PLANT FUTURES
BY MADE IN HACKNEY
PLANT-BASED TOOLKIT
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 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.

**THE FUTURE OF FOOD IS PLANT-CENTRED**

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**Get on board and join the plant-based movement today.**

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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).

AHEAD OF THE CURVE

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

In September 2021, Pizza Express opened its first fully vegan restaurant in London. The chain also introduced several new vegan dishes across its entire menu, bringing the total to 34 plant-based options.

Greencore, Britain’s biggest sandwich maker and supplier to most major supermarkets, has committed to making 40% of new products meat-free due to customer demand.

In April 2021, University Hospital Southampton appointed its first vegan head of sustainability to reduce meat on the menu in recognition of the environmental and health benefits of doing so.

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.
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.

<table>
<thead>
<tr>
<th>STORE CUPBOARD ESSENTIALS</th>
<th>FLAVOURINGS</th>
<th>GELLING AGENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats (Gluten-free option, check labels)</td>
<td>Miso <em>(GF)</em> (check labels)</td>
<td>Agar agar <em>(GF)</em></td>
</tr>
<tr>
<td>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.</td>
<td>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.</td>
<td>A seaweed gelling agent used instead of gelatine in jellies, mousses and panna cottas. The powder form is easiest to work with.</td>
</tr>
<tr>
<td><strong>Tinned tomatoes/passata</strong> <em>(GF)</em></td>
<td>Tahini <em>(GF)</em></td>
<td><strong>Egg Replacers</strong></td>
</tr>
<tr>
<td>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.</td>
<td>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.</td>
<td>Ground flax/chia seeds <em>(GF)</em></td>
</tr>
<tr>
<td></td>
<td><strong>Soy sauce/tamari</strong> <em>(Gluten-free option, check labels)</em></td>
<td>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.</td>
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<td></td>
<td>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.</td>
<td>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.</td>
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<tr>
<td></td>
<td><strong>Dried fruit</strong></td>
<td><strong>Aquafaba</strong> <em>(liquid from unsalted tinned chickpeas)</em></td>
</tr>
<tr>
<td></td>
<td>Dried fruit (e.g. figs, prunes, apricots, raisins, dates, goji berries, cranberries) are high in fibre but also high in sugar so use sparingly.</td>
<td>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.</td>
</tr>
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<td></td>
<td>Boosts nutrition and adds sweetness to baked goods, curries, salads, stews and tagines.</td>
<td><strong>Applesauce</strong></td>
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<tr>
<td></td>
<td></td>
<td>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.</td>
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</tbody>
</table>

**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 dairy 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.
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 flavor 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.

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.

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**UK-GROWN GRAINS**

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

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**CREATING CHEESY, MEATY AND FISHY FLAVOURS AND TEXTURES**

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**

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 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.

**EGGY FLAVOURS AND TEXTURES**

**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.
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.
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
2. Spaghetti Bolognese 17
3. West African red red stew with jollof rice 18
4. Rainbow tagine with couscous 21
5. Cauliflower korma with lemon pilau rice 22
6. BBQ pulled jackfruit burrito with refried beans and mango salsa 24
7. Ultimate bangers and mash with gravy 26
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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
13. Shepherd’s pie 38
14. Sweet potato and aubergine moussaka 40
15. Chilli non-carné 43
16. Pea and mint soup with freshly baked rolls 44
17. Spiced squash and red onion salad 46
18. Swede and coconut daal 48
19. Macaroni cheese 50
20. Veg noodle salad 51

**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

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**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

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**NUTRITIONAL VALUES (per 553g serving)**

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<th>Value</th>
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**CONTAINS:**

- OATS
- MUSTARD
- SULPHITES
- MAY CONTAIN-gluten
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)

- Energy: 2450 kj / 579 kcal
- Fat: 6.2 g / 9%
- Carbohydrate: 103 g / 40%
- Protein: 22 g / 44%

**CONTAINS:**

- wheat
- celery

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)

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<th></th>
<th>Energy</th>
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CONTAINS:

- CELERY
- MAY CONTAIN
- GLUTEN

Serves 10

4 vegetable stock/bouillon cubes
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.

CoNtaiNS:

May CoNtaiN gluten

Celery

SeA Salt

© Rocky89
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.

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
1½ teaspoons ground cumin
1¼ teaspoons ground coriander
1¾ teaspoons ground cinnamon
625ml vegetable stock
250g dried fruit (apricots, prunes or dates work well)
125g parsley
750g couscous (cooked to packet instructions)

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 1¼ 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 aren’t burnt, about 1 minute.
5. Add the tomatoes, coconut milk, beans and cauliflower.

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.

NUTRITIONAL VALUES (per 664g serving)

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CONTAINS:

- Mustard
- Sulphites
- May contain:
  - Tree nuts

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Made in Hackney
Plant Futures
BBQ PULLED JACKFRUIT BURRITO WITH REFRIED BEANS & MANGO SALSA

Serves 10

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

Recipe: Mark Breen

Nutritional Values
(per 457g serving)
Energy 2657 kj 632 kcal 32%
Fat of which saturates 16 g 2.5 g 23% 13%
Carbohydrate of which sugars 99 g 13 g 38% 14%
Fibre 19 g 76%
Protein 14 g 28%
Salt 1.1 g 18%

MAY CONTAIN:

- tree nuts
- peanuts
- sesame

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

NUTRITIONAL VALUES
(per 379g serving)

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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.

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**

*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

**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 bell peppers, green beans and tofu or tempeh, increase heat to medium-high 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

**Serves 10**

*Add the tomatoes (with liquid) and pineapple chunks and stir-fry for 5 minutes.*

**NUTRITIONAL VALUES**

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**CONTAINS:**

- SOYA
- MAY CONTAIN CELERY

**NUTRITIONAL VALUES**

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**CONTAINS:**

- WHEAT
- CELERY

**Serves 10**

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© Cherie Bloxsome

© Cherie Bloxsome
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.
A protein packed veggie burger
Recipe: Mark Breen (burger); Sareta Puri (wedges)

INGREDIENTS

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

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

**Nutritional values**
(per 395g serving)

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**Contains:**
- Wheat
- Sesame
- Soy

**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

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

Recipe: Mark Breen

**INGREDIENTS**

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

**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)
- 3 cloves garlic
- 375g onions (2.5 onions)
- ¾ teaspoon ground allspice
- 5 sprigs of thyme
- 2½ tablespoons coconut oil
- 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.

**NUTRITIONAL VALUES (per 877g serving)**

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**MAY CONTAIN**: SULPHITES
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)

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)

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.
Recreate a well-known classic
Recipe: Sareta Puri

**INGREDIENTS**
1kg 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, 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.

---

**NUTRITIONAL VALUES**
(per 406g serving)

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<tr>
<td></td>
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**CONTAINS:**
- Celery
- Soya
- Wheat

May Contain:
- Celery
- Soya
- Wheat
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)
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)

NUTRITIONAL VALUES
(per 703g serving)

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CONTAINS:

- WHEAT
- ALMONDS
- CELERY
- MAY CONTAIN SULPHITES
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.

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)

CHILLI NON-CARNE

Serves 10

**NUTRITIONAL VALUES**

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<tr>
<td>25%</td>
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**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.
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)

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CONTAINS:

- wheat
- celery

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!
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.
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.

Nutritional values

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<tr>
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CONTAINS:

BARLEY

SESAME

Serves 10
**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

**NUTRITIONAL VALUES**

(per 335g serving)

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**MAY CONTAIN:**

- Gluten
- Celery
- Soya

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.

**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.
### 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, 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.

**NUTRITIONAL VALUES (per 238g serving)**
- Energy: 1027 kJ (243 kcal)
- Fat: 2 g (3% of total)
- Of which saturates: 0.4 g (2% of total)
- Carbohydrate: 41 g (16% of total)
- Of which sugars: 5.4 g (6% of total)
- Fibre: 5.6 g (22% of total)
- Protein: 12 g (24% of total)
- Salt: 0.98 g (16% of total)

**CONTAINS:**
- WHEAT
- SOYA
- SULPHITES

### 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 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

**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

**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.

**Nutritional Values**

(per 100g serving)

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**Contains:**

- WHEAT
- ALMONDS
- BARLEY, RYE

CARIBBEAN GINGER BITES
Serves 10

**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

**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.

**Nutritional Values**

(per 88g serving)

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**Contains:**

- WHEAT
- BARLEY, RYE
- SULPHITES

**Fruity Muffins**

Versatile muffin recipe that’s delicious with various fruits and seeds
Recipe: Jane Totty

**A sweet, spiced delight**

Recipe: Sharon Gardner

**Contains:**

- MAY CONTAIN barley, rye
- MAY CONTAIN sulphites

© Veselova Elena
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.
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.

NUTRITIONAL VALUES
(per 121g serving)

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<td>Carbohydrate</td>
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</tr>
<tr>
<td>of which sugars</td>
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CONTAINS:
• OATS
• PEANUTS
• SULPHITES (MAY CONTAIN)
• TREE NUTS
• SESAME
**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 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.

**NUTRITIONAL VALUES** (per 204g serving)

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</table>

**MAY CONTAIN:**
- SULPHITES

---

**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 mortar or a blender or by crushing them under a chopping board.
4. Put the apples into a saucepan with 2½ teaspoons 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.

**NUTRITIONAL VALUES** (per 204g serving)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>1247 kj</td>
<td>15%</td>
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<tr>
<td></td>
<td>298 kcal</td>
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</tr>
<tr>
<td>Fat</td>
<td>14 g</td>
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<tr>
<td>of which saturates</td>
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<tr>
<td>Carbohydrate</td>
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<tr>
<td>of which sugars</td>
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<tr>
<td>Fibre</td>
<td>5.8 g</td>
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<tr>
<td>Protein</td>
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**CONTAINS:**
- OATS
- TREE NUTS
- MAY CONTAIN:
- SESAME
- SULPHITES
- TREE NUTS
- TREE NUTS
SUPPLIERS

Biff’s
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.

Biff’s

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.

Bute Island

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.

Green Vie Foods

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.

Moving Mountains Foods

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

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.

The Vegan Wholesaler

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.

Vegetarian Express

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.

V Bites

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.

Violife

• 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.
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
• Build partnerships with local farms and source your fresh produce directly from them.
  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

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:
Roshni Shah, Partnerships Manager
email: roshni@madeinhackney.org
tel: 07912 692 041
<table>
<thead>
<tr>
<th>Fruit/Vegetable</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples, Cox</td>
<td>Oct</td>
</tr>
<tr>
<td>Asparagus</td>
<td>May, Jun</td>
</tr>
<tr>
<td>Beans, Broad</td>
<td>Jun, Jul, Aug</td>
</tr>
<tr>
<td>Beans, Runner</td>
<td>Jul, Aug, Sep, Oct</td>
</tr>
<tr>
<td>Beetroot</td>
<td>Jun, Jul, Sep</td>
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<tr>
<td>Blackberries</td>
<td>Sep, Oct</td>
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<tr>
<td>Blueberries</td>
<td>Jul, Sep</td>
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<tr>
<td>Broccoli</td>
<td>Jun, Jul, Sep, Oct</td>
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<tr>
<td>Brussels Sprouts</td>
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<tr>
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<td>Oct, Nov, Dec</td>
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<tr>
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<td>Sep, Oct</td>
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<tr>
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<tr>
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</tr>
<tr>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Lettuce, Cos</td>
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<tr>
<td>Pears</td>
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</tr>
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<td>Peas</td>
<td>Jan, Jul, Aug</td>
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<tr>
<td>Plums</td>
<td>Aug</td>
</tr>
<tr>
<td>Potatoes, Maincrop</td>
<td>Oct, Nov</td>
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<tr>
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<td>Jun, Jul, Aug</td>
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<tr>
<td>Raspberries</td>
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</tr>
<tr>
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<td>May, Jun, Aug</td>
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<tr>
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<td>May, Jun, Aug</td>
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<td>Squash</td>
<td>Sep, Oct</td>
</tr>
<tr>
<td>Sweetcorn</td>
<td>Aug, Sep</td>
</tr>
</tbody>
</table>

**Seasons Breakdown**

- **Spring (Mar, Apr, May)**: Apples, Asparagus, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Spring Green, Cabbage, White, Cabbage, Savoy, Cabbage, Red, Carrots, Cauliflower, Celery, Cherries, Courgette, Cucumber, Kale, Leeks, Lettuce, Cos, Lettuce, Curly, Parsnips, Pears, Peas, Plums, Potatoes, Maincrop, Potatoes, New, Raspberries, Rhubarb.
- **Summer (Jun, Jul, Aug)**: Blueberries, Blackberries, Asparagus, Apples, Cox, Potatoes, New, Spinach, Strawberries, Squash, Sweetcorn.
- **Autumn (Sep, Oct, Nov)**: Spinach, Strawberries, Squash, Sweetcorn, Beets, Beets, Runner, Beets, Broad, Beets, Savoy, Beets, Spring Green, Beets, White, Beets, Savoy, Beets, Red, Beets, Savoy, Beets, Broad, Beets, Runner, Beets, Spring Green, Beets, Red, Beets, Runner, Beets, Broad, Beets, Savoy.
- **Winter (Dec, Jan, Feb)**: kale, brussels sprouts, carrots, cauliflower, celery, spinach, tomatoes, plums, pears.
THE FUTURE IS PLANT-BASED.
LET’S MAKE THIS JOURNEY TOGETHER!

PLANT FUTURES
BY MADE IN HACKNEY

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Phone 020 8442 4266

Registered charity number 1176690