)



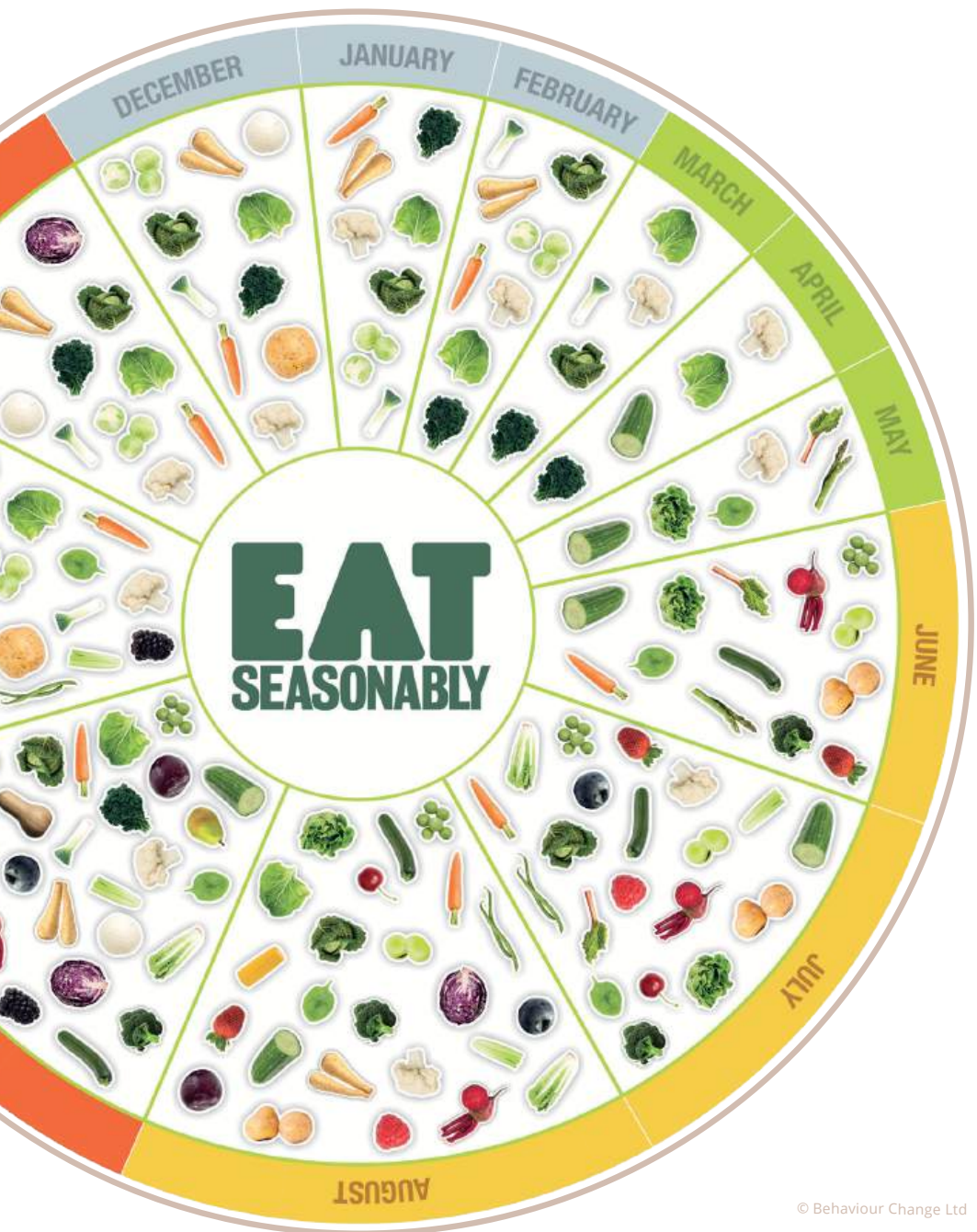




# Calendar



[eatseasonably.co.uk](http://eatseasonably.co.uk)



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# THE FUTURE IS PLANT-BASED. LET'S MAKE THIS JOURNEY TOGETHER!



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