

# NO MEAT MAY

## COMMUNITY COOKBOOK



**The  
Bumper  
Edition**

90+ Recipes from the No Meat May Community



# FOREWORD

Some say magic doesn't exist. The No Meat May Community Cookbook is here to prove them wrong.

The following pages contain spectacular recipes that will magically transform your eating habits, kitchen and life.

Sounds too good to be true? The proof is in the puddings, the soups, salads and main courses about to appear in front of you.

These recipes are gifts from our No Meat May Community – legendary humans from around the world who pledged to eat no meat or animal products for the 31 days of May.

The sorcery starts in our Facebook group, where No Meat May veterans support newbies and help them navigate strange new ingredients such as nutritional yeast, tofu and jackfruit. Soon everyone is getting creative trading magnificent plant-based recipes, some of which you'll see here.

Most of our recruits dramatically cut their meat intake after doing the challenge. Some go on to become 'Level 7' vegans. What's enchanting is how encouraging everyone is of each other – regardless of their journey – and the delicious, creative dishes they share.

We hope you find some recipes in here that inspire you! Thank you for joining with No Meat May to work wonders in your kitchen – and our world.

- Ryan, Guy, Laura and the No Meat May team

PS. With hundreds of recipes shared every day during No Meat May, so many great plates did not make this collection. But you can find them all in the [No Meat May Facebook Group](#). Just search by keyword (such as 'chickpea') or visit the 'topics' tab where posts have been grouped for easy searching.





# **BRILLIANT BREAKFASTS**

1. Chickpea Scramble
2. Oaty Waffles
3. Fluffy Pancakes
4. Good Morning Green Smoothie
5. Vegan Protein Pancakes
6. Old Fashioned Oats
7. Dairy-Free Feta Bruschetta
8. Baked Chocolate Protein Oats
9. Toast Toppers
10. Overnight Oats
11. Savoury Oats
12. The Ultimate Tofu Scramble
13. French Toast
14. Lemon & Coconut Chia Pudding
15. Sweet Potato Hash
16. Sicilian Panelle
17. Lemon Blueberry Polenta Cakes



# CHICKPEA SCRAMBLE

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RECIPE BY : DONNA MORRISON

## INGREDIENTS

- ¼ cup diced onion
- ¼ cup diced bell pepper/capsicum
- 1 tbsp nutritional yeast
- ½ tsp mild chilli powder
- ¼ tsp turmeric
- Sprinkle of smoked paprika to taste
- ¼ tsp salt (optional)
- 1 tomato, chopped
- ⅓ cup vegetable broth
- 1½ cups chickpeas (mashed lightly until about half are broken up and the other half are whole)

## DIRECTIONS

1. Heat a non stick skillet over medium heat. Add in the onion and bell pepper. Sauté until tender, about 3-5 minutes.

2. Add in the nutritional yeast, chilli powder, turmeric, paprika, and salt. Sauté for another minute until the spices are fragrant.

3. Add the chickpeas, tomato and broth into the skillet. Bring the mixture up to a simmer and cook, until the chickpeas are creamy, about 3-5 minutes. Enjoy!





CHICKPEA  
SCRAMBLE BY  
DONNA MORRISON



# OATY WAFFLES

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RECIPE BY : CARRIE ONN

## INGREDIENTS

- 1 banana
- 1 cup of oats (blended into flour)
- 1 cup almond milk
- Pinch of salt (optional)

## DIRECTIONS

1. Blend the all the ingredients into a batter.
2. This can be used to make waffles or pancakes.
3. Top with cinnamon, berries, maple syrup - any toppings of your choice!





# PAM'S FLUFFY PANCAKES

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RECIPE BY: PAM OSBEY  
MAKES 4 PANCAKES

## INGREDIENTS

- 1 cup spelt flour
- 1 tsp of baking soda
- 1 tbsp of flax seeds or chia seeds with water (makes an "egg" substitute) Cinnamon
- 1 tsp vanilla extract
- 1-2 tbsp of water or dairy free milk (I used almond milk)
- 1 tbsp of coconut sugar (or your maple syrup/agave as substitute)
- ¼ cup of oil (I used hemp oil)

## DIRECTIONS

1. Mix all ingredients, cook on high or medium heat.
2. Each pancake cooks two minutes on each side.
3. Sauté some apple slices in a tiny bit of oil and coconut sugar.
4. Top your pancakes with plant-based butter, the pan-fried apple slices, agave syrup and walnuts.







FLUFFY PANCAKES  
BY PAM OSBEY



# GOOD MORNING GREEN SMOOTHIE

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RECIPE BY : JEFFREY GATHARA

## INGREDIENTS

- Kale
- Mango
- Chia seeds
- Flax seeds
- Hemp seeds
- Broccoli sprouts
- Soy milk
- Banana

## DIRECTIONS

This Good Morning Champions Green Smoothie is perfect for a grey Monday morning.

1. Measure your ingredients based on your nutritional needs - mix and match ingredients to your liking.
2. Blend all your ingredients together in a blender, and enjoy!





# VEGAN PROTEIN PANCAKES

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RECIPE BY: ALEKSANDRA ALICJA RUBIN

## INGREDIENTS

- 2 tbsp of flax seeds left overnight in hot water
- 2-3 tbsp of wholegrain flour
- Plant-based milk (Keep adding small dashes until it's the consistency of pancake/batter mix)
- 2 tsp of peanut butter
- Agave syrup, fruits or plain sugar for toppings.

## DIRECTIONS

1. Mix all of the ingredients in a bowl.
2. Fry in a dry, non-stick pan, flipping the pancakes half-way.
3. Top with Agave/Maple Syrup and fruits of your choice!





# OLD FASHIONED OATS

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RECIPE BY : TERRA DAWN

## INGREDIENTS

- Flax meal (omega 3's & fibre)
- Hemp hearts (protein, healthy fats & omega 3's)
- Frozen raspberries
- Cacao nibs for their high antioxidants
- Banana (heat it up, it tastes like dessert!)
- Whole/steel cut oats

## DIRECTIONS

1. Cook your oats in a pan with water or plant-based milk of your choice. Steel cut oats will take about 20 minutes to cook.

2. Add your toppings and enjoy!

Top tip: cook some quinoa ahead of time so you can add it to your oats. Quinoa is an easy way to get a complete protein with all the amino acids just like you would from animal sources. Quinoa is also high in the amino acid lysine which is sometimes lacking in plants.







DAIRY-FREE  
FETA BY  
KELLY MILLER



# DAIRY-FREE FETA BRUSCHETTA

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RECIPE BY: KELLY MILLER

## INGREDIENTS

- ½ block firm tofu (200-225g)
- ¼ cup refined/tasteless coconut oil
- 2 tsp apple cider vinegar
- 2 tbsp lemon juice
- 1½ tsp salt
- ¼ tsp onion powder

## DIRECTIONS

1. Blend everything together then spread out in a container in about a 2cm layer.
2. Cover and refrigerate until set, then cut into cubes and add to sterilised jars with your chosen herbs/flavours like a mix of Rosemary, Garlic, Lemon Peel - use whatever flavours you love!
3. Fill the jar with olive oil. The oil will solidify in the fridge but melts as soon as the jar comes back to room temp.
4. To pimp up your avocado on toast - top sourdough toast with pesto, avocado, homemade dairy-free feta, rocket, roasted cherry tomatoes and a good drizzle of extra virgin olive oil.



# BAKED CHOC PROTEIN OATS

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RECIPE BY : JESSICA PERKS

## INGREDIENTS

- ½ cup rolled oats
  - ½ scoop plant-protein powder
  - 1 ripe banana
  - ½ cup plant milk (oat is best!)
  - 1 tbsp maple syrup
  - ½ tsp baking powder
  - Pinch of salt
  - 1 tsp cacao
- 
- Toppings : Chopped Dates, Walnuts, Raspberries, Dairy-free Yoghurt, Dark Chocolate Shavings, go nuts!

## DIRECTIONS

1. Pre-heat oven to 180 degrees and grease a ramekin/small baking dish.
2. Combine all the ingredients (except toppings) in a blender until smooth - about 1 minute.
- 3 Transfer into the ramekin and bake for 20-25 minutes - test with a knife. Allow to cool for 10 mins before serving.

Who said you can't have chocolate for breakfast! 😊







TOAST TOPPERS  
BY YVONNE  
GRAY-WINKFIELD

# YVONNE'S TOAST TOPPERS!

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RECIPE BY : YVONNE GRAY-WINKFIELD

## INGREDIENTS

Have a bit of fun with your breakfast, and try out some different toast toppings!

1. Coconut yoghurt, blueberries & seeds.
2. Hummus and avocado slices.
3. Guacamole, tomato & pesto.
4. Peanut butter, sliced banana and chocolate (our fave!)

Who says you can't have a four-course breakfast!





# OVERNIGHT OATS

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RECIPE BY: DONNA MORRISON  
PREPARATION TIME: 5 MINUTES

## INGREDIENTS

- 1 cup old fashioned organic rolled oats
- ½ cup water
- ½ cup almond milk or apple juice
- 4 chopped prunes
- ½ tsp cinnamon
- 1 grated apple

## DIRECTIONS

1. Combine all ingredients in a container and mix well.
2. Cover and refrigerate overnight.
3. The next morning either enjoy cold or microwave until warmed through.
4. Stir in some seasonal fresh berries, or other toppings if desired. You can add anything you like - peanut butter, choc chips, banana, maple syrup, mixed berries, nuts. Enjoy!



# SCRUMPTIOUS SAVOURY OATS

RECIPE BY: LAURA LOUISE  
SERVES 4

## INGREDIENTS

- 160g rolled oats
- 1 onion
- 1 zucchini/corrette
- 1 tomato
- 1 stock cube
- Tamari/Soy sauce
- Couple handfuls of spinach

You can add any veggies you love and experiment, but this is my fave combo!

## DIRECTIONS

1. Chop your onion and zucchini and fry in a large saucepan, until they start to brown. Add a couple of dashes of tamari/soy sauce.

2 Add the oats to the pan, and add enough boiling water to cover. Crumble in your stock cube and stir.

3. Once your oats start to thicken and absorb the water, add your spinach and stir through.

4. Finally, add in your chopped tomato, some black pepper, stir through and serve immediately!







SAVOURY  
OATS BY LAURA  
LOUISE



# THE ULTIMATE TOFU SCRAMBLE

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RECIPE BY: GUY JAMES WHITWORTH

## INGREDIENTS

- 250g of tofu (extra firm)
- 3 tbsp nutritional yeast
- 1 tbsp extra virgin olive oil
- ½ tsp turmeric
- ½ tsp smoked paprika
- 1 tsp mustard
- Pinch of kala namak (black salt)
- ⅓ cup soy milk
- ½ tsp garlic powder (optional)
- ½ tsp onion powder (optional)

## DIRECTIONS

1. Roughly mash the tofu with a fork.
2. Combine the dry ingredients in a bowl, then add the mustard & milk, and whisk together to create a sauce.
3. Heat oil in frying pan, add the mashed tofu and fry until lightly browned, being mindful to not break it up too much.
4. Fold in the sauce and fry until you've achieved desired consistency
5. Serve with your favourite brekky sides like tempeh, zucchini and black beans, or as seen on the next page fried tomatoes, hashbrowns & plant-based bacon.







BIG BREKKIE FEAT  
TOFU SCRAMBLE BY  
TRACEY SHARMAN



# FRENCH TOAST

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RECIPE BY: AYÍKIPÍSIM WASKAHAT  
(INSPIRED BY NORAH COOKS VEGAN)

## INGREDIENTS

- 1 cup soy milk
- 1/4 cup cornstarch
- 1 tsp ground flaxseeds
- 1/2 tsp baking powder
- 1 tsp ground cinnamon
- 2 tps pure maple syrup
- 1 tsp vanilla
- 6-8 slices thick sliced quality bread, such as ciabatta or french
- 2-3 tbsps vegan butter for frying
- To serve: maple syrup, powdered sugar, fresh berries, vegan cream.

Cooking method on the next page





## DIRECTIONS

1. Whisk the batter: soy milk, cornstarch, flaxseeds, baking powder, cinnamon, maple syrup and vanilla, in a bowl.
2. Add a little butter to pan over med-high heat. Whisk the batter again before dipping bread.
3. Dip each side of the bread in the batter let soak for about 10 seconds, then add the bread to the pan and cook for 2-3 mins on each side, until golden brown. Add more vegan butter to the pan as needed in between pieces of bread.
4. Serve with maple syrup, powdered sugar and fresh berries if desired.

FRENCH TOAST BY  
AYÏKIPÎSIM  
WASKAHAT

# LEMON & COCONUT CHIA PUDDING

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RECIPE BY: KYLIE PERROTTI  
INSTAGRAM @EXPLORING\_VEGAN

## INGREDIENTS

- 1 cup full-fat coconut milk
- 2 cups full-fat oat milk
- 2 lemons, juiced and zested
- 1 teaspoon vanilla extract
- 2-3 tablespoons maple syrup, add more or less to to your taste
- 1/3 cup chia seeds
- 1 cup rolled oats

For serving

- Crushed pecans
- Flaked coconut

This recipe is so easy and it will last 5-7 days in the fridge! It's perfect for breakfast or snack meal prep.

Note: If you don't have chia seeds, you can use all oats!

Cooking method on the next page





## DIRECTIONS

1. Prepare the liquid ingredients: Combine the coconut milk and oat milk in a bowl. Add the lemon juice and zest, vanilla extract, and maple syrup and whisk until incorporated. Taste the liquid and adjust the flavourings to your preference.
2. Add the oats and chia seeds and stir.
3. Transfer to the refrigerator for 30 minutes. Stir once more to fully incorporate the ingredients and prevent any chia seeds from clumping. Allow to set up in the fridge over night. If the pudding is too thin the next day, add more oats. If it's too thick, thin it out with oat milk.
4. To serve: spoon into bowls and garnish with crushed pecans and flaked coconut. Finish each dish with a touch more lemon zest, if you like. Enjoy!



LEMON COCONUT  
CHIA PUDDING BY  
KYLIE PERROTTI



# SWEET POTATO HASH

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RECIPE BY: APRIL VAFEAS

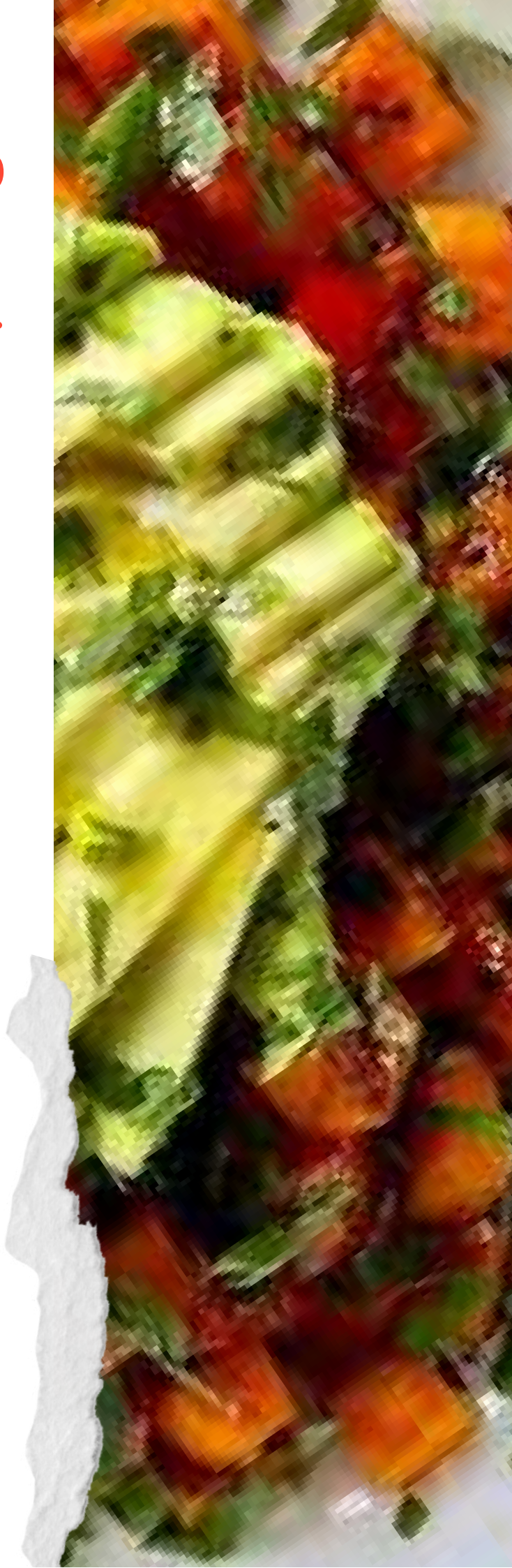
## INGREDIENTS

- Sweet potato
- Red pepper
- Onion
- Southwest seasoning
- Parsley
- Avocado
- Flakey sea salt

Note - Also works well with leftover grains or other leftover veggies.

## DIRECTIONS

1. Sauté a sweet potato in olive oil with some red pepper and onion, adding southwest seasoning.
2. When ready, top with parsley, avocado and some flaky sea salt.







SWEET POTATO  
HASH BY APRIL  
VAFEAS

# SICILIAN PANELLE

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RECIPE BY: SKY MICHAEL CONROY  
THE GENTLE CHEF

## INGREDIENTS

For the Panelle:

- 1 cup chickpea flour
- 2 tbsp dried parsley flakes
- 1 tsp onion powder
- 1 tsp dried basil
- ½ tsp garlic powder
- 2 cups water
- 2 tbsp olive oil
- 1 tsp sea salt or kosher salt
- High-temp cooking oil for frying

For the Relish (optional)

Mix together in a bowl:

- 3 Campari tomatoes, seeded and diced
- 3 tbsp finely diced onion
- 3 tbsp finely chopped flat leaf parsley
- 2 tsp olive oil
- 2 tsp fresh lemon juice
- Sea salt or kosher salt and fresh ground black pepper to taste

Cooking method on the next page



## DIRECTIONS

1. Oil and 8"x8" baking dish or line with parchment paper. Set aside.
2. Combine the chickpea flour, parsley, onion powder, basil and garlic powder in a bowl.
3. In a medium saucepan, bring the water, oil and salt to a boil. Reduce the heat to a vigorous simmer and sprinkle in a small portion of the flour mixture while whisking vigorously to avoid lumps. Continue to incorporate the flour mixture in increments. Cook the mixture until it begins to pull away a bit from the sides of the saucepan. It will be very thick.
4. Transfer the mixture to the baking dish and spread evenly. Let cool a bit and then cover with foil or plastic wrap and refrigerate for several hours or until completely chilled and firm set.
5. Cut the panelle into any desired shape and fry until golden brown in hot cooking oil. They take a little time to brown, so be patient. Transfer to a plate lined with paper towels to blot excess oil. Serve warm.

SICILIAN PANELLE  
BY SKYE MICHAEL  
CONROY

# LEMON & BLUEBERRY POLENTA CAKES

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RECIPE BY: LINDA KOLTON  
LINDA KOLTON COOKS

## INGREDIENTS

- 1 ¼ cup unsweetened non-dairy milk
- 2 Tbsp olive oil, plus more for frying
- 1 Tbsp lemon zest, from 2 large lemons
- ½ tsp vanilla extract
- ¾ cup instant polenta
- ½ cup all-purpose flour
- ¼ cup almond meal
- 2 Tbsp granulated sugar
- 2 tsp baking powder
- ½ tsp salt
- ½ cup fresh blueberries (or substitute frozen and thawed)
- ⅓ cup pine nuts
- Lemon Butter Syrup
- ⅓ cup maple syrup
- 2 Tbsps vegan butter
- ¼ tsp vanilla extract
- ¼ tsp lemon extract (or use a good squeeze of fresh lemon juice)
- 2-4 tbsp liquid of your choice i.e. plant-based milk or water

Continued on the next page



## DIRECTIONS

1. Heat milk in a small pot until it simmers. Remove from heat, add in oil, lemon zest, and vanilla.
2. Mix the polenta, flour, almond meal, sugar, baking powder, and salt in a large bowl. Pour the wet ingredients into the polenta mixture and stir to combine. Fold in the blueberries and pine nuts. Let the mixture sit for a few mins.
3. To make the lemon-butter syrup, heat the syrup & butter in the pot until the butter melts. Remove from heat & stir in vanilla & lemon extract.
4. Heat a tspn of oil in a large pan over med heat. Spoon the batter onto the hot pan. (about 3 ½ to 4 inches.) Cook until the bottoms are golden brown, 3 to 4 mins. Flip and cook for another 3 minutes until bottoms are golden brown. Serve immediately with the warm syrup.



LEMON POLENTA  
CAKES BY LINDA  
KOLTON





# LOVELY LUNCHES

1. Butternut Squash Salad
2. Tasty Potato Salad
3. Veggie Pasta Salad
4. Tofu & Avocado Salad Wrap
5. Raw Wholefood Salad Bowl
6. Roast Veggie & Chickpea Salad
7. Brothy Beans & Raddichio
8. Greek Style Chickpea Salad
9. No Waste Soup
10. Bean Soup with Kale & Pesto
11. Crispy Ch'ckn Bao Buns
12. Pulled BBQ Jackfruit Burger
13. Crispy Tofu
14. Cauliflower Wrap
15. Veggie Patties
16. Pepper, Mince & Cheese Pie
17. Bean Stuffed Bread
18. Kale Spanikopita
19. Sausage & Bean Casserole
20. Lentils with Sweet Potato Hummus
21. Mango Rice Paper Rolls
22. Broccoli & Hemp Stuffed Mushrooms
23. Buckwheat & Beetroot Salad
24. Chickpea Curry Sandwich
25. Moroccan Lentil Salad
26. Blackbean Burgers



# BUTTERNUT SQUASH SALAD

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RECIPE BY: MICHELLE SANDHAM

## INGREDIENTS

- Butternut pumpkin
- Paprika
- Lemon juice
- White wine vinegar
- Plant-based yoghurt
- Salt & pepper
- Salad greens

## DIRECTIONS

1. Cut pumpkin in half, scoop out seeds and chop pumpkin into chunks. Sprinkle with paprika and roast in the oven for half an hour.
2. For the dressing, combine lemon juice, white wine vinegar and yoghurt with a little salt and pepper.
3. Serve the roasted pumpkin and dressing with your favourite greens. Add some seeds for an extra crunch!







BUTTERNUT SQUASH  
SALAD BY  
MICHELLE SANDHAM



# TASTY POTATO SALAD

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RECIPE BY: VANESSA SCHUMACHER

## INGREDIENTS

- 1½ lb nugget potatoes, cooked chopped in bite-size pieces
- 3 sprigs fresh dill
- 3 cloves garlic, chopped
- 4 boiled backyard eggs, cooled and chopped (leave out for vegan version)
- 6 radishes, chopped
- 1 small shallot, finely chopped
- 1 cup plain coconut or soy yoghurt
- 3 tbsp ranch dressing
- 3 tbsp tangy dill relish
- 1 tbsp mustard
- 1 tbsp pickle juice
- 1 tbsp lemon juice
- 1½ tsp seasoning salt
- 1 tsp cracked pepper
- ½ tsp sugar

## DIRECTIONS

1. Combine all ingredients together in a large bowl, and chill 1-2 hours before serving.
2. When ready to serve, garnish with sliced radish and fresh dill.



# VEGGIE PASTA SALAD

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RECIPE BY: JACQUELINE J SPARKES

## INGREDIENTS

- Beetroot
- Avocado
- Yellow bell peppers
- White and yellow sweet potato
- Wholewheat spiral pasta
- Almonds
- Linseed
- Sesame seed oil
- Sea salt

## DIRECTIONS

1. Cook your pasta until al dente.
2. Dice and boil the sweet potato until cooked.
3. Slice your beetroot, avocado and bell peppers/capsicum.
4. Assemble your salad, and top with almonds, linseed, sesame seed oil and sea salt.





# TOFU & AVOCADO SALAD WRAP

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RECIPE BY: EDINA NAGY

## INGREDIENTS

- Wraps (high fibre)
- Firm tofu
- 1 tsp smoked paprika
- Mild chilli powder
- Garlic powder
- Salt
- Pepper
- 2 tbsp nutritional yeast
- Avocado
- Salad of your choice

## DIRECTIONS

1. Cut your tofu into bite-sized pieces, then mix in a bowl with smoked paprika, chilli powder, garlic powder, salt, pepper and nutritional yeast.
2. Allow marinade for a few minutes (or even leave in the fridge overnight)
3. Bake in an air fryer for 15 minutes, and then serve in a wrap with salad and avocado - enjoy!



# RAW WHOLEFOOD SALAD BOWL

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RECIPE BY: RJ BROWN

## INGREDIENTS

- Tomato
- Green beans
- Red and yellow sweet pepper
- Carrot
- Slice of orange
- Green leaf salad
- Avocado
- Bean Sprouts
- Cucumber
- Coriander
- Red onion
- Chopped mix currants

## DIRECTIONS

1. Slice tomatoes, cucumber, onion, and sweet peppers.
2. Dice the avocado and shred the carrot.
3. Add all the chopped ingredients to a bowl with some salad leaves, and squeeze over your orange slice. Enjoy!







RAW WHOLEFOOD  
SALAD BOWL BY  
RJ BROWN

# ROAST VEGGIE & CHICKPEA SALAD

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RECIPE BY: LOUISE-CLAIRE CAYZER  
INSTAGRAM @VEGAN\_LARDER

## INGREDIENTS

- 1 small pumpkin/butternut squash, chopped into 2-3cm square chunks
- 4 Medium-large beetroot
- 1 Bunch flat leaf parsley
- 100g pine nuts
- 400g tin chickpeas
- 1 pack plant-based feta (optional)
- Juice of half a lemon
- Olive oil
- Salt & Pepper

## DIRECTIONS

1. Bake the beetroot in the oven in their skins for around 40 mins or until soft in the oven- Gas Mark 7/220C. Meanwhile, bake the chopped up pumpkin, in a little oil and pinch of salt.
2. Toast the pine nuts in a little pan without oil - be careful, they catch easily. Chop the parsley finely.
3. Once cooled, peel & chop the beetroot into 1-2cm chunks. Rinse the chickpeas.
4. Mix together all the ingredients. Taste for seasoning, then add more lemon/olive oil/ salt & pepper if required. Enjoy!





# BROTHY BEANS AND RADICCHIO

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RECIPE BY: KYLIE PERROTTI  
INSTAGRAM @TRIEDANDTRUERECIPES

## INGREDIENTS

### Marinated Radicchio

- 1 head of radicchio, bottom trimmed & leaves separated
- 1 lemon, juiced and zested
- 1-2 tbsp extra virgin olive oil
- Salt, to taste

### Beans

- 2 tsp olive oil, for sautéing
- 1 yellow onion, peeled and diced
- 6 cloves garlic, peeled
- ½ tsp crushed red pepper, more or less to taste
- 4 cups vegetable stock
- 2 15-ounce cans of butter beans, drained and rinsed
- ½ cup loosely packed dill leaves
- ½ cup loosely packed parsley leaves
- 1 lemon, juiced and zested
- Salt & pepper to taste

Cooking method on the next page





## DIRECTIONS

1. In a bowl, combine the lemon juice, zest, and extra virgin olive oil. Add the radicchio and use your hands to massage the marinade into the leaves. Season with salt and set aside for 30 minutes.

2. Heat some olive oil in a wide pot over medium-high heat. Add the onion and cook for 8-10 minutes, stirring regularly, until it is completely softened and beginning to brown.

3. Place garlic in a food processor and pulse until minced. Add it to the onion along with the crushed red pepper and cook for 45 seconds until fragrant.

4. Add the stock and bring to a boil. Add the beans. Reduce heat and simmer for 30 minutes until broth is reduced and thickened slightly. Note: you can add butter (plant-based) or tahini to help thicken the broth. Season the broth with salt and pepper to taste.

5. Stir in the lemon juice, zest, dill, and parsley and season the broth again to taste. Cook for 4-5 minutes until the herbs are bright green.



BROTHY BEANS &  
RADICCHIO BY  
KYLIE PERROTTI



# GREEK STYLE CHICKPEA SALAD

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RECIPE BY: SELINA MASHI

## INGREDIENTS

- 6 tbsp olive oil
- 1 tbsp garam masala
- 2 x 400g cans chickpeas, drained and rinsed
- 250g ready to eat mixed grain pouch
- 250g frozen peas
- 2 lemons, zested and juiced
- Parsley, leaves roughly chopped
- Mint, leaves roughly chopped
- 250g radishes, roughly chopped
- 1 cucumber, chopped
- Pomegranate seeds to serve

## DIRECTIONS

1. Heat oven to 200C. Mix 4 Tbsp oil with the garam masala then toss this with the chickpeas in a large roasting tin. Bake for 15 minutes or until the chickpeas start to crisp.
2. Mix in the grains, peas & lemon zest, then bake for another 10 minutes.
3. Transfer to a large serving dish and toss through herbs, rashes, cucumber, oil and lemon juice. Season and scatter pomegranate seeds to garnish.



# NO WASTE SOUP

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RECIPE BY: MARGOTKA RYBKA

## INGREDIENTS

This soup is a great way to use up any veggies you may have in the fridge, or the leaves/stalks you might normally throw away from your broccoli and cauliflower!

The ingredients below are just a guide, but use your fave veggies and leftovers to avoid waste!

- Leaves from 2 cauliflowers
- 3 carrots
- 1 bunch of celery
- 1 leek, chopped thin
- Olive oil
- 1 can low-fat coconut cream
- Vegetable stock
- 1 tsp turmeric
- 1 tsp spicy paprika
- Salt

Cooking method on the next page





## DIRECTIONS

1. Glaze the chopped leek in a fry pan with olive oil together with paprika and turmeric.

2. Boil the stock in a large pot. Cut the remaining veggies into medium sized pieces, and add these to the pot.

3. Cook for around 15 minutes, then add in your leeks along with the cooking juices.

Allow this to cool, then add coconut cream and blend until smooth.

NO WASTE SOUP  
BY MARGOTKA  
RYBKA



# BEAN SOUP WITH KALE & PESTO

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RECIPE BY: RYAN ALEXANDER

## INGREDIENTS

- 2 tbsp olive oil
- 2 cloves of garlic crushed
- 1 medium onion, peeled & chopped
- 3 celery sticks, cut to 1cm chunks
- 2 carrots, trimmed and cut into roughly 1cm chunks
- 1 medium zucchini cut into 1cm slices
- 400g can cannellini beans, drained
- 400g can red kidney beans
- 1 vegetable stock cube
- 100g kale leaves roughly chopped
- 100g fresh basil pesto

## DIRECTIONS

1. Heat the oil in a large non-stick saucepan, add the onion, garlic, celery, carrots and zucchini and fry for 10 minutes.
2. Tip the beans into the pan, add the stock cube with 1 litre of water and stir to dissolve. Add the kale and bring to a simmer. Cook for 5–7 mins, stirring occasionally until the vegetables are tender.
3. Season with sea salt and ground black pepper to taste, then ladle into warmed bowls and top with the pesto.







KALE, PESTO &  
BEAN SOUP BY  
RYAN ALEXANDER

# CRISPY CH'CKN BAO BUNS

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RECIPE BY: SINI KIIALAINEN

## INGREDIENTS

### Buns

- ⅓ cup warm water
- ½ cup warm plant-based milk
- 1 tbsp active dry yeast
- 4 tbsp sugar (divide this in half)
- 2 tbsp oil
- 2½ cups plain flour
- ½ tsp baking powder
- ¼ tsp salt

### Filling

- Crispy vegan ch'ckn (Lamyong is fab!)
- Sesame
- Lemongrass
- Chilli
- Ginger marinade
- Cucumber
- Red cabbage
- Coriander
- Black sesame
- Siracha mayonnaise

Cooking method on the next page





## DIRECTIONS

1. Whisk together the water, milk, yeast, sugar and oil, and allow to sit for 5-10 minutes to let the yeast activate.
2. Combine the flour, sugar, baking powder and salt.
3. Mix together the wet and dry ingredients to make a dough. Form into a ball, cover with a tea towel, and allow to rise for approx two hours.
4. Roll out the dough to  $\frac{1}{4}$  inch thickness and cut with a ring mould to make circles of dough. These are your bao!
5. Brush oil onto one side of the bao and fold in half. Place in a steamer and cover for 30 minutes.
6. Cook your vegan ch'ckn, then fill your bao with ch'ckn and the fresh salads and sauces - enjoy!



CRISPY CH'CKN  
BAO BY SINI  
KIALAINEN

# BBQ JACKFRUIT BURGER

---

RECIPE BY: KAJA PERRAM

## INGREDIENTS

- 400g jackfruit
- 250ml cider
- 4 burger buns, halved and toasted
- 1 apple, peeled, cored and shredded
- ½ carrot, shredded
- ¼ red cabbage, thinly sliced
- 1 lime, juiced
- 6 tsp brown sugar
- Coriander
- 150ml tomato ketchup
- 4 tbsp soy sauce
- Ginger, finely grated
- 2 tsp garlic powder
- 4 tbsp apple cider vinegar
- ½ tsp cayenne pepper

## DIRECTIONS

1. Break the jackfruit into pieces and combine in a pan with vinegar. Add enough water to cover, bring to the boil, then reduce the heat and simmer for 30-35 minutes until liquid is gone. Then shred the jackfruit.

Continued on the next page





## DIRECTIONS

2. Mix the apple, carrot, cabbage, lime juice, brown sugar and coriander, then leave this to marinate for 20 minutes.

3. Meanwhile, in a pan over a low heat combine the ketchup, soy sauce, remaining brown sugar, ginger, garlic powder, apple cider vinegar and cayenne pepper. Remove from the heat when the mixture is simmering.

4. Combine  $\frac{3}{4}$  of the sauce mixture with the pulled jackfruit and gently reheat. Place this mixture on the bun and top with slaw. Serve with the remaining sauce for dipping.



BBQ JACKFRUIT  
BURGER BY KAJA  
PERRAM



# CRISPY TOFU

---

RECIPE BY: MEERA VEDHARA

## INGREDIENTS

- Firm Tofu
- Sesame oil

### Marinade

- Cooked Carrot
- Celery
- Onion
- Chinese 5 spice
- Ginger
- Garlic
- Soy sauce
- Smoked Paprika
- Maple Syrup
- Salt

## DIRECTIONS

1. Press the water out of the tofu - place on a plate with something heavy on top. This will help the tofu absorb the flavours.
2. Mix marinade ingredients, add the tofu & leave for at least 2 hours. Pop it in the oven on baking paper at 150 degrees for 10 minutes on one side, flip, add more marinade, and bake for a further 10 mins.
3. Pop into an airfryer (or back into the oven) with a tiny bit of sesame oil for 10 mins at 180 degrees to crisp up - Enjoy!





# CAULIFLOWER WRAP

---

RECIPE BY: KHAMSA CAFE, SYDNEY  
INSTAGRAM @KHAMSA CAFENEWTON

## INGREDIENTS

- Cauliflower florets
- Canola oil
- Mixed leaf Salad
- Chopped tomatoes
- Parsley
- Onion
- Mint leaves
- Coconut tahini cream (mix coconut yoghurt, tahini & minced garlic)
- Coriander
- Chickpeas soaked in turmeric
- Pomegranate seeds

## DIRECTIONS

1. Shallow fry some cauliflower florets in canola oil on medium-high, then set aside on paper towel to drain excess oil.
2. Fold a piece of Lebanese bread in half, then in half again to make a cone shaped pocket.
3. Fill with mixed leaf salad, cauliflower, tomatoes, parsley, onions, mint leaves. Drizzle with Coconut tahini cream, and finish with coriander, turmeric soaked chickpeas and pomegranate seeds.







CAULIFLOWER  
WRAP BY KHAMSA  
CAFE, SYDNEY



# VEGGIE PATTIES

---

RECIPE BY: JEFFREY M DE LUNA  
INSTAGRAM @FREYANDMARIA

## INGREDIENTS

- 3 medium-sized zucchini
- 2 small carrots
- 1 medium-sized sweet potato, peeled
- 1 cup spinach, chopped
- $\frac{3}{4}$  cup oat flour
- $\frac{1}{4}$  cup nutritional yeast
- 2 tbsp. ground flax seed
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp garlic powder
- 1 tsp salt

## DIRECTIONS

1. Grate the zucchini, carrots and peeled sweet potato. Place them in a bowl and add 1 tsp of salt and let sit for 10 minutes and then give it a good mix.
2. Put the veggies into a colander and drain as much liquid as possible, then transfer to a bowl.

Continued on the next page

## DIRECTIONS

3. Add the chopped spinach, ground flaxseed, nutritional yeast, ground cumin, garlic powder, smoked paprika and oat flour. Using clean hands, mix all ingredients together.

5. Preheat the oven to 200 degrees Celsius and line a baking tray with parchment paper or a silicone reusable baking mat.

6. Scoop 1/4 cup of the veggie mixture and form a patty in your hands. You'll be able to make 10-12 patties.

7. Place onto the baking tray and bake for 20 minutes. Once done, gently flip the patties and bake for another 15 minutes.

8. Serve immediately and enjoy with gravy or with your favourite dipping sauce.

VEGGIE BURGERS  
BY JEFFERY  
M DE LUNA



# PEPPER, MINCE & CHEESE PIE

---

RECIPE BY: KELLY MILLER

## INGREDIENTS

- Olive oil
- 1 small onion, diced
- 3 mushrooms, diced
- 1 cup textured vegetable protein (TVP)
- Tomato paste
- Beef style stock powder
- Gravy Powder
- Onion Powder
- Garlic Powder
- Freshly ground pepper
- 2½ cups water
- Frozen Peas
- Corn starch
- Plant-based cheese

## DIRECTIONS

1. Hydrate the TVP with water. Fry onions and mushrooms then add TVP, tomato paste, beef style stock, gravy powder, onion powder, garlic powder and pepper. Simmer for 30 minutes.
2. Add frozen peas and allow them to cook. Add small amounts of corn starch to thicken the mixture.
3. Line pie maker or pie tin with pastry of your choice, and add mince mix and cheese. Cook until golden.





PEPPER MINCE &  
CHEESE PIE BY  
KELLY MILLER



# BEAN STUFFED BREAD

---

RECIPE BY: ANN-MARIE OTTS VALDEZ

## INGREDIENTS

- Onion, diced
- Cilantro (coriander)
- 2 garlic cloves, minced
- 2 cans of kidney beans
- Chilli
- Salt
- Pepper
- Plant-based feta, crumbled
- 4 pizza pockets or homemade pizza dough, divided into 4 pieces

## DIRECTIONS

1. Saute the onions and cilantro in a pan, then once softened stir in the minced garlic.
2. Rinse and drain kidney beans, mash then add to the pan. Add some chilli, salt and pepper to taste.
3. Wrap the bean mixture, along with feta cheese, inside the pizza dough/pockets.
4. Brush the top with some plant-based milk to brown, add a few slots into the dough for venting and cook at 475 degrees F (245C) for 18 minutes until browned and crispy.



# KALE SPANAKOPITA

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RECIPE BY: SHERRIE MAEBRAE

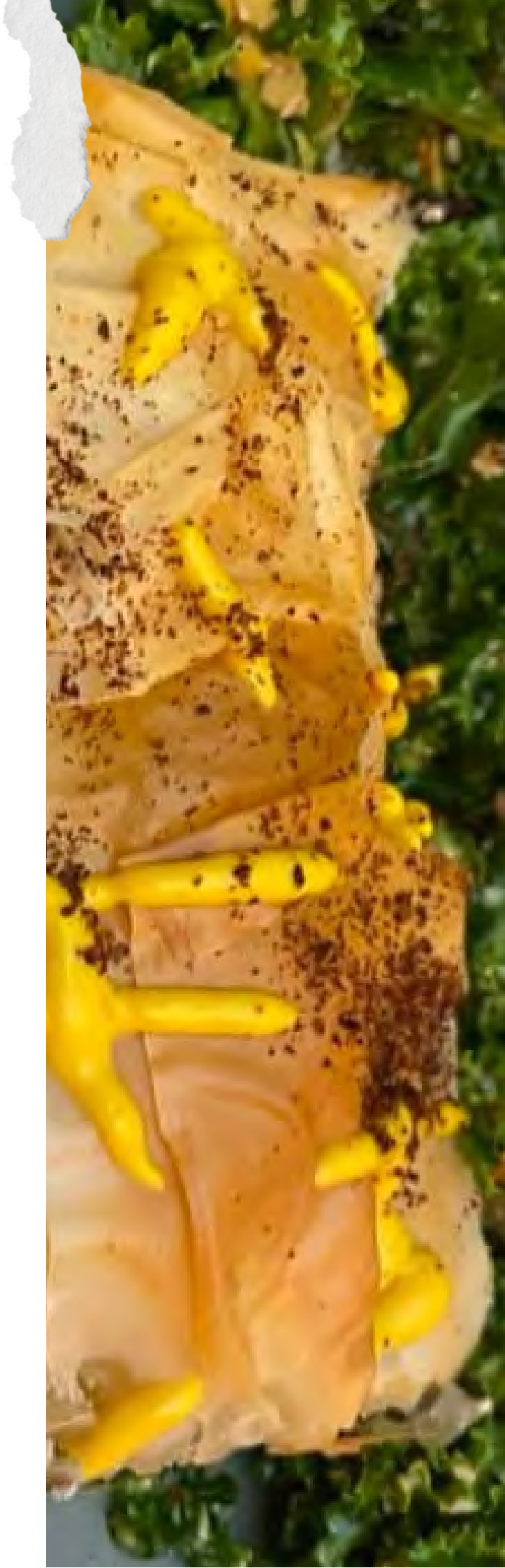
## INGREDIENTS

- 2 tbsp soy or almond milk
- 4 cloves of garlic, minced
- 2 green onions, chopped
- 1 lemon, juiced
- 1 bunch of kale, chopped
- 2 tbsp olive oil
- 1 onion, diced
- ½ tsp pepper
- 24 sheets filo pastry
- 1 cup raw cashews (pre-soaked in water 4-8 hours)

## DIRECTIONS

1. Drain the soaked cashews and blend into a thick paste. Add the lemon juice and milk, and blend until smooth.
2. Boil 2 inches of water in a saucepan, turn down the heat to medium and steam kale until wilted (covered). Set aside to drain in a colander.

Continued on the next page





## DIRECTIONS

3. Clean the saucepan and add oil and onions on medium heat to saute. Cook until softened, then add garlic and cook for another minute before adding the kale, lemon juice, green onions, salt, pepper and cashews. Mix well.

4. Preheat oven to 400 degrees F (200C). Use olive oil to grease the oven pan for the pastry. Arrange pastry in pan then brush with more oil. Repeat this with 8 more filo pastry sheets. Avoid air bubbles.

5. Top the pastry with half of the kale mixture, then add 8 more sheets of filo pastry and oil. Top with the remaining kale mixture, and 8 more sheets of filo pastry.

6. Brush the top sheet of pastry with the remaining olive oil, and bake for 20-25 minutes, until golden brown. Cut into squares to serve.

KALE SPANAKOPITA  
BY SHERRIE  
MAEBRAE

# SAUSAGE & BEAN CASSEROLE

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RECIPE BY: NOREEN HEFFERNAN

## INGREDIENTS

- 2 tbsp olive oil
- 1 red onion, finely sliced
- 4 cloves garlic, grated
- Red and yellow capsicum, sliced
- Mushrooms, sliced
- Celery, sliced
- 1 can chopped tomatoes
- ½ can water
- Tomato puree
- 1 tsp basil
- 1 tsp oregano
- Salt & pepper
- 1 tbsp smoked paprika
- 1 can mixed beans
- 1 can butterbeans
- Veggie sausages

## DIRECTIONS

1. Fry the oil, onion, garlic, capsicum, mushrooms and celery, then add the chopped tomatoes & puree, basil, salt & pepper, oregano, paprika and beans, and cook on low for 30 mins.
2. Meanwhile, cook sausages and add to the casserole with a pinch of sugar to combat acidity of tomatoes. Serve with Noreen's Rye Bread (find the recipe in snacks and sides)





# LENTILS & SWEET POTATO HUMMUS

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RECIPE BY: KYLIE PERROTTI  
INSTAGRAM @TRIEDANDTRUERECPES

## INGREDIENTS

### Sweet potato hummus

- 2 large sweet potatoes (about 1¼ pounds total), peeled and diced into large cubes
- Avocado oil for roasting
- 15 ounce can chickpeas
- 3 tbsp tahini
- 1 orange, juiced
- Salt and pepper to taste

### Stewed Lentils

- 2 tsp avocado oil
- 1 yellow onion, minced
- 1 leek (or green garlic), thinly sliced
- 12 ounces mushrooms, thinly sliced
- 2 ounces sage leaves, minced plus a few leaves left aside
- ½ tsp ground nutmeg
- ½ tsp crushed red pepper
- ½ tsp ground white pepper
- 1 cup French green lentils, rinsed
- 4 cups vegetable stock
- Salt and pepper to taste
- Plant based yoghurt
- Extra virgin olive oil & dry parsley for serving

Cooking method on the next page





## DIRECTIONS

1. Preheat oven to 400°F. Arrange sweet potatoes on a baking sheet & drizzle with a tbsp of avocado oil. Roast for 40 mins until very soft.

2. Meanwhile, heat oil in a large pot over medium heat. Add the onion and leek (or green garlic) and cook for 10 mins until it begins to soften and turn golden brown. Add mushrooms to the pot and cook 10 mins more.

3. Add sage leaves, salt, pepper, nutmeg, white pepper and crushed red pepper, and cook for 45 seconds, then add the french green lentils and cook for a further minute.

4. Pour in vegetable stock and bring to a boil. Reduce heat and simmer for 40 mins, uncovered, until sauce is thickened and lentils are tender. Taste and season to preferences.

5. In a food processor combine chickpeas, tahini, orange juice and 2 tsp extra virgin olive oil. Pulse until blended, then add the roasted sweet potato and pulse until smooth. Add a bit of water to thin it out to desired consistency. You shouldn't need more than 1/4 cup. Taste and season with salt and pepper. Set aside.

6. Right before serving, stir the whole sage leaves into the lentils. Cook for 1 minute. Turn off heat.

7. To serve - spoon hummus onto shallow bowls, use the back of your spoon to smooth it out, then pile the lentils on top. Garnish with plant based yogurt, extra virgin olive oil, dry parsley, and black pepper. Enjoy!





# MANGO RICE PAPER ROLLS

---

RECIPE BY: MELISSA DE RUITER

## INGREDIENTS

- Rice paper sheets
- Rice vermicelli
- Filling: mango, cabbage, carrot, chives, radish
- Chilli garlic dipping sauce

## DIRECTIONS

1. Place the vermicelli noodles in a bowl and cover with warm water for 2 minutes, then drain.
2. Cut and slice your filling ingredients (fill with any veggies you like!)
3. Fill a large bowl with warm water. Submerge a rice paper sheet into the water rotate it and count 2 seconds for each section.
4. Place the rice paper onto the counter with the smooth side down, then add your ingredients into the middle.
5. Fold the left and right edges of the rice paper in, then starting from the bottom, roll up to cover the filling. Keep rolling firmly. Serve immediately with the chilli garlic dipping sauce.







MANGO RICE PAPER  
ROLLS BY MELISSA  
DERUITER



# BROCCOLI & HEMP STUFFED MUSHROOMS

---

RECIPE BY: MARION VEIGEL

## INGREDIENTS

- 6 Large mushrooms
- 1/2 an onion or leek
- 1 clove garlic
- 1 Tbsp olive oil
- 1 cup broccoli
- 3/4 cup hemp seed
- 1 cup silken tofu or ricotta
- 1 Tbsp nutritional yeast
- 1 cup breadcrumbs
- Salt, pepper, chilli flakes, to taste

## DIRECTIONS

1. Fry off the garlic and onion in oil until softened. Add the finely chopped broccoli and cook until soft.
2. Remove from heat, add the tofu or ricotta, then add the breadcrumbs, hemp seed, and nutritional yeast. Season to taste.
3. Stuff the mushrooms (the filling should be quite firm, add more breadcrumbs if too wet).
4. Place in a tray and bake until the mushrooms are cooked - this should fill about 6 medium to large mushrooms. Approx 25 mins at 180.
5. You can also add thyme or rosemary for extra herb flavour.



# BUCKWHEAT & BEETROOT SALAD

---

RECIPE BY: SVETLANA MAY

## INGREDIENTS

- 2 cups roasted buckwheat
- 6-8 small mushrooms sliced
- 2 large garlic cloves diced
- 2 cooked beetroots
- Vegan yoghurt & horseradish
- Fresh dill, to serve
- Salt & pepper, to taste

## DIRECTIONS

1. Pan-fry your mushrooms in a little olive oil and garlic until browned.
2. Add the buckwheat to a small pot with 3 cups of water, cover with a lid and bring to the boil.
3. Turn down to a low heat and cook until all the water has been absorbed. Turn off the heat and allow buckwheat to finish cooking in the steam.
4. Mash your cooked beetroot into the yoghurt & horseradish, then serve this onto of your cooked buckwheat and mushrooms, garnished with fresh dill.





# CHICKPEA CURRY SANGA

---

RECIPE BY: APRIL VAFEAS  
(INSPIRED BY SIMPLE VEGANISTA)

## INGREDIENTS

- Chickpeas – canned or fresh cooked
- Carrots – or diced red bell pepper
- Raisins – adds a touch of sweetness
- Spring onions (scallions)
- Cashews
- Mayo (or thinned hummus/tahini)
- Cilantro (optional)
- Lemon – adds overall brightness
- Curry + garlic powder
- Salt + pepper

## DIRECTIONS

1. In a medium mixing bowl, add the chickpeas and roughly mash about 1/2 – 2/3 with the back of a fork, leaving some whole.
2. The dressing: whisk together the mayo or thinned hummus/tahini with curry and garlic powder.
3. Add in the carrots, scallions, raisins, cashews, and pour dressing over top along with a big squeeze of lemon, mix well to combine. Add salt and pepper to taste.
4. Serve in some toasted bread or a soft roll with some fresh lettuce.



# MOROCCAN LENTIL SALAD

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RECIPE BY: CHRIS CLARKE

## INGREDIENTS

- 1/2 cup chopped red onion
- 4 cups cooked lentils (1 1/2 cups dry- do not use split lentils)
- 2 cups celery, chopped
- 1 cup dried apricots, chopped
- 1/4 cup almonds, chopped, toasted
- 1 cup cilantro or parsley, chopped
- Zest & juice of one orange

### Moroccan Dressing:

- 2 Tbsp maple syrup
- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2 garlic cloves, finely minced
- 1 tsp cumin
- 1/2 tsp cinnamon
- 1/8 tsp ground cloves
- Salt & pepper to taste
- Chilli flakes (optional, but good)

## DIRECTIONS

1. Cook lentils according to packet.
2. Place lentils, celery, apricots, almonds, onions, herbs and orange zest into a large bowl, squeeze in the orange juice.
3. Mix the dressing ingredients into the bowl. If using honey, mix dressing ingredients separately (easier). Toss dressing into the salad.
4. Taste and adjust seasoning if required.





# BLACK BEAN BURGERS

---

RECIPE BY: CHRIS CLARKE

## INGREDIENTS

- 240g black beans (1 tin/can)
- 250g mushrooms
- 250g vital wheat gluten
- 100g dried soya mince (also called TVP)
- 3 Tbsp stock or bouillon powder
- 3 Tbsp miso (you can use soy sauce if you don't have miso)
- 3 Tbsp bbq sauce
- 3 Tbsp vinegar
- 3 tsp oregano- dried
- 3 tsp dried garlic
- 1 tsp liquid smoke (or use 2 tsp smoked paprika)

### Toppings:


1. Vegan cheese slices: pop them on the burger for the last minute of cooking so that they melt a little.
2. Grilled onions
3. Zingy Coleslaw
4. Juicy tomato slices
5. Dill pickle slices
6. your favourite sauces!

Cooking method on the next page



## DIRECTIONS

1. Divide the black beans into 2 and reserve the liquid from the can. Place half the black beans & mushrooms in a food processor & roughly chop.
2. In a large bowl, mix the mushrooms, beans, vital wheat gluten, dried soya mince.
3. Blend the rest of the black beans & their juice + all the seasoning ingredients.
4. Top up the blender to the 700ml mark with water and blend until smooth (you want 700ml total liquid). Then tip the blender contents into the large bowl of beans & mushrooms.
5. Using a wooden spoon, mix together all the ingredients in the bowl until combined. Let this rest for 45 minutes. This allows the gluten from the Vital Wheat Gluten to hydrate & start to form the burger structure.
7. Once the mixture is rested, give it another mix, ensuring everything is combined. Keep mixing for 2-3 minutes. This creates the 'gluten' strands.
8. Preheat your oven to 220C/Gas Mark 5 Shape the burgers (will make approx. 12 large burgers) and place on oven trays.
9. Bake for half hour in the oven, then allow your burgers to cool.
11. Pan fry, Grill or BBQ the burgers! A little olive oil on the outside of the burgers will caramelise and make them full of flavour!



BLACKBEAN  
BURGERS BY THE  
VEGAN LARDER





# DELICIOUS DINNERS

1. Sticky Cauliflower Wings
2. Spicy Green Bean Curry
3. Lentil Bolognese
4. Korean Fried Tofu
5. The Best Vegan Ramen
6. Chickpeas & Greens
7. Spicy Beans & Celeriac Mash
8. Thai Noodle Soup
9. Chickpea Curry
10. Chilli Mushrooms
11. Crunchy Falafel
12. Traditional Ratatouille
13. Vegan 'Beef' & Broccoli
14. Red Lentil Chilli
15. Dal Khichdi
16. Lentil Meatballs
17. 'Honey' Mustard Baked Tofu
18. Vegan 'Fish' & Chips
19. Black Pepper Crispy Tofu
20. Spanish Paella
21. Chickpea Mac n Cheese
22. Mixed Bean Chilli
23. Gluten-free Gnocchi
24. Spinach and Tofu Ravioli
25. Swedish Meatballs



# STICKY CAULI WINGS

RECIPE BY: FREY AND MARIA  
INSTAGRAM @FREYANDMARIA

## INGREDIENTS

- 10-12 bite-sized cauliflower florets
- ¼ cup plain flour
- 1 tbsp nutritional yeast
- 1 tbsp garlic powder
- 1 tbsp cornstarch
- 1 tbsp smoked paprika
- ¾ cup plant-based milk
- Salt to taste

### Sauce Ingredients:

- 2 tbsp soy sauce
- 1 tbsp water
- 2 tbsp maple syrup
- Juice of 1 lemon
- 1 tsp sriracha hot sauce
- ¼ cup tomato ketchup
- 2 tsp cornstarch

## DIRECTIONS

1. Sprinkle 1 tsp salt on the cauliflower florets and set it aside.

2. In a medium-sized bowl, combine the plain flour, garlic powder, cornstarch, nutritional yeast, smoked paprika and plant-based milk. Add 1 tbsp water and salt to taste. Mix it well.

Continued on the next page





## DIRECTIONS

3. Dip the cauliflower into the batter and coat with breadcrumbs, then place them on a baking sheet and bake for 25 minutes at 210 degrees Celsius.

4. Meanwhile combine the soy sauce, water, maple syrup, juice of 1 lemon, sriracha hot sauce, ketchup and cornstarch. Mix well and set aside.

5. In a non-stick pan, toast 1 tbsp. sesame seeds for 1-2 minutes or until golden brown (optional). Sauté 4 cloves of diced garlic and pour the sauce mixture into the pan. Stir until the sauce thickens.

6. Add the baked cauliflower florets into the pan and give it a good stir, making sure that they are well coated with the sauce.

7. Transfer to a plate and top with chopped spring onions and sesame seeds. Serve immediately and enjoy with steamed rice.



STICKY CAULI  
WINGS BY FREY  
AND MARIA



# SPICY GREEN BEAN CURRY

---

RECIPE BY : MITCHELLE ANDREY

## INGREDIENTS

- Onion
- Garlic
- Red Chilis
- Cup of rice wash (rice water)
- Coconut Milk
- Long Beans
- Green Beans
- Okra (lady finger)
- Snow peas

## DIRECTIONS

1 In a sauce pan drizzle some oil, and heat on a low to medium heat. Then sauté the onion and garlic, until browned. Add the long and green beans, and sauté for 8-10 minutes.

2. Next add the Okra and Snow peas, and mix. Add the rice water and let it simmer for 5 minutes.

3. Add the chilli and coconut milk, turn to low heat and stir for 8 minutes. Cover and simmer for 5 minutes.

4. Remove from heat and serve with a cup of warm rice. Enjoy!





# LENTIL BOLOGNAISE

---

RECIPE BY: LOUISE CLARE CAYZER  
INSTAGRAM @VEGAN\_LARDER

## INGREDIENTS

- 1 can tomatoes
- 2 tbsp tomato paste
- 1 large onion very finely chopped
- 1 large carrot very finely chopped
- 3-4 cloves garlic
- 1 tbsp olive oil
- 500 g cooked puy or green lentils
- ⅓ cup red wine
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 bay leaf
- 1 tsp Marmite or Vegemite (or other yeast extract)

Optional extras:

- 1 tsp Chilli powder
- Handful halved cherry tomatoes
- A few drops of liquid smoke
- Fresh herbs to sprinkle on at the end
- 50 g Dried Soya Mince (This creates a more "meaty" Texture. Note: you will need to add a little extra water if using this)

Cooking method on the next page





## DIRECTIONS

1. In a large pan sauté the onions, garlic (if using) & carrot in the olive oil until soft.
2. Add the tomato paste and stir until combined.
3. Add the lentils, herbs, wine, tin of tomatoes, Marmite or Vegemite plus any other optional extras and simmer for around 20 mins.
4. Serve over spaghetti, or as a filling for a pie or with some mash.

LENTIL  
BOLOGNAISE BY  
LOUISE CLARE



# KOREAN FRIED TOFU

---

RECIPE BY: NADIENE DEANE

## INGREDIENTS

- 300g Tofu (adjust to your needs)
- 10ml dark soy sauce
- 2 tbsp flour
- 4 tbsp cornflour
- 30g Gochujang paste
- 10ml ketchup
- 15ml rice vinegar
- 25g Honey
- 3 cloves chopped garlic
- Vegetable oil
- 1 tsp toasted sesame seeds
- Spring onion (to garnish)

## DIRECTIONS

1. Drain the tofu, cut into bite sized chunks, coat in soy sauce, then coat in cornflour. Heat vegetable oil in a pan, and fry the tofu for about 5 mins, until the flour is cooked and a little crispy. Remove and place on a paper towel.
2. Mix together the gochujang paste, vinegar, ketchup honey and a tbsp water.
3. In a clean pan, fry garlic for a minute, then add your sauce mix. Once thickened add your tofu and sesame seeds. Give it a good toss VOILA!! Garnish with sliced spring onions, and serve with rice.





# THE BEST VEGAN RAMEN

---

RECIPE BY : KYLIE PERROTTI  
INSTAGRAM @TRIEDANDTRUERECIPES

## INGREDIENTS

- 1 tbsp avocado oil
- 1 yellow onion peeled and thinly sliced
- 8 ounces shiitake mushrooms thinly sliced
- 4 cups vegetable stock
- ¼ cup mirin
- 1 tablespoon soy sauce
- 1 bunch red radishes greens reserved, radishes thinly sliced into rounds
- 2 tsp sesame oil
- 2 tsp shichimi togarashi
- 1 tsp black sesame seeds or use white sesame seeds
- 2 tbsp red miso
- ⅓ cup tahini
- 2 tbsp chili oil to taste, add as much or as little as you like
- 12 ounces fresh green beans halved
- 16 ounces fresh or frozen ramen noodles
- Salt and pepper to taste

Cooking method on the next page





## DIRECTIONS

1. Heat oil in a large pot over medium heat. Add the onions and cook, stirring regularly, for 5 minutes until they just begin to soften.
2. Add the sliced shiitake mushrooms to the onions and cook for 5-6 minutes. Season with salt and pepper.
3. Add the mirin and soy sauce to the mushrooms. Pour in the vegetable stock and bring to a boil. Reduce heat and simmer for 30 minutes.
4. Rinse the radish greens thoroughly and set aside. Toss the sliced radishes with sesame oil, shichimi togarashi, salt, and sesame seeds and set aside.
5. Combine the miso, tahini, and chilli oil in a bowl and whisk until mostly smooth. Set aside.
6. Right before the broth finishes simmering, add the noodles to boiling water. Drain and divide the cooked noodles between four bowls.
7. Turn the heat down to very low on the broth. Whisk in the miso mixture. Add the green beans and radish greens and allow the heat from the broth to cook the beans. Once the beans are bright green and tender-crisp, turn off the heat. Taste and season to your preferences.
8. Ladle the hot broth over the ramen noodles. Arrange the sliced radishes on top. Enjoy!



THE BEST VEGAN  
RAMEN BY KYLIE  
PERROTTI



# CHICKPEAS & GREENS

---

RECIPE BY: EMMA LEWIN  
(INSPIRED BY THE BROKE VEGAN)

## INGREDIENTS

- 3 tbsp olive oil
- 1 large red onion, finely sliced
- 2 garlic cloves, crushed or chopped
- 1 tsp sweet paprika
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- 2 x 400g tin chickpeas
- 400g tin chopped tomatoes
- 400g leafy greens (kale, spinach, chard)
- 50g raisins or sultanas
- Salt & Pepper

## DIRECTIONS

1. Heat the oil in a large pan, add the onion and cook over a low heat for 8-10 minutes until soft.
2. Add the garlic and cook for 2 minutes, then add the spices and cook for another minute.
3. Add the chickpeas with their liquid, and the chopped tomatoes. Bring to the boil, then simmer for 20 minutes.
4. Add the greens & raisins, cook for 5-10 minutes more, and serve!





# SPICY BEANS & CELERIAC MASH

RECIPE BY : KYLIE PERROTTI  
INSTAGRAM @TRIEDANDTRUERECIPES

## INGREDIENTS

- 1 tablespoon neutral oil for frying
- 2 shallots peeled & sliced into wedges
- 2 tsp smoked paprika
- 2 tsp chilli powder
- 1 tsp sweet paprika
- 1 tsp cayenne powder or crushed red pepper more or less, to taste
- ½ tsp ground white pepper
- 4 cups vegetable stock
- 1 tbsp brown sugar or maple syrup
- 15 ounce can cannelloni/navy beans, or chickpeas; drained and rinsed
- Salt to taste
- 2 scallions minced, white and green parts separated
- 2 pound celery root peeled & cubed
- 4 Yukon gold potatoes peeled & cubed
- ¾ tsp salt plus more, to taste
- 1 tsp garlic powder
- ½ tsp white pepper
- ¾ cup plant-based milk
- ¼ cup cream optional (use coconut milk or your favourite plant-based cream)
- 2 tbsp butter optional

Cooking method on the next page





## DIRECTIONS

1. Heat the oil in a wide pot over medium heat. Add the shallots and cook for 5 minutes, stirring occasionally, until golden brown.
2. Turn the heat to medium-low and add the smoked paprika, chilli powder, sweet paprika, cayenne powder, and white pepper and toss to coat the shallots in the spices. Cook for 30 seconds until the spices become fragrant.
3. Immediately pour in the vegetable stock and bring to a boil. Add the brown sugar and beans and reduce heat to low. Simmer for 30 minutes, seasoning to your preference as the beans cook.
4. Cover the potatoes and celeriac with water in a medium pot and add with 1 teaspoon salt. Bring to a boil and cook for 20-30 minutes until fork tender. Drain.
5. Return the cooked potatoes and celeriac to the pot over low heat. Add the garlic powder, white pepper, and milk and use an immersion blender to puree until desired texture is reached. If a more decadent mash is desired, add cream and butter. Add more milk, as necessary, to reached desired consistency. Taste and season with salt. Keep warm.
6. Right before serving, stir the white parts of the scallions into the beans and cook for 3-4 minutes more. Taste and season once more to your preferences. Turn off the heat.
7. Spoon the mashed celeriac into shallow bowls and flatten it with the back of a spoon. Ladle the beans on top and garnish with more scallions. Enjoy!



SPICY BEAN &  
CELERIAC BY  
KYLIE PERROTTI



# THAI NOODLE SOUP

---

RECIPE BY: SUSANNA KABLE

## INGREDIENTS

Adjust quantities to your needs/liking

- Garlic
- Onion
- Ginger
- Red Curry Paste (vegan)
- Vegetable stock
- "Fysh" sauce
- Soy Sauce
- Vegetables of your choice
- Coconut Milk
- Tofu
- Rice Noodles

## DIRECTIONS

1. Fry-off the garlic, onion, ginger, and vegan red curry paste.
2. Add vegetable stock, "fysh" sauce, soy sauce and stir.
3. Add veggies of your choice and stir until they are cooked through.
4. Add coconut milk at the end and cook through for a few more minutes.
5. Serve with rice noodles, fried tofu, basil, spring onions and chilli. Super easy and super delicious!





# CHICKPEA CURRY

---

RECIPE BY : JADE HOSKINS-BRENNARD

## INGREDIENTS

- 1 medium butternut squash (3-4 cups, cubed)
- 2 tbsp coconut oil
- 1 red onion
- 4 garlic cloves
- thumb sized piece of ginger
- 1 tbsp curry powder
- 1 tsp garam masala
- ½ tsp ground cumin
- ¼ tsp turmeric
- ¼ tsp hot chilli powder
- 1 tin chopped tomatoes (400ml)
- 1 tin coconut milk (400ml)
- 200ml vegetable stock
- 1 can chickpeas (400g)
- Salt and pepper

## DIRECTIONS

1. Preheat oven to 200c. Peel the squash and cut into 1cm cubes. Place on a baking tray, drizzle with oil and salt & pepper, and bake for 35-40 minutes until starting to brown.

Continued on the next page





## DIRECTIONS

2. Add coconut oil to a large pan on medium heat, add the onion and cook for a few minutes. Add the garlic and grated ginger and cook for a further minute.

3. Add all the spices - curry powder, garam masala, cumin, cumin seeds, turmeric, and chilli powder. Cook for 30 seconds until fragrant - you may need to add a little extra oil so it doesn't burn.

4. Add the chopped tomatoes, coconut milk and vegetable stock, and bring to a gentle simmer. Cook for 10 minutes. Transfer to a bowl and blend until smooth. Transfer back to the pan.

5. Add the chickpeas and cook for 5-10 minutes - your sauce will be a nice thick creamy orange colour. Season with salt and pepper, and add some extra chilli pepper.

6. Add the roasted butternut squash to the pan and stir. Serve with basmati rice and top with fresh coriander,

CHICKPEA CURRY  
BY JADE HOSKINS-  
BRENNARD



# CHILLI MUSHROOMS

---

RECIPE BY: FREY AND MARIA  
INSTAGRAM @FREYANDMARIA

## INGREDIENTS

- 10-12 pcs button mushrooms, sliced in half
- ¼ cup cornstarch
- ½ onion, diced
- 4 cloves garlic, diced
- ¼ cup tomato ketchup
- ¼ yellow bell pepper cut into ½ inch chunks
- ¼ red bell pepper cut into ½ inch chunks
- ¼ green bell pepper cut into ½ inch chunks
- 1 tbsp hoisin sauce
- 2 tbsp sweet chilli sauce
- ½ cup water
- 2 tbsp soy sauce
- 2 tbsp raw sugar
- ½ tsp chili flakes

Optional toppings - chopped spring onions and sesame seeds

## DIRECTIONS

1. Boil the mushrooms in a pot for 5-8 minutes, drain the water and transfer them in a large bowl. Add the cornstarch and gently toss to evenly coat the mushrooms.

Continued on the next page



## DIRECTIONS

2. Next, lay them onto a baking sheet and bake in the oven for 15 minutes at 200 degrees Celsius.

3. In a non-stick pan, sauté the garlic, onion, green bell pepper, red bell pepper, yellow bell pepper, chilli flakes, ketchup, sweet chilli sauce, hoisin sauce, soy sauce and water. Mix them well. Let simmer for 5 minutes or until sauce has thickened.

4. Add the baked mushrooms into the pan and give it a good stir. Then add the raw sugar and continue mixing for another 2 minutes making sure that the mushrooms are well coated with the sauce.

5. Transfer onto a plate and top with chopped spring onions and sesame seeds. Serve immediately and enjoy with steamed rice.

CHILLI  
MUSHROOMS BY  
FREY AND MARIA



# CRUNCHY FALAFEL

---

RECIPE BY: ARETHA SANKOFFEE BURNS  
(INSPIRED BY SIMON BRYANT)

## INGREDIENTS

- 100g (½ cup) dried chickpeas
- 100g (½ cup) dried broad beans
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 long green chillies, de-seeded and chopped
- ½ tsp baking powder
- 2 tbsp plain or cornflour, if needed
- salt flakes & cracked black pepper
- ½ bunch parsley leaves, roughly chopped
- ½ bunch coriander leaves, roughly chopped
- ½ bunch mint leaves, roughly chopped
- 2 cups flavour neutral oil

Cooking method on the next page



## DIRECTIONS

1. For best results prepare the night before by soaking your chickpeas and broad beans in plenty of cold water in the fridge overnight.

2. Drain the water and place both the chickpeas and broad beans into a food processor along with onion, garlic, ground coriander, cumin, chilli, baking powder, salt and pepper. Pulse until the mixture starts to bind together. Add the parsley, coriander and mint, then pulse to mix through.

3. Grab a golf ball-sized amount of the mixture and form a ball. The mixture should be sticky - If the mix is either too wet or too crumbly, add about 1½ tbsp of flour, and pulse again.

4. Preheat oven to 180°C (fan-forced). Heat the oil in a large, deep saucepan. Working in batches, fry the falafels for 3-4 mins until golden brown. Drain on paper towel then transfer to a baking tray and finish in the oven for 5 or so minutes.

5. Serve your falafel with tabbouleh or salad, hummus, tzatziki and garlic herb naan/flatbreads. Delicious!

CRUNCHY FALAFEL  
BY ARETHA  
SANKOFFEE BURNS



# TRADITIONAL RATATOUILLE

---

RECIPE BY: ROSE MITCHELL  
(INSPIRED BY TASTY)

## INGREDIENTS

- 2 eggplants
- 6 roma tomatoes
- 2 yellow squashes
- 2 zucchini's
- 2 tbsp olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 red capsicum/bell pepper, diced
- 1 yellow capsicum/bell pepper, diced
- 2 cans of crushed tomatoes (approx. 800g)
- 2 tbsp chopped fresh basil
- 2 tbsp chopped fresh basil
- 1 tsp garlic, minced
- 2 tbsp Chopped fresh parsley
- 2 tsp fresh thyme
- Salt & pepper, to taste
- 4 tbsp olive oil

## DIRECTIONS

1. Preheat the oven 190°C. Slice the eggplant, tomatoes, squash, and zucchini into approximately 1-mm slices.

Continued on the next page





## DIRECTIONS

2. Heat the olive oil in a 12-inch/30-cm oven-safe pan over medium-high heat. Sauté the onion, garlic, and capsicum/peppers until soft.

3. Season with salt & pepper, then add the tinned tomatoes. Stir to mix all the ingredients. Remove from heat, then stir in the basil.

4. Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce making a spiral pattern. Season with salt & pepper.

5. In a bowl, mix together the remaining herbs - garlic, basil, parsley, thyme, salt, pepper and olive oil. Spoon this over the vegetables.

6. Cover the pan with foil and bake for 40 minutes. Uncover, and bake for another 20 minutes. Serve and enjoy!

ROSE'S  
RATATOUILLE BY  
ROSE MITCHELL



# VEGAN BEEF & BROCCOLI

---

RECIPE BY: ANIQUE HUNTER

## INGREDIENTS

Adjust quantities to your needs/liking

- Large Portobello mushroom (allow 1 per person)
- Broccoli
- Onion
- Garlic
- Gravy of your choice

## DIRECTIONS

1. Chop the onion and mince the garlic, then add to your pan with a little oil. While this is cooking, thinly slice your portobello mushrooms, add to the pan and cook until browned.

2. Add your gravy to the pan and a little water and stir to coat the mushrooms.

3. Add in the chopped broccoli - lay this on top to steam.

4. Once cooked through season with some salt and pepper - a little extra pepper will give it a lovely peppery kick. Delicious and easy!



# RED LENTIL CHILLI

---

RECIPE BY: DONNA MORRISON

## INGREDIENTS

- 450 grams of red lentils
- 8 cups of water
- 2 cans of salt free tomatoes
- ½ cup salt-free tomato paste
- 1 large onion, chopped
- 2 large red capsicum
- 12 dates
- 8 cloves of garlic, finely minced
- 4 tbsp apple cider vinegar
- 1½ tbsp parsley flakes
- 1½ tbsp oregano
- 1½ tbsp salt-free chilli powder
- 2 tsp smoked paprika
- ½ tsp chipotle powder
- ¼ tsp crushed red pepper flakes

## DIRECTIONS

1. Blend the dates, tomatoes, capsicum and garlic in a blender and blend until smooth.
2. Place all remaining ingredients with the sauce into an electric pressure cooker and cook on high for 10 minutes, or alternatively, place all ingredients in a slow cooker and cook on low for 6-8 hours.





# DAL KHICHDI (YELLOW LENTILS)

---

RECIPE BY: AASTHA BAPNA

## INGREDIENTS

- ½ cup basmati rice
- ¼ cup yellow lentils (any lentils are fine) I used “yellow moong dal”
- 2½ cups water
- Salt
- ¼ tsp Turmeric
- Paprika/ red pepper powder
- Olive oil / ghee/ butter

## DIRECTIONS

1. Wash and soak the lentils and rice for about 20 mins, then drain.
2. In a pressure cooker/rice cooker, add rice, lentils, water, turmeric and some salt to taste. You can increase the water if you like to make it more mashed. After 2-3 whistles, turn off the cooker, and let it cool down.
3. Open the lid, mash the Khichdi with a spoon, add more water if needed and cook in open lid for about 5 more mins.
4. Serve topped with olive oil and black pepper - these combined with the turmeric are a super immunity booster!



# LENTIL MEATBALLS

---

RECIPE BY: ROBERTA COLOMBO  
INSTAGRAM @MYVEGATELIER

## INGREDIENTS

- 70g sweet potato
- 100g lentils
- 2 tbsp soya sauce
- 2 tbsp extra virgin olive oil
- 2 tsp of garlic paste, (can be replaced with a couple of cloves of fresh garlic and a dash of oil)
- Garlic powder
- Onion powder
- Salt & pepper
- Pinch nutmeg
- Bunch of fresh herbs - parsley, chives, basil
- 2 tbsps ground linseed
- 1 tbsp of psyllium husk

Cooking method on the next page





## DIRECTIONS

1. Steam your sweet potato, and then brown off in a pan.
2. Cook the lentils in a pan with oil, seasoning, a stock cube and water.
3. Blend the sweet potato, lentils and remaining ingredients until you have a patty mixture, season, and then refrigerate for a couple of hours to set.
4. Form your mixture into meatballs, and either serve them browned in a pan, with a simple tomato sauce, or add them to skewers with veggies for a great BBQ dish!

LENTIL & POTATO  
MEATBALLS BY  
ROBERTA COLOMBO



# BAKED 'HONEY' MUSTARD TOFU

---

RECIPE BY: TRACEY SHARMAN  
INSTAGRAM @THE\_LENTIL\_DIARIES

## INGREDIENTS

Adjust quantities to your needs

- Firm tofu
- Vegan chicken stock
- Vegan Beef stock
- Rice Malt Syrup
- Brown Sugar
- Dijon Mustard
- Pepper

## DIRECTIONS

1. Freeze, thaw and then press the tofu first, to remove excess water. This helps the tofu to absorb the flavours.

2. Score your tofu, and then marinade in a mixture of vegan beef and chicken stock (to get a ham like flavour) with liquid smoke and olive oil.

3. After a couple of hours drain the tofu (saving the marinade) and roast for 40 minutes.

Continued on the next page





## DIRECTIONS

4. Whilst the tofu is roasting, take the marinade liquid and put into a pan with about 3 tbsp rice malt syrup, a little brown sugar, good dollops of dijon mustard and pepper. Simmer until it thickens.

5. Slather this mixture over your roasted tofu, and do a second roasting for about 15 mins. Keep basting every 5 mins.

6. Allow to cool slightly before serving. It's easier to slice if you turn it over first and cut from the solid side.

7. Serve with jacket potatoes, whipped herb butter and steamed veg, or why not try Tracey's Yorkshire Pudding recipe on page 91 for a full roast dinner!

'HONEY' MUSTARD  
BAKED TOFU BY  
TRACEY SHARMAN

# VEGAN 'FISH' AND CHIPS

---

RECIPE BY: PATRICIA BURTON

## INGREDIENTS

For the vegan 'fish'

- 2 cans of banana blossom

Marinade:

- ¼ cup soy sauce
- ¼ cup olive oil
- ½ cup seaweed
- 2-3 tbsp lime juice
- 3 cloves of garlic chopped & minced
- 2 tbsp vegan fish seasoning
- 2 tbsp all purpose seasoning
- Sea salt & pepper, to taste

You can also use a fresh banana blossom taken from the heart of the flower aka the heart of palm... An alternative is a can of Jackfruit using the same methods.

For the batter mixture:

- ¾ Cup Plain flour
- ¼ cup Corn flour
- 2 tbsp Baking powder
- ¼ Salt
- 1 Tbsp all purpose seasoning
- 1 Tbsp Dried thyme (optional)
- 1 can of light beer of your choice (or ginger beer or sparkling water)

Cooking method on the next page





## DIRECTIONS

1. Whisk together your marinade ingredients until it meets a medium to thick consistency.
2. Leave in fridge for about 20 minutes to rest.
3. Drain your banana blossom and rinse - be as delicate and quick as possible before it starts to oxidise to change colour and fall apart.
4. Immerse the long pieces in the marinade with delicate handling and leave in the fridge for at least 1 hour - for best results & flavour, prepare your 'fish' a day in advance and let marinade overnight in the fridge.
5. You can also use nori or rice sheets (optional) to wrap the banana blossom from marinade to keep from falling apart.
6. When ready to cook, heat some vegetable oil in a pot on high heat (enough to deep fry).
7. Prepare your batter mixture.
8. Dust your marinated banana blossoms in flour before dipping into the batter, making sure to coat all sides.
9. Slowly place your banana blossom pieces into the heated oil. Make sure to turn and cook all sides, for out 3 minutes or until golden.
10. Remove your battered pieces with tongs and place on mesh to drain off excess oil (this will also help to keep it crunchy!)
11. Enjoy with homemade french fries and vegan tartare sauce.

VEGAN FISH  
AND CHIPS BY  
PATRICIA BURTON



# BLACK PEPPER CRISPY TOFU

---

RECIPE BY: PAULINE DAVIES

## INGREDIENTS

- 500g Firm tofu cut into cubes
- 2 Tbsp cornflour (cornstarch)
- 2 Tbsp veg or sesame oil
- 3 French shallot finely chopped
- 1 cup chopped green beans

Sauce:

- 3 Tbsp soy sauce
- 2 Tsp dark soy
- 2 Tsp sugar
- 1 Tsp ground ginger
- 1 Tbsp freshly ground black pepper
- 1 Tbsp Asian black vinegar (optional)
- ½ Tsp cornflour (cornstarch)

Cooking method on the next page





## DIRECTIONS

1. Add sauce ingredients to a bowl stir well until sugar has dissolved.
2. Press tofu and cut into cubes, coat in cornflour using a bowl or zip lock bag.
3. Heat oil in pan, add tofu, tossing till all is lightly golden and crispy. Remove & place on paper towel.
4. Add a little more oil to the pan if necessary and cook the shallots and beans cook for a few minutes.
5. Add sauce, stir thoroughly till it starts to bubble, add tofu and toss till everything is well coated and glossy.
6. Serve with brown rice & enjoy!

BLACK PEPPER  
TOFU BY PAULINE  
DAVIES



# SPANISH PAELLA

---

RECIPE BY: AYÍKIPÍSIM WASKAHAT  
(INSPIRED BY @VEGANHUGGS.COM)

## INGREDIENTS

- 3 Tbsp olive oil
- 4 cups vegetable broth
- 1 tsp saffron threads
- 1 medium onion - diced
- 1 red bell pepper - cut into strips
- 5 cloves garlic - chopped or minced
- 1 large tomato - diced
- 1 ½ cups sub arborio rice
- 1 ½ tsp smoked paprika
- Salt & pepper to taste
- 2 sprigs fresh thyme
- ¾ cup frozen peas - thawed

Cooking method on the next page





## DIRECTIONS

1. Bring stock to a simmer in a saucepan over medium-high. Add Saffron, then lower heat to keep it warm.
2. Heat 2 Tbsps of oil in a 12-inch Paella Pan (or similar sized frypan). Add onions and peppers and sauté until lightly browned, for about 3-5 mins. Then add the garlic and sauté for a further 1 min.
3. Add tomatoes & paprika, sauté for 1-2 mins.
4. Add the rice and 1 Tbsp of oil to the pan. Stir to coat well for 1 min to lightly toast the rice.
5. Add the thyme and slowly pour in broth. Add salt and pepper. Do not stir after this point or it will release starches and cause creamier rice. Turn the heat to medium-high and bring the broth to a heavy simmer for 1-2 minutes.
6. Now turn the heat down (medium-low) to a mild simmer. You want to see movement in the pan, but not boiling. Simmer for 15-20 minutes until rice is al dente. Rotate the pan for even heat distribution.
7. Once the broth is nearly cooked off, you will need to pay close attention to the golden rice crust forming on the bottom of the pan. You will start to hear a snap, crackle, and pop, along with smelling a nutty aroma. This should take 1-2 minutes to form. Stick a fork or spoon straight to the bottom to test if it's forming. (If it smells like it's burning, remove from heat immediately).
8. Remove pan, and add peas to the top of the rice (don't mix in). Cover the pan with foil and let rest for 5-8 minutes.
9. Top with fresh-cut parsley, cracked pepper and side with lemon wedges to serve.

SPANISH PAELLA  
BY AYÏKIPÏSIM  
WASKAHAT



# CHICKPEA MAC & CHEEZE

---

RECIPE BY: APRIL VAFEAS & SON

## INGREDIENTS

- 2 Tbsps olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 Tbsp ginger paste
- 1 Tbsp garlic paste
- 1 tsp mild chilli powder
- 1 tsp garam masala
- 1 tsp ground cumin
- 1 tsp kosher salt
- 16 oz macaroni
- 4 cups low sodium vegetable stock
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 x tin of chickpeas
- Spinach
- 1 tsp red chilli flakes optional
- Breadcrumbs for topping

Cooking method on the next page





## DIRECTIONS

1. Set your Instant Pot to sauté mode & heat oil. Add onions, peppers and jalapeños, and sauté for 3-4 minutes, or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chilli powder, garam masala, cumin, salt & mix well. Add your macaroni, chickpeas & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode and add milk, then add the cheeses a handful at a time, and stir well. Add more milk if needed. Continue to stir until the cheeses have made a smooth creamy sauce. Turn off the sauté mode once all the cheese is melted.
4. Stir through spinach, and garnish with red chilli flakes & breadcrumbs.

CHICKPEA MAC &  
CHEEZE BY APRIL  
VAFEAS & SON



# MIXED BEAN CHILLI

---

RECIPE BY: FREY & MARIA  
INSTAGRAM @FREYANDMARIA

## INGREDIENTS

- 420g canned mixed beans (red kidney, pinto & black beans)
- 420g canned brown lentils
- 420g canned diced tomatoes
- 2 tbsp. nutritional yeast
- 1 tsp dried oregano
- 1 tsp cumin & 1 tsp cinnamon
- 1/2 yellow bell pepper diced
- 1 medium-sized onion, diced
- 1 cube of vegetable stock
- Chilli flakes, salt & pepper to taste
- Fresh parsley (optional)

Cooking method on the next page





## DIRECTIONS

1. In a medium-sized pot, sauté the onion & yellow bell pepper. Add the vegetable stock cube and lentils.
2. Add the cumin, cinnamon, oregano and a pinch of chili flakes. Stir well.
3. Add the diced tomatoes and pour 1/4 cup of water. Give it a good mix.
4. Add the mixed beans to the pot. Season with salt & pepper to taste.
5. Cover with lid and let it simmer for 5-7 minutes. Once done, add the nutritional yeast and some fresh parsley (optional). Mix it well.
6. Serve with fresh parsley, rice or corn tortilla chips.

BEAN CHILLI BY  
FREY & MARIA



# GLUTEN-FREE GNOCCHI

---

RECIPE BY: TRACEY SHARMAN

## INGREDIENTS

- 400g sweet potato peeled and cut into 1 inch chunks
- 75g potato cut into chunks
- 350g gf self raising flour
- Salt & pepper

## DIRECTIONS

1. Steam the potatoes until tender then allow to cool completely.
2. Mash well in a large bowl. Add in the flour, salt & pepper and gently mix together to form a soft dough. Use your hands - its easier and hands were invented before spoons.
3. Your dough shouldn't be sticky but you don't want to add too much flour either. You should be able to press the dough and leave an indent but without it feeling gummy or tacky. If you need to add a little more flour do so but be very careful not to overwork or you'll end up with heavy, doughy gnocchi.

Method continued on the next page





## DIRECTIONS


4. Roughly divide the dough into 4 and roll each piece out into a sausage shape. Cut each sausage into roughly one inch pieces. You can leave them exactly like that or create patterns with a fork or whatever.

5. I like to just sit my gnocchi in the fridge uncovered for a while just to dry them out.

6. Then, in batches, drop them into boiling salted water. As soon as they pop up to the surface they are cooked. Scoop them out with a slotted spoon and transfer them to a lightly oiled plate or two. You can either serve straight away as is or you can do a second step (which I always do) and fry in a little olive oil or butter until slightly golden.

7. You can also freeze the gnocchi at the uncooked, cut stage.

8. I served with some dry fried mushrooms and broccoli and finished with spinach. The butter dressing was simply butter melted with thyme leaves, lemon juice and seasoned with salt and pepper.



GF GNOCCHI  
BY TRACEY  
SHARMAN



# HOMEMADE SPINACH & TOFU RAVIOLI

---

RECIPE BY: MARION VEIGEL

## INGREDIENTS

- 2 Cups all-purpose flour (plus x 2 Tbsps for kneading)
- 1 tsp of salt
- 2 Tbsps olive oil
- $\frac{3}{4}$  Cups cold water
- 1 onion
- 1 clove crushed garlic
- 1 large packet of baby spinach
- 1 packet of silken tofu
- Nutmeg
- Nutritional yeast
- Breadcrumbs
- Salt & pepper to taste
- Chilli

Marion loves to serve this in a sauce made with olive oil and chilli, plus fresh tomatoes and garlic from Marion's garden. "It is a process but well worth it for some mindful eating."



## DIRECTIONS

1. Dough: Place all purpose flour into a large bowl along with salt, then gently pour in the olive oil and cold water.
2. Mix with a spoon and when a ball of dough starts to form, dump the dough onto a surface covered with flour.
3. Knead the dough for 5 mins until smooth, adding flour as needed to stop the dough from sticking to your hands. It needs to be easy enough to handle but still sticky.
4. Wrap the dough in plastic wrap then refrigerate for at least half an hour before rolling out.
5. Filling: Fry the onion and a clove of crushed garlic in a pan then add 1 large packet of baby spinach leaves to wilt. Add a packet of silken tofu to the mix and season with salt, pepper, nutmeg and nutritional yeast, then add to this 2/3 of a cup of fresh breadcrumbs.
6. Cut the pasta dough into four pieces. Run one piece through a pasta machine, starting with the widest setting and working down to the thinnest setting. Keep the machine and pasta well floured to prevent sticking or tearing.
7. To make the ravioli, cut a sheet of pasta in half so you have 2 equal lengths. Lay out on a well-floured surface, then spoon heaped tsps of the filling, spaced 5cm apart, over one of the pasta sheets. Brush the pasta around the filling with water. Place the 2nd sheet over the fillings, and use the side of your hand to press the sheets together around the fillings to seal, ensuring there are no air bubbles.
8. Cut out the ravioli squares using a cutter or a sharp knife.
9. Cook in a large pan of boiling salted water, gently lowering the ravioli using a slotted spoon. Boil for 2-3 mins until the pasta is cooked through.

HOMEMADE VEGAN  
RAVIOLI BY  
MARION VEIGEL



# SWEDISH MEAT BALLS

---

RECIPE BY: LINDA KOLTON

## INGREDIENTS

- 2 tbsp olive oil
- 1 medium eggplant, peeled and cut into 1-inch cubes
- 1 small onion, finely chopped
- 1 tsp salt
- 3 large garlic cloves, minced
- 1 cup oats
- 2 cups breadcrumbs, divided
- ½ cup walnuts
- ½ tsp salt, ¼ tsp ground nutmeg, ¼ tsp ground black pepper
- 1 400g can white beans, drained and rinsed

For the gravy:

- ¼ cup vegan butter
- ¼ cup all-purpose flour
- 3 cups vegetable stock
- ⅓ cup nutritional yeast
- 2 tbsp soy sauce
- 1 tbsp vegan Worcestershire sauce, optional or substitute 2 tspns of lemon juice or vinegar
- 2 tsp Dijon mustard
- ½ tsp ground white pepper
- 1 cup unsweetened, plain non-dairy yogurt

Cooking method on the next page

## DIRECTIONS

1. Heat the oil in a large skillet over medium heat. Add the eggplant, onion, and salt. Cook, stirring occasionally, for 15 to 20 mins. Add garlic in the last couple of mins of cooking. Remove from heat and set aside.
2. Preheat the oven to 375°F. Line a baking tray with baking paper. In a food processor pulse together the oats, 1 cup of breadcrumbs, walnuts, salt, nutmeg, and black pepper. Add the white beans and process until combined. Transfer the eggplant to the food processor, scraping in any brown bits in the pan, and pulse until everything is combined but not puréed.
3. Spread 2 Tbsps of oil on the parchment. Place the remaining 1 cup of breadcrumbs in a small bowl. Using a Tbsp or portion scoop, shape the mixture into balls approximately 1 1/2 inches in diameter. Roll each one in breadcrumbs and arrange them on the baking tray. Bake for about 30 mins (turning over halfway) until the meatballs are firm and crispy.
4. To make the gravy, melt the butter in the eggplant pan, then whisk in the flour and cook for about 3 mins. Whisk in the broth and stir until smooth and thickened. Stir in nutritional yeast, tamari, lemon juice, mustard, pepper, and salt. Gently simmer over med-low heat until the gravy thickens, about 5 mins. Stir in yogurt. Taste and add more salt if you like. Transfer meatballs to the pan and spoon gravy over them. Cook gently for about 5 mins.
5. Serve with cooked pasta or mashed potatoes, or try spiralized vegetables, like sweet potato or zucchini. Garnish with chopped parsley.

SWEDISH  
MEATBALLS BY  
LINDA KOLTON





# SCRUMMY SNACKS & SIDES

1. Aubergine Pate
2. Vegan Pork Pies
3. Brussel Sprout & Red Onion Salad
4. Gorgeous Greens
5. Yorkshire Puddings
6. Indian Cauliflower & Lentil Rolls
7. Spicy Jalapeño Broccoli Slaw
8. Mediterranean Herbed Feta
9. Classic Sauerkraut
10. Irish Potato Farls
11. Easy Peasy Potato Bread
12. Rye, Oats & Seed Bread

# AUBERGINE PATE

---

RECIPE BY: MARGOTKA RYBKA

## INGREDIENTS

- 2 medium aubergines
- Paprika
- Salt
- Olive oil
- 1 onion, chopped
- 200gm soft tofu

## DIRECTIONS

1. Cut the aubergines into slices and coat with paprika, salt and olive oil.
2. Bake at 180C (350F) for 30 minutes.
3. Allow to cool, then add to a blender with the onion and tofu. Blend to a smooth, creamy consistency.
4. Serve with fresh bread or as with some crackers and dairy-free cheese! Enjoy!







AUBERGINE PATE  
BY MARGOTKA  
RYBKA



# VEGAN PORK PIES

---

RECIPE BY: TRACEY SHARMAN  
INSTAGRAM @THE\_LENTIL\_DIARIES

## INGREDIENTS

For the hot water crust

- 300g plain flour
- 130g vegetable shortening
- 80ml water
- Pinch of salt

For the "pork" filling

- 4 Linda McCartney's sausages
- 1 small onion
- ½ cup breadcrumbs
- ¼ whole fresh nutmeg grated
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp mustard
- Salt and pepper

For the jelly layer

- 1 cup cooled chicken style stock (or vegetable if you prefer)
- 2 tsp Jel-It-In

Cooking method on the next page





## DIRECTIONS

1. In a bowl mix the flour and salt, and grate in half of the vegetable shortening. Rub together using your fingers until it resembles breadcrumbs.
2. In a small saucepan on a low to medium heat, add the water and remaining vegetable shortening and heat until the fat has melted and the liquid is hot (not boiling). Pour this liquid into your flour mix and stir together using a wooden spoon. Once cool enough to handle, mix with your hands to form a smooth dough, then wrap in cling film and place in the fridge.
3. Place all filling ingredients into a food processor and blitz - ensuring the mixture is still coarse, but blended enough to hold its shape. Place into a bowl and pop into the fridge.
4. Now, take your pastry out of the fridge and kneed to warm up. Divide into 6 equal pieces. Take one piece and remove roughly a 5th of it (this will form the pie lid). Take the large part and form into a ball before placing it on a lightly floured surface. Using your fingers, gently tease & press out into a rough circle. It needs to be large enough to fill a muffin tin and have an overhang to help form the seal for the lid. Press gently into the tin, making sure you don't create any cracks or holes. Repeat the process with the other 5 pieces, then cover with a damp tea towel.
5. Preheat your oven to 200C. Take the sausage mix, and shape into apricot sized pieces. (Check the size against your pie bottoms - it needs to be smaller and not any higher than the pastry case.) Place the sausage mix balls onto a lined baking sheet, and place into the oven to bake for about 15 minutes.

Continued on the next page

VEGAN PORK PIES  
BY TRACEY  
SHARMAN

## DIRECTIONS

6. Allow to cool and then pop into each pastry shell upside down so that the flat bottom of the sausage is at the top. Take out your spare dough and give it a quick kneed before pressing out into circles large enough to cover the top of the pies. Brush the edge of the bases with a little water and lay a lid over the top. Pinch and squeeze the lid and base edges together to form a seal. Then using a skewer or similar, poke a hole in the centre of each lid.

7. Brush with a little milk and pop into the oven for 40 minutes. After this time, remove each pie from the tray and place them onto a lined baking sheet and bake for a further 10 minutes. Remove from the oven and allow to cool.

8. Now, place a third of your stock into a small bowl and sprinkle in your Jel-It-In. Mix until the powder is all dissolved. Whisk this into the remainder of the stock in a small pan. Heat and simmer for approximately 1 minute, stirring constantly.

9. Now to add the jelly mixture into the pies through the holes in the lids. You can use a syringe, a small funnel, or spoon it in. Add in the jelly until it spills out of the hole in the top. If your jelly begins to set in the pan, just gently reheat. Leave your pies to cool completely, and serve as part of a huge platter of goodies, ensuring you have the essentials - ketchup or brown sauce and pickles!

VEGAN PORK PIES  
BY TRACEY  
SHARMAN



# BRUSSEL SPROUT & RED ONION SALAD

---

RECIPE BY: ADEL WAY

## INGREDIENTS

- Brussel sprouts
- Red onion
- Olive oil
- Baby spinach
- Dried cranberries

## DIRECTIONS

1. Half Brussel sprouts and combine with red onion. place in a baking dish and drizzle with olive oil.
2. Bake for 15-20 minutes at 180C (350F).
3. Allow to cool before serving on a bed of baby spinach. Top with cranberries.







BRUSSEL SPROUT &  
RED ONION SALAD  
BY ADEL WAY



# GORGEOUS GREENS

---

RECIPE BY: PINDIWE FILTANE

## INGREDIENTS

- Spinach
- Broccoli
- Peas
- Olive oil
- Salt & pepper to taste
- Edamame (for extra protein)

## DIRECTIONS

1. Add olive oil or butter to a pan and lightly fry your spinach.
2. Blanch the broccoli in the same pot.
3. in a seperate pot, boil some peas and edamame (for extra protein.)
4. Mix your greens together and season to taste - add a squeeze of lemon if you like too!



# YORKSHIRE PUDDINGS

---

RECIPE BY: TRACEY SHARMAN  
INSTAGRAM @THE\_LENTIL\_DIARIES  
MAKES 12 YORKSHIRES

## INGREDIENTS

- Vegetable oil
- 1 and ½ cups self raising flour
- 1 and ½ cups soy milk
- ½ cup cold water
- Egg replacer to the value of 6 eggs (don't make it up until the recipe specifies) Orgran brand is the best.
- 1 tsp baking powder
- Good pinch of salt

## DIRECTIONS

1. The first and most important thing is to turn your oven on to its highest heat setting.
2. Place about 1 tbsp of vegetable oil into each cavity of the muffin tray. Place the tray onto the middle shelf in your oven and leave there whilst you make up the batter.

Continued on the next page



## DIRECTIONS

3. Sieve the flour, salt and baking powder into a large bowl and whisk in the milk and water until you have a smooth batter. Place into the fridge to chill for ten minutes.

4. Check your tin in the oven. If your eyes sting when you open the oven door, then the oil is hot enough. Leave for a little longer if not. It's the best test for hot oil!

5. Once the oil is ready, make up your egg replacer according to the packet instructions. Take out your batter, give it a good whisk, and gently stir through the replacer.

6. Carefully remove the hot tin and, working quickly, pour the batter into each cavity almost to the top (they will immediately rise a little). Don't worry if they aren't all perfect. Any leftover batter can be used to thicken your gravy. Put them straight back into the oven. **Important note** - do not open the oven door or the Yorkshire's will sink. Leave them for 20-25 minutes until they are golden brown and risen.

7. Serve immediately with lashings of gravy either as an appetiser to a main meal or as part of a Sunday Vegan roast dinner.

YORKSHIRE  
PUDDINGS BY  
TRACEY SHARMAN

# INDIAN CAULI & LENTIL ROLLS

---

RECIPE BY: FIONA GRAY

## INGREDIENTS

- 1 cup split red lentils
- ¼ cup vegetable oil
- 1 onion, diced
- 1 cup cauliflower, finely chopped
- 2 cloves garlic, finely chopped
- 1 tbsp ginger
- 1 tbsp cumin
- 1 tbsp mild curry powder
- 2 tbsp paprika
- ¼ cup roasted salted cashews, finely chopped
- 1 kumara, grated
- 1 cup spinach or kale, finely chopped
- 1 tbsp sweet soy sauce
- 2 tsp salt
- ½ tsp black pepper
- ½ cup plant-based cheese
- 4 sheets pastry

Cooking method on the next page





## DIRECTIONS

1. Add lentils to a pan with 3 cups of water, cook on high for 20 minutes. Drain lentils and set them aside.
2. On low heat add oil, onions, cauliflower, garlic and ginger to a frying pan. Cook for 5 minutes before adding the spices.
3. Add lentils, cashews, kumara, spinach, soy sauce, salt and pepper. Cook until well combined, then refrigerate the mixture until cool.
4. Mix in the cheese, then divide the mixture between the pastry sheets. Roll the pastry into logs, pinching to join.
5. Lightly brush the join and top of the rolls with oil. Slice each roll into 5 and top with a sprinkle of curry powder.
6. Freeze rolls for 20 minutes to firm, then cook rolls on a lined baking tray for 30 minutes at 200 degrees celsius.

INDIAN CAULI &  
LENTIL ROLLS BY  
FIONA GRAY



# SPICY JALAPEÑO BROCCOLI SLAW

---

RECIPE BY: KYLIE PERROTTI  
INSTAGRAM @EXPLORING\_\_VEGAN

## INGREDIENTS

- 1 pound broccoli with stems
- 1 lime
- 1 jalapeño, trimmed
- 1/2 cup loosely packed cilantro
- 6 Tbsps vegan mayonnaise
- 1 Tbsp maple syrup
- 1 Tsp hot sauce of choice
- 1/2 red onion, finely minced
- Salt and pepper to taste

## DIRECTIONS

1. Trim off the bottom 1/2" of the stalks of broccoli, and roughly chop.
2. Pulse in a food processor until finely chopped (in batches, if needed). Don't over-process!
3. Pour the broccoli into a large bowl, and zest the lime into the bowl.
4. Blend lime juice, jalapeño, cilantro, vegan mayonnaise & hot sauce until completely combined and smooth, then pour over the broccoli & toss to combine.
6. Add the finely minced red onion and season to taste with salt and pepper.
7. Garnish with cilantro and a few slices of jalapeño if you like. Enjoy!







SPICY BROCCOLI  
SLAW BY KYLIE  
PERROTTI



# MEDITERRANEAN HERBED FETA

---

RECIPE BY: SKYE MICHAEL CONROY  
THE GENTLE CHEF

## INGREDIENTS

- ½ block extra-firm tofu (about 7 oz before pressing)
- ¼ cup refined coconut oil (not virgin)
- 1 tsp lactic acid powder or 4 tsp fresh lemon juice
- 1 tbsp white wine vinegar or raw apple cider vinegar
- 1 and ¼ tsp fine sea salt
- 1 tsp dried basil
- 1 tsp dried marjoram
- 1 tsp dried oregano
- ¼ tsp onion powder

Note: The basil, marjoram and oregano are optional; omit if plain feta is desired.

Cubed feta is wonderful drizzled with olive oil and served with falafel and other Mediterranean dishes. Store in a zip-lock bag or wrap tightly in plastic wrap in the refrigerator.

Cooking method on the next page





## DIRECTIONS

1. Line a container with plastic wrap or a double-layer of cheesecloth, allowing some excess to hang over the sides. This will help lift the cheese from the container after firming.

2. Press the tofu until it is not releasing any more liquid. It is important that the tofu be as dry as possible. To do this easily and efficiently, wrap the tofu in a lint-free kitchen towel or several layers of paper towels and place on a flat work surface. Press down firmly with your hands while using your upper body weight. Crumble the tofu into a food processor and set aside.

3. Remove the lid from the coconut oil and place the jar or bottle into a microwave. Heat until melted (about 30 seconds to 1 minute depending upon the solidity of the coconut oil); avoid overheating the oil. Alternately, place the jar or bottle into a container filled with near boiling water and let stand until the oil melts. Measure  $\frac{1}{4}$  cup and add to the food processor with the remaining ingredients (herbs & seasoning). Process the contents until very smooth.

4. Transfer the cheese mixture to the lined tin. Pack the mixture with the back of a spoon and smooth the surface as best you can. Cover with plastic wrap and refrigerate for a minimum of 8 hours. This will ensure that the coconut oil has completely solidified. Once firmed, lift the cheese from the container and crumble as needed. When using as a topping for salads, toss the salad first with the dressing and then add the crumbles.

MEDITERRANEAN  
HERBED FETA BY  
SKYE MICHAEL  
CONROY

# CLASSIC SAUERKRAUT

---

RECIPE BY: SVETLANA MAY

## INGREDIENTS

- 1 cabbage (white or red)
- Salt - 2g salt for every 100g cabbage
- 1 tbsp caraway seeds or herbs of your choice

## DIRECTIONS

1. Shred the cabbage, then pop into a big bowl with the salt. Get your hands in there and massage and scrunch it for a minute or two or until the salt has dissolved.
2. Put the juicy cabbage in jars packing it down really well.
3. Use the outer cabbage leaves to cover the compacted cabbage. Press the leaves down till there's enough brine to come right to the top of the jar. Close the lid!
4. Place the jar in a dry spot, at room temperature and out of direct sunlight.
5. Check every day or so. Once it starts hissing and bubbling, loosen the lid to release the building up gases. Secure the lid back on. continue to ferment until you are happy with the taste. I ferment mine for a week.





# IRISH POTATO FARLS

---

RECIPE BY: NOREEN HEFFERNAN

## INGREDIENTS

- 2 cups mashed potato (from approx 3 medium potatoes)
- 1 tbspn butter + extra for frying
- Pinch of salt
- $\frac{3}{4}$  cup (100g) all-purpose flour (plain flour), plus extra for dusting
- $\frac{1}{2}$  teaspoon baking powder

## DIRECTIONS

1. Use leftover mash potato or cook a new batch. Stir in the butter & salt.
2. Mix the flour and baking powder together, then add to the potatoes. Use your hands to bring it together into a dough.
3. Lightly flour your bench. Roll  $\frac{1}{3}$  of the dough out to a circle about 5mm thick. Dust the top with a little flour.
4. Fry the farl on a medium heat in for 3-4 minutes on each side until they are golden brown and are cooked through. Repeat rolling and frying the rest of the dough.
5. Cut into quarters and serve crispy and warm with butter.



# RYE, OATS & SEED BREAD

---

RECIPE BY: NOREEN HEFFERNAN

## INGREDIENTS

- 250g rye flour
- 100g white flour
- ½ tsp brown sugar
- ½ tsp salt
- 1 tsp bread soda
- 1 egg replacement
- 175ml vegan buttermilk
- 150ml water

## DIRECTIONS

1. Preheat oven to 220 degrees C (428F).
2. Mix your dry ingredients together, then mix your wet ingredients together. Finally, mix both together until the mixture is a soft dropping consistency.
3. Place into a lined loaf tin and set aside for 20-30 minutes.
4. Top with extra oats, seeds and nuts if you wish, then bake for 35 minutes. Enjoy with Noreens Sausage & Bean Casserole on page 52.





# EASY PEASY POTATO BREAD

---

RECIPE BY: JANET COFIELD

## INGREDIENTS

- 2 cups of all-purpose flour
- Pinch of salt
- 1½ cups warm water
- Sugar
- 2 tbsp yeast
- 3 medium potatoes, peeled and cut into chunks
- 2 medium carrots
- 3 garlic cloves
- ½ cup vegan mozzarella

## DIRECTIONS

1. Combine the flour and salt. Mix the warm water, sugar, and yeast. Let it sit for 5 minutes.
2. Add this to the flour and mix by hand until your dough forms a ball. Let your dough sit for an hour.
3. Meanwhile, boil your potatoes, carrots, garlic, salt, and sugar. Once soft, mash the veggies and add in the mozzarella.

Continued on the next page





## DIRECTIONS

4. Divide the dough into two pieces, and roll out one piece at a time into circle 1/4 inch thick, add half of the potato mixture to the centre, then fold the edges of the dough to the centre.

5. Push down on the centre gently to make a disc, then use a rolling pin to flatten out - the disc should be around 8 inches across.

6. Use vegan milk and olive oil to brush onto the top of each disc. You can also top your bread with sesame seeds, or any other toppings you like. Bake at 400 degrees F. for 10-15 min.

EASY PEASY  
POTATO BREAD BY  
JANET COFIELD





# DELICIOUS DESSERTS

1. Lemon Tarts
2. Black Bean Choc Mousse
3. Choc Banana Oat Bars
4. Choc Raisin No Bake Balls
5. Mango & Kiwi Chia Pudding
6. Spelt Apple Cake
7. Traditional Scones
8. Peanut Butter Choc Blizzard
9. Strawberry Cheesecake
10. Cinnamon Scrolls
11. Sweet Potato Choc Brownies

# LOVELY LEMON TARTS

---

RECIPE BY: TRACEY SHARMAN  
INSTAGRAM @THE\_LENTIL\_DIARIES

## INGREDIENTS

### Pastry

- 250g flour
- 120g butter
- 30g sugar

### Filling

- 1 cup lemon curd
- 1 cup coconut cream (the solid top part from a chilled tin)
- 1 cup raw cashews blended to a cream with half a cup of soy milk
- 1 tsp vanilla extract
- A little yellow food colouring

## DIRECTIONS

1. Rub all the pastry ingredients together and add cold water. Bring to a dough then wrap and chill for 20 mins.
2. Line your tin(s). I made four smaller tarts from the dough. Bake at 180c for 15 to 20 mins. Allow to cool completely.
3. Combine all the filling ingredients, fill your pastry shells & chill before serving.







LOVELY LEMON  
TARTS BY TRACEY  
SHARMAN



# BLACK BEAN CHOC MOUSSE

---

RECIPE BY: VANESSA A STURMAN  
INSTAGRAM @VEGAN\_LARDER

## INGREDIENTS

- 240g canned black beans
- 90g dark chocolate, melted
- 1 ripe banana
- Splash of plant-based milk
- 2 tbsp sugar (I use coconut palm sugar)
- Pinch of salt

## DIRECTIONS

1. Blend up all the ingredients in a food processor until smooth.
2. Transfer the mixture into 4-6 pots, and leave in the fridge for a few hours.
3. Once set, add some toppings like raspberries and blueberries or your favourite fresh fruit, nut butter, or some broken nuts for an added crunch.





# CHOC BANANA OAT BARS

---

RECIPE BY: LAURA LOUISE

## INGREDIENTS

- 200g Rolled oats
- 4 ripe bananas
- 1 tsp cinnamon
- 1-2 tbsp water
- Dark chocolate (optional)

## DIRECTIONS

1. Pre-heat your oven to 200 c.
2. Mash your bananas in a large bowl, then mix in your oats, cinnamon and water. You may want to add a little more water if your mixture is too dry.
3. Mix until a slightly sticky consistency. At this point you can break up some dark chocolate and crumble in. Mix so that it is evenly distributed.
4. Line a baking tin with baking paper, evenly spread your mixture into the tin, and bake for 20-25 minutes.
5. Once cooled, slice into squares. (approx. 8-10 squares) - Enjoy!

Tip - You can also add fruits like blueberries or sultanas, or nuts & seeds!







CHOC BANANA  
OAT BARS BY  
LAURA LOUISE



# CHOC RAISIN NO-BAKE BALLS

---

RECIPE BY: EMMA LEWIN  
MAKES 18 BALLS

## INGREDIENTS

- 1½ cups rolled oats
- ½ cup chocolate protein powder (about 2 scoops)
- ½ tsp cinnamon
- 1 tbsp chia seeds
- ½ cup smooth natural nut butter (I used almond, make sure it's a sticky, drippy one)
- 3 tbsp honey/maple syrup
- ⅓ cup raisins
- 2-4 tbsp liquid of your choice i.e plant-based milk or water

## DIRECTIONS

1. In a large bowl add the oats, protein powder, cinnamon and chia seeds and stir to combine.
2. Add in the nut-butter and honey/maple syrup. Stir to combine.
3. Add in your raisins. The mixture should be slightly sticky but still crumbly.

Continued on the next page



## DIRECTIONS

4. Slowly add in the liquid 1 tablespoon at a time, and using your hands (VERY messy bit!) combine until it comes together into a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.

5. Roll into balls using hands. Mixture will make approximately 18 ping pong sized balls.

6. Place into a container and pop in the fridge for at least 30 minutes to set. They can be stored in the fridge until ready to eat, will last about a week.

CHOC RAISIN NO  
BAKE BALLS BY  
EMMA LEWIN



# MANGO & KIWI CHIA PUDDING

---

RECIPE BY: FREY & MARIA  
INSTAGRAM @FREYANDMARIA

## INGREDIENTS

- 3 tbsp chia seeds
- ½ cup almond milk
- ¼ cup diced frozen mango or ¼ cup diced kiwi fruit
- 2 tsp maple syrup
- ½ cup plant-based yogurt
- ¼ cup diced mango or ¼ cup diced kiwi

## DIRECTIONS

1. Mix all ingredients together and leave chia pudding in the fridge overnight or keep it refrigerated for at least 2 hours before serving.
2. Top it with your favourite fruit and plant-based yogurt. Enjoy this simple and satisfying snack!





MANGO & KIWI  
CHIA PUDDING BY  
FREY & MARIA



# SPELT APPLE CAKE

---

RECIPE BY: ROBERTA COLOMBO  
INSTAGRAM @MYVEGATELIER

## INGREDIENTS

- 400g apples, thinly sliced
- Juice 1 lemon
- ½ - 1 tbsp cinnamon powder
- 280g spelt flour for cakes
- 100g potato starch
- 100g sugar or 75 g agave
- 100g ground almonds
- 40g poppy seeds
- 1 sachet vanilla sugar
- 1 sachet of baking powder
- 60g grated lemon rind
- 250ml plant-based milk
- 120ml vegetable/seed oil

## DIRECTIONS

1. Sieve the powders, then combine with the liquid ingredients and apples.
2. Stir ensuring all ingredients are mixed together well, then pour into a 28cm cake mould. Top with cinnamon and almond flakes if desired.
3. Bake at 170 degrees for about 1 hour. The time will vary from oven to oven, so make sure to do the toothpick test!
4. Best served the next day, with a warm vanilla sauce.



# CHOCOLATE CAKE

---

RECIPE BY: SUSAN BROWN

## INGREDIENTS

- 2 cups almond flour
- 2 cups all purpose gluten free flour
- 1¾ cups granulated sugar
- 2 tbsp baking powder
- 1 tsp salt
- 2 cups almond milk
- 2 tsp apple cider vinegar
- 1½ tsp vanilla

## DIRECTIONS

1. Preheat oven to 350F (175C) & lightly grease two 8-inch round cake pans. Cut out two round pieces of parchment paper & place them on the bottom of the pans.
2. Whisk together the dry ingredients in a large bowl, pour over the wet ingredients & stir well but do not over mix.
3. Pour the batter evenly into the prepared pans, and bake for 30-35 minutes. When they are done, remove the cake from the pans and let them cool completely.
4. Top with your favourite icing mix, plant-based whipped cream or fruit!







TRADITIONAL  
SCONES BY  
TRACEY SHARMAN



# DEVONSHIRE / CORNISH SCONES

---

RECIPE BY: TRACEY SHARMAN  
INSTAGRAM @THE\_LENTIL\_DIARIES

## INGREDIENTS

- 3 cups self raising flour
- 1 cup dairy free or coconut cream
- 1 cup lemonade

To Serve: Plant-based cream and Jam

## DIRECTIONS

Scones served both the Devonshire and Cornish way to save arguments!

1. Mix all the ingredients into a sticky dough, then press out and cut scones using a floured cutter.
2. Bake at 180 for 15 mins.
3. Once cooled, top with your favourite jam and plant-based cream. Enjoy!





# PEANUT BUTTER CHOC BLIZZARD

---

RECIPE BY: SHONDA KNOWLTON

## INGREDIENTS

### Crumble

- 1½ cup dates
- 1 tsp vanilla
- 1 cup almond meal or raw almonds
- ½ cup peanut butter

### Nice cream

- 4 frozen bananas
- 1 tsp vanilla
- 4 tbsp cocoa powder
- 1 cup unsweetened almond milk, or plant-based milk of your choice

## DIRECTIONS

1. Combine the crumble ingredients in a blender or food processor.
2. Blend together all the ingredients for the nice cream until nice and smooth.
3. in a glass or bowl, create layers of nice cream and crumble, keep layering and then top with extra crumble! Enjoy!



# STRAWBERRY CHEESECAKE

---

RECIPE BY: VANESSA A STURMAN  
INSTAGRAM @VEGAN\_LARDER

## INGREDIENTS

### Biscuit Base

- 120g oats / quinoa flakes
- 130g almonds
- 50g coconut palm sugar / caster sugar
- 1 tsp salt
- 40g milled linseed / flaxseed
- 80g coconut oil / coconut butter /  
vegan margarine, melted

### Cheesecake filling

- 210g cashews (1.5 cups)
- 50g coconut oil, melted ( $\frac{1}{4}$  cup)
- 110g sugar ( $\frac{1}{2}$  cup) (caster sugar will  
keep a whiter colour, but any sugar  
will work fine)
- 150ml coconut cream ( $\frac{2}{3}$  cup)
- Juice and zest of 2 lemons

### Strawberry jelly topping

- $\frac{1}{2}$  tsp agar
- 50g sugar
- 250g strawberries
- 50ml water

Cooking method on the next page





## DIRECTIONS

1. Preheat the oven to 180°C and line the bottom of a spring form tin with some greaseproof paper.

2. Blend up all the base ingredients, except the coconut oil, until you have a fine(ish) crumb. Transfer the mixture to a bowl, and mix in the melted coconut oil. Spoon the mixture into your tin and press down with a spoon so it's compact. Bake for 10 minutes (or 15 minutes for a crunchier base). Once done, leave to cool.

3. Place all the cheesecake filling ingredients in a blender. Blend until nice and smooth. Pour the mixture onto the biscuit base (once it has cooled). Place the whole cheesecake in the fridge for at least 5 hours to set.

4. Once the cheesecake is set, you can add the strawberry topping! Don't try to add it on before it sets or it will just sink into the cheesecake.

5. Remove the stalks from the strawberries and chop roughly. In a saucepan, gently heat the sugar, water and strawberries until the sugar dissolves and the strawberries start to break down. Add the agar and stir gently, simmer for 2- 3 minutes.

6. Allow the jelly to cool for about 10 minutes. Stir occasionally so it does not set. Once cooled, gently pour and spread over the now set cheesecake. Return to the fridge for another half an hour until the strawberry layer has set.

7. To serve - run a knife around the edge of the tin, then release. This cheesecake needs to be kept in the fridge until you are just ready to serve!



STRAWBERRY  
CHEESECAKE BY  
VANESSA STURMAN

# CINNAMON SCROLLS

---

RECIPE BY: HOA NGUYEN  
(INSPIRED BY @AVANTGARDEVEGAN)

## INGREDIENTS

### Dough

- 3½ cups strong white bread flour
- ¾ cup corn flour / corn starch
- ½ cup icing sugar
- 1 & ½ cups / 360ml soy milk
- ½ cup vegan margarine
- 2 tsp fast action dried yeast

### Filling

- 90g dried cherries or dates
- 2 tbsp almond butter
- 1 tbsp ground cinnamon
- 5 tbsp maple syrup
- Water to help blend

### Glaze

- ¾ cup vegan margarine
- ½ cup maple syrup

### Icing

- 1 cup icing sugar
- ¼ cup almond milk
- 1 tsp vanilla essence

Cooking method on the next page



## DIRECTIONS

1. Slowly heat the soy milk & margarine until the margarine has melted, then whisk in the yeast.
2. Add the remaining dry dough ingredients into a large mixing bowl or kitchen mixer, and add your soy milk mix. Add the soy milk mixture to the mixer, and knead for 5-6 minutes.
3. Lightly grease a mixing bowl and place the dough in. Cover with a clean kitchen towel & place somewhere warm for an hour - the mixture will double in size.
4. Mix together the filling ingredients, and add some water to help it blend - the final mixture should be a syrup consistency with small cherry/date pieces in it.
5. Line a baking tray with greaseproof paper. Lightly flour your surface and roll out the dough into a long rectangular shape around 1cm thick.
6. Spread the filling mixture over the dough and then roll up the dough into one big scroll, then cut into approx. 8 even sized pieces. Arrange these cut side up onto the lined tray. Cover the tray with a clean kitchen towel & place the tray somewhere warm for around 45 minutes to rise.
7. Pre-heat oven to around 180 degrees c. Heat the maple & margarine in a saucepan on low heat & remove once melted. Pour this glaze over your scrolls once they have risen, then place in the oven (bottom shelf) for 25 minutes. Add more glaze and cook for a further 10 minutes. Remove & let them cool before removing them from the tin and placing on a wire rack.
8. Once completely cooled, mix together the icing ingredients, and drizzle over your scrolls.

CINNAMON  
SCROLLS BY HOA  
NGUYEN



# SWEET POTATO BROWNIES

---

RECIPE BY: KATIE BOYKIN

## INGREDIENTS

- 1 cup of steamed and mashed sweet potato about one small-medium sweet potato
- 1/3 cup of cocoa powder
- 1/4 cup of oat flour can be made by blending whole oats in your food processor or blender
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup of peanut butter or nut/seed butter of your choice
- 1/4 cup of maple syrup
- 1/4 cup of melted coconut oil
- 3/4 teaspoon of vanilla extract
- 1/3 to 1/2 cup of chocolate chips plus more for topping

These are a hit in my place and my kids love them too. I can't keep them made. Incredibly rich and moist.





## DIRECTIONS

1. Preheat oven to 350 degrees and line an 8x8 baking pan with parchment paper.
2. Ensure that your sweet potato is peeled, rinsed, and dice the before steaming. Steam until all pieces are completely soft and cooked through before adding to your food processor.
3. Add all ingredients (leaving out the chocolate chips) to your food processor and blend until completely smooth and no lumps remain. If you want a sweet brownie, add another tablespoon or two of maple syrup.
4. Stir in desired amount of chocolate chips. Add batter into prepared baking pan. Top with additional chocolate chips.
5. Bake for 25 minutes or until a toothpick comes out clean.

SWEET POTATO  
BROWNIES BY  
KATIE BOYKIN



# THANK YOU!

This year's fabulous No Meat May cookbook was compiled by superstar Laura. Thank you so much to Laura for showcasing the culinary creativity of our community.

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And of course, a HUGE THANK YOU to the amazing No Meat May community - without them this Cookbook would not exist! You can join our Facebook Community for more recipe ideas, support and like minded legends! Search "No Meat May Community" on facebook to join us!

