

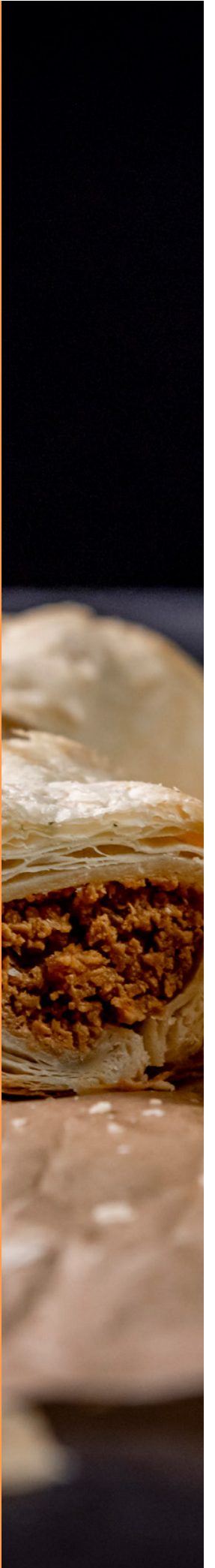


VEGANUARY'S ONE POT MEAL PLAN





LUNCH





CHICKPEA TUNA SANDWICHES

FROM ETHICS & ANTICS

SERVES 2

INGREDIENTS

Chickpea Tuna:

1 can chickpeas

½ cup celery and leaves,
chopped

½ red onion, finely diced

¼ cup vegan mayo, mashed
avocado or hummus

Juice of ½ lemon

½ tsp garlic powder
or minced garlic

2 tbsp fresh dill, diced —
optional

Salt, pepper

Sandwich:

Bread or wrap of your choice

Lettuce

Tomato

Avocado

METHOD

1. Drain and rinse chickpeas, place in a mixing bowl.
2. Use the back of a fork or a masher to mash chickpeas to desired consistency. We leave ours slightly chunky.
3. Add remaining ingredients and mix well.
4. Add salt and pepper to taste.
5. You are now ready to make your sandwich.
6. Place lettuce onto a slice of bread and scoop a large serving of chickpea tuna on top.
7. Add tomatoes, avocado and any other desired ingredients and top with a second slice of bread.





CHILLI BEAN TORTILLA SOUP

FROM HEINZ

SERVES 2

INGREDIENTS

- 1 tin Heinz Baked Beans (or beans of your choice)
- ½ onion
- 1 tin of chopped tomatoes
- 1 tablespoon chipotle pepper paste
- Juice of 1 lime
- 125ml low salt veggie stock
- ½ tablespoon vegan sour cream (optional)
- Crushed tortilla chips for garnish

METHOD

1. Heat a little oil in a sauce pan and add the chopped onion. Cook until browned and then add the chipotle pepper paste.
2. Then add the beans, half a can of tinned tomatoes and a little veggie stock.
3. Bring to the boil.
4. Serve with some crushed tortilla chips and some sour cream on top.



COURGETTE AND MINT FRITTERS

SERVES 4

FROM FILIPPO BERIO

INGREDIENTS

For the Aioli:

3 tbsp chickpea water,
from the can

1 tbsp White Wine Vinegar

½ tsp salt

125ml Filippo Berio Mild &
Light Olive Oil (or olive oil
of your choice)

1 fat garlic clove, crushed

1 tsp lemon juice

For the Fritters:

2 large courgettes,
coarsely grated

150g cooked grains, such as
freekeh or bulgar wheat

4 spring onions, chopped

4 tbsp freshly chopped mint

1 small red chilli, deseeded
and chopped

125g self-raising flour

1 tsp baking powder

1 tbsp Filippo Berio Mild &
Light Olive Oil plus extra for
frying (or olive oil of your
choice)

300ml vegan milk

Salt and freshly ground black
pepper

METHOD

1. For the aioli, place the chickpea water, White Wine Vinegar and salt in a food processor and blend until combined. Slowly add the olive oil with the motor running, making sure it is fully combined before adding more. Add the lemon juice and garlic and mix. Place in the fridge.
2. Place the courgettes in a tea towel and squeeze out the excess water. Place in a large bowl and mix together the grains, spring onions, mint, chilli, flour and baking powder, then stir in the olive oil and milk. Mix well and season to taste.
3. Heat a little olive oil in a frying pan and cook 4 fritters at a time. Add heaped tablespoons of the batter, flatten with a spatula and cook for 3 minutes each side until golden and crisp. Repeat until all the batter is used up.
4. Serve with a spoonful of the aioli and a crisp salad.





CREAMY TOMATO AND OLIVE PASTA

SERVES 4

FROM CALIFIA FARMS AND CHEF TOM WALTON

INGREDIENTS

500g dried rigatoni (or use any pasta you like)

Salt, pepper

2 tbsp olive oil

1/3 cup pitted kalamata olives, roughly chopped

1/3 cup semi-dried tomatoes in oil, roughly chopped

3 cloves garlic, sliced

1 tsp dried chilli flakes

1 punnet grape tomatoes

Zest of 1 lemon

1/4 cup nutritional yeast

2 cups Califia Farms Original Oat Milk (or oat milk of your choice)

Handful flat leaf parsley, roughly chopped

6

METHOD

1. Bring a large pot of lightly salted water to the boil and cook the pasta according to packet times. Drain and set aside to cook your sauce in the same pan.
2. Heat pan to medium/high heat and add olive oil, olives, semi-dried tomatoes, garlic, chilli, grape tomatoes and lemon zest with a generous pinch of salt.
3. Cook for around 4 minutes or until the tomatoes begin to burst, stirring often. Then add the nutritional yeast and stir through.
4. Add the oat milk to the pan and let it simmer for 2 minutes. Drain the pasta and add it to the pan with the parsley. Cook for 1 minute to let the pasta soak up the sauce and thicken, stirring often.
5. Season to taste and serve while hot.





INDIAN SCRAMBLED TOFU

FROM COOKING WITH PARITA

SERVES 1

INGREDIENTS

- ½ tsp cumin seeds
- ½ tsp fennel seeds
- 1 tbsp oil
- 400g tofu
- 2 medium onions, chopped
- 1 bell pepper, chopped
- 2 green chillies, chopped
- 1 large tomato, chopped
- ½ tbsp grated garlic
- 1 tsp grated ginger
- 1 tsp pink salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp ground turmeric
- 2 tsp Kashmiri chilli powder
- ½ juice from a lemon
- ⅛ tsp ground cinnamon
- ¼ cup chopped coriander

METHOD

1. Squeeze excess water out of the tofu.
2. Crumble the tofu into small-medium sized pieces. Set aside.
3. Heat oil in a pan over medium heat. Add in cumin seeds, fennel seeds and mix.
4. Mix in chopped onions and green chillies and sauté onions until translucent.
5. Add grated garlic and grated ginger and cook for 2 minutes or until the raw smell disappears.
6. Add chopped bell pepper and chopped tomato and cook for another 1–2 minutes.
7. Add in ground cumin, ground coriander, ground turmeric, pink salt, Kashmiri chilli powder and cook for 2–3 minutes.
8. Add in crumbled tofu, mix well and cook for another 2 minutes.
9. Mix in ground cinnamon. Squeeze juice lemon and add chopped coriander.
10. Take off heat and serve with chapati/naan.



LEMON CHICKEN SOUP

FROM WICKED KITCHEN

SERVES 2-3

INGREDIENTS

6 king oyster mushrooms
(about 1lb/450g)
3 tbsp vegan butter
3 cloves garlic
3 spring onions
5 tbsp vegan chicken seasoning
such as Wicked Kitchen
Rotisserie Chicken Flavour
Seasoning
Salt and black pepper to taste
1 lemon
2 tbsp cornstarch (cornflour)
Handful of fresh parsley

METHOD

1. Shred the shrooms by running a fork along the length of the stems. Remove the caps and slice them into thin shreds as well.
2. Melt the butter in a soup pot over medium heat. Add the shrooms, tossing to coat, and cook for 2 minutes. Meanwhile, mince the garlic and slice the spring onions. Add those to the pot along with the chicken seasoning and just enough water to cover the ingredients. Season it with a little salt and pepper, then cover and simmer for 10 minutes.
3. Finely grate the zest from about half the lemon into the pot. A microplane grater works well.
4. Mix the cornstarch in 6 tablespoons water until dissolved to create a cloudy slurry. Stir the slurry into the pot, then simmer for about 5 minutes to thicken up the soup.
5. Chop about 2 tablespoons of the parsley, saving some whole leaves for garnish. Stir the chopped parsley into the soup and squeeze in a little bit of the lemon juice (through your hands to catch the seeds). Taste the soup and add more salt, pepper or whatever seasoning you think it needs. If it's too thick and needs more water, stir it in a little at a time.
6. Ladle into bowls and garnish with the whole parsley leaves and a slice or two of lemon.





CASHEW AND KALE DIP

FROM FILIPPO BERIO

INGREDIENTS

150g cashews, soaked in warm water for 1 hour and drained

50g shredded kale leaves

1 garlic clove, crushed

75ml Filippo Berio Extra Virgin Olive Oil (or olive oil of your choice)

2 tbsp lemon juice

2 tbsp cold water

Salt and freshly ground black pepper

METHOD

1. Place the kale in a bowl and pour over boiling water to cover. Leave to stand for 2 minutes.
2. Drain well and squeeze out excess water.
3. Place in a food processor with the cashews and garlic and process until finely chopped.
4. Add the olive oil, lemon juice, water and season well. Blend until smooth and adjust seasoning to taste.
5. Serve with flatbreads, crisps or crackers.





DINNER





CHILLI NO CARNE

FROM MADE IN HACKNEY

INGREDIENTS

400g can red kidney beans
200g chopped vegetables
(celery, carrot, peppers,
mushrooms)
400g can tomatoes
750ml low salt vegetable stock
1 onion
2 cloves garlic
4 tbsp tomato puree
1 tbsp olive oil
1 tsp ground cumin
1 tsp cayenne pepper
1 tsp smoked paprika
2 tbsp olive oil
Juice of a lime
Fresh coriander to garnish
Brown rice, pasta or cous cous
(cooked to packet instructions)

METHOD

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





SAUSAGE AND PEARL BARLEY CASSEROLE

SERVES 6

FROM CAULDRON

INGREDIENTS

2 packs of Cauldron Vegan Lincolnshire Sausages (or vegan sausages of your choice)
6 shallots, finely diced
2 cloves of garlic, crushed
1 medium celeriac, peeled and cubed)
3 medium parsnips, peeled and roughly chopping
1 lemon, zested
2 tbsp lemon juice
1 bay leaf
2 tsp salt
4 sprigs of rosemary, finely chopped
4 sprigs of thyme, finely chopped
240g pearl barley
500ml vegetable stock
100g kale
10g fresh parsley, finely chopped

METHOD

1. In a large sauté pan, add a little oil and fry the sausages in a frying pan and cook according to packet instructions. Once cooked remove and keep warm.
2. Add a touch more oil if needed and place on a low-medium heat. Fry the shallots for 5 minutes, then add the garlic, celeriac, parsnips, lemon zest, lemon juice, bay leaf, salt, rosemary and thyme for a further 3 minutes.
3. Add the pearl barley and the vegetable stock to the pan, bring to the boil and then reduce to a simmer and cook for 40 minutes.
4. Add the kale to the pearl barley mix and cook for a further 5 minutes.
5. Serve the stew topped with the sausages and a garnish of chopped parsley.



TOFU TIKKA MASALA

FROM TOFOO

SERVES 2

INGREDIENTS

1 Pack of The Tofoo
Co Naked Tofoo 280g (or tofu
of your choice)

For the Sauce:

2 tbsp vegetable oil

½ onion

10g fresh ginger

150g tomatoes

2 cloves garlic

½ tsp chilli flakes

1 can coconut milk

Pinch of salt

For the Marinade:

½ cup water

½ tsp salt

1 tsp garam masala

1 tsp paprika

1 tsp ground coriander

¼ tsp turmeric

To Serve:

Handful of fresh coriander

Naan/roti

Poppadoms

METHOD

1. Dice the tofu, then mix marinade ingredients and pour over the tofu. Marinate for 10 minutes or longer if you have time.
2. In deep pan, add 1 tbsp of oil. Dice the onion and fry until tender.
3. Blend the tomatoes with the ginger and garlic until smooth.
4. Add the marinated tofu and marinade to the onion and fry for a few mins, then add the blended tomato, garlic and ginger and the chilli flakes.
5. Cook and stir for a couple of minutes then add the coconut milk. Simmer for 10 minutes then season with salt to taste.
6. Serve with a sprinkle of fresh coriander, warmed naan breads and poppadoms.





'TUNA-FREE' ZESTY LEMON SPAGHETTI

FROM SEABLOOM

SERVES 2

INGREDIENTS

Seabloom Lemon 'Tuna-Free' Flakes — half a pack, defrosted (or vegan tuna of your choice)

Bunch of parsley

4 garlic cloves

200g spaghetti

½ tbsp garlic granules

¼ tsp freshly ground black pepper

¼ tsp Himalayan sea salt

½ tbsp paprika

1 tbsp capers

4 tbsp extra virgin olive oil

Garnish:

Lemon slices

Parsley leaves

METHOD

1. Chop the garlic cloves and parsley stalks.
2. Heat 3 tablespoons of oil.
3. Boil the spaghetti as per packet instructions and set aside.
4. Sauté the garlic and stalks until golden and aromatic — approximately 30 seconds — then set aside along with the oil.
5. Lightly fry the 'tuna-free' flakes (from frozen) with the remaining oil.
6. Add paprika, Himalayan sea salt, freshly ground pepper and garlic granules to the 'tuna-free' flakes.
7. Add cooked spaghetti (loosen with pasta water if required).
8. Add the garlic and parsley oil.
9. Sprinkle in a few capers.
10. Add a squeeze of lemon along with some lemon zest.
11. Garnish with fresh parsley leaves and a lemon slice.





TEMPEH STROGANOFF

FROM BETTER NATURE

INGREDIENTS

1 pack of Better Nature Organic Tempeh (or tempeh of your choice)

½ white onion

250g chopped mushrooms

250ml soya or oat cream

1 vegetable stock cube

2 cloves of garlic, chopped

Salt and pepper

METHOD

1. In a pan, heat your oil then crisp and brown your cubed tempeh pieces. Remove from the pan and put to one side.
2. In the pan cook your onion, garlic, seasoning and the mushrooms. After around 5 minutes, add back in your tempeh along with your stock and vegan cream.
3. Leave this to reduce for 5–10 minutes and you're ready to serve. Serve with rice, breads or stirred through pasta.





SWEDE & COCONUT DAAL

FROM MADE IN HACKNEY

SERVES 10

INGREDIENTS

670g diced swede
5 tbsp coconut, sunflower or rapeseed oil
500g diced onions
65g ginger, peeled and chopped
1 heaped tbsp turmeric
1 heaped tbsp ground cumin (optional)
1 heaped tbsp ground coriander seeds
35g red chilli (if you like a little kick)
585g lentils
1.3 litres coconut milk
500ml water (you may need to add a bit more)
2 ½ tbsp salt
3 ½ tbsp lemon juice
Fresh coriander to garnish

METHOD

1. Gently heat the oil in a pan and cook the onions until they are soft, approximately 10 minutes.
2. Add the chopped swede and cook until it colours, approximately 5 minutes.
3. Add the garlic, ginger and chilli if using and cook for 2 minutes.
4. Add the ground coriander seeds, cumin seeds and turmeric and cook for 1 minute.
5. Add the lentils, coconut milk and water. Stir well and bring to the boil.
6. Then turn the heat down and simmer until the lentils have cooked and the consistency is thick, approx 20 minutes. You may need to add more water.
7. Add salt and lemon juice.
8. Serve garnished with fresh coriander with rice, naan or flatbreads.





VEGAN CHICKEN PAELLA

FROM THE VEGETARIAN BUTCHER

SERVES 10

INGREDIENTS

2 packs The Vegetarian Butcher Impeckable pieces (or vegan chicken pieces of your choice)

1 tbsp vegetable oil

300g paella rice

1 red onion sliced

4 cloves garlic

5g thyme

220g Romano peppers

5g paprika

600ml vegetable stock

100g white wine

150g green beans

1 lemon

METHOD

1. Coat a large frying or paella pan with veg oil and heat over medium-high heat. Add the vegan chicken pieces, onion, garlic, thyme and red peppers.
2. Fry for 2 minutes till golden and add smoked paprika, saffron, paella rice. Keep stirring for 2 minutes to really coat the rice.
3. Add stock, white wine, stir and then cover with lid, lower heat and simmer for 12–15 minutes. For the last 7 minutes add the green beans so they are cooked at the same time but still are that vibrant green colour.
4. Top with a dash of good olive oil, lemon wedges, and your very best side salad.





DESSERTS & SNACKS





CHOCOLATE PROTEIN PANCAKES

FROM GROUNDED

SERVES 4

INGREDIENTS

170ml of Grounded® Choc Protein M*lkshake (or your preferred vegan protein chocolate milk)

175g self-raising flour

1 tsp melted coconut oil

1 tsp chia seeds

1 tbsp cacao powder (optional)

Drizzle maple syrup

Fresh berries to decorate

METHOD

1. Stir all the ingredients (except the berries and syrup) together to form a smooth, thick batter.
2. Melt a little coconut oil in a pan over a medium heat.
3. Once warm, spoon a large tablespoon of the batter into the pan.
4. Cook on one side for 3–4 minutes then flip.
5. Drizzle with maple syrup and top with fresh berries.





CARROT CAKE BITES

FROM LAURA HEMMINGTON

SERVES 10

INGREDIENTS

- 80g walnuts
- 1 small carrot, grated
- 7 dates, pitted
- Zest of 1 lemon (unwaxed)
- Pinch ground cinnamon
- Pinch ground nutmeg
- 1 tsp maple syrup
- 15g dried fruit (goji berries, sour cherries or sultanas)
- 25g desiccated coconut

METHOD

1. Begin by blitzing the walnuts in a food processor until they form a powder (how chunky you want this to be is up to you).
2. Add the rest of the ingredients, except the coconut, to the food processor and pulse on a slow speed until they all come together. Increase the speed to form a smoother paste.
3. Taking a teaspoon of the carrot cake mixture at a time, roll into balls using your hands and coat in the coconut.
4. Place in the freezer until needed.





EASY PEASY BANANA ICECREAM

FROM JANE LAND

SERVES 2-3

INGREDIENTS

3 large bananas

Plant milk (only a little)

Vegan chocolate for melting

Chopped nuts

METHOD

1. Peel and chop the bananas into thick slices.
2. Lay flat on a tray or plate, and place in freezer for at least two hours.
3. Just before the two hours is up, melt some chocolate in a pan, and crush/chop your nuts.
4. Put frozen banana slices in a blender and whizz — you will need to stop and give it a stir with a spoon/break up bananas a few times, as it takes a while for them to stop being more than just icy slices.
5. Almost suddenly it will become creamy like ice cream... If you're not seeing this, add a dash or two of plant milk and blend until it does.
6. This is best served almost immediately, so spoon into bowls, pour on melted chocolate, sprinkle on the nuts, and serve.





HAZELNUT CHOCOLATE MOUSE

FROM RHYTHM 108 AND FREYA COX

SERVES 3

INGREDIENTS

1 Rhythm 108 Hazelnut Truffle bar (or 100g vegan chocolate of your choice)

1 tbsp plant milk

100ml aquafaba

¼ tsp cream of tartar

1 tsp apple cider vinegar/
lemon juice

2 tbsp caster sugar

METHOD

1. Break one square of chocolate and leave this to the side for later. Melt the remaining chocolate, either over a bain-marie, or in the microwave for 30 second intervals.
2. Add the tablespoon of plant milk into the chocolate, stir until fully combined. Leave to cool until it is as cold as possible whilst still melted. If it is warm when added to the aquafaba it will seize up and become grainy.
3. Add the aquafaba, cream of tartar and the apple cider vinegar to the bowl of a stand mixer, or a large mixing bowl if you don't have a mixer. Whip on high until it reaches stiff peaks, meaning it doesn't fall if held upside down. Whilst still mixing, add the 2 tablespoons of sugar one spoon at a time until fully incorporated.
4. Take one tablespoon of the aquafaba and fold it into the chocolate mixture until fully incorporated, then fold this chocolate mixture into the remaining aquafaba one spoon at a time.
5. Be as gentle as possible so no air is knocked out. Once fully incorporated, divide between the three ramekins and allow to set in the fridge overnight.
6. Use the square of chocolate you placed to the side earlier to grate over the mousse to serve.



PEANUT BUTTER AND RASPBERRY BREAKFAST JAR

SERVES 2

FROM HOTEL CHOCOLAT

INGREDIENTS

90g organic rolled oats

500ml oat milk

4 tbsp Hotel Chocolat 45%
Nutmilk or 70% Dark Chocolate
Single-Serve (or vegan
chocolate shavings of
your choice)

2 tbsp frozen raspberries

2 pinches of pumpkin seeds

4 tsp raspberry jam

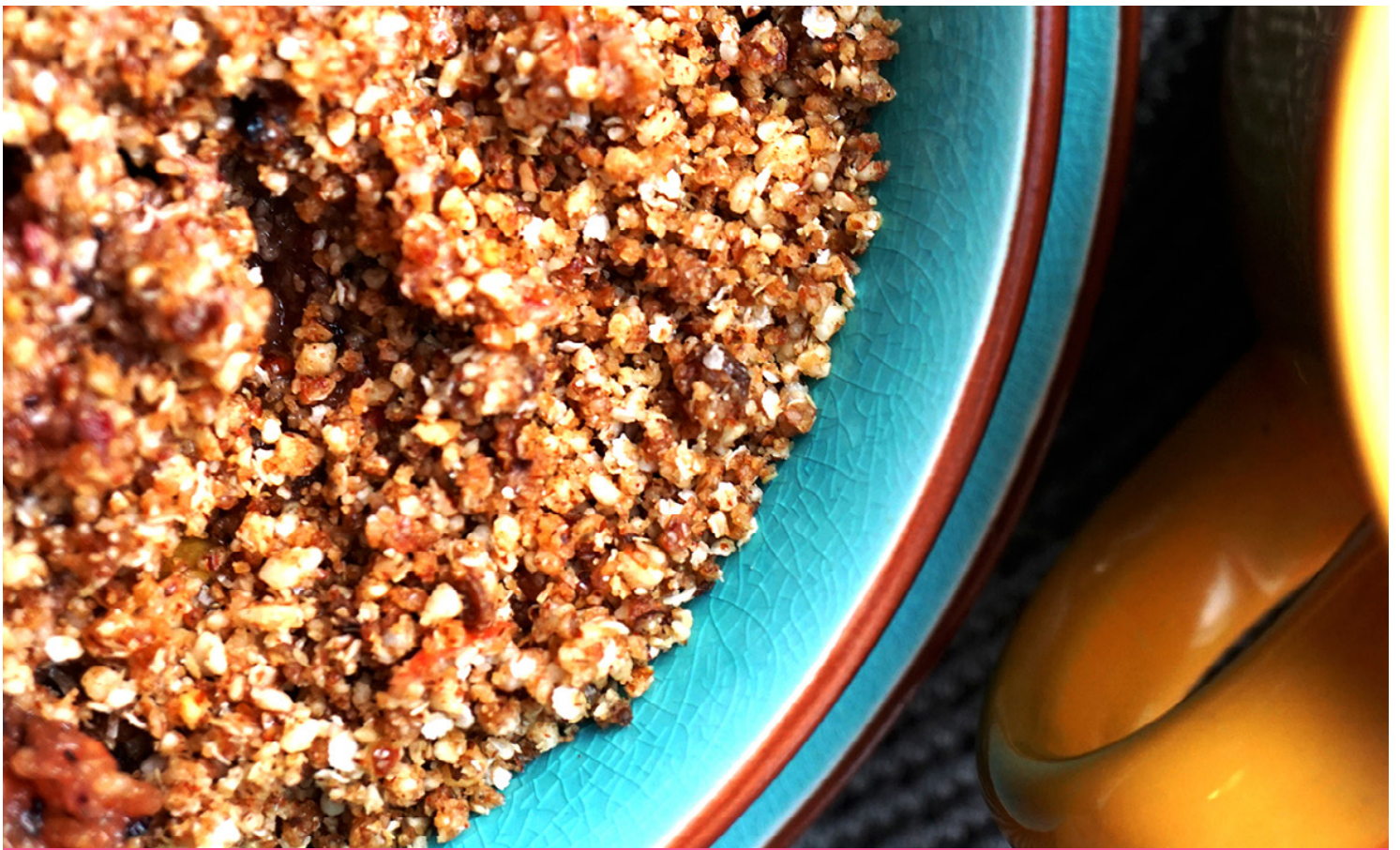
30g maple syrup

Crunchy salted peanut butter
(add to your liking)

METHOD

1. Stir the rolled oats, oat milk and maple syrup together in a bowl.
2. With two short glasses or one small jar, start building your breakfast.
3. Start by spreading some peanut butter against the inside of the jar or glass, then spoon in the oat mixture.
4. Spoon in some raspberry jam and sprinkle in some frozen raspberries, pumpkin seeds and some of the vegan chocolate flakes.
5. Keep layering the oat mixture, jam, raspberries, pumpkin seeds and chocolate flakes until the jar or glass is full, or you feel like there's enough for your breakfast.
6. Finish your breakfast pot with a layer of raspberries, pumpkin seeds, and chocolate flakes on top.





INSTANT RAW CRUMBLE

FROM VEGAN CHEF DAY

SERVES 2

INGREDIENTS

- 2 apples
- 2 handfuls blueberries
- 1 handful pecans
- 1 handful hazelnuts
- 1 handful almonds
- 1 handful quinoa flakes (be sure to use flakes not the usual seed)
- 1 handful dates (remove stone)

METHOD

1. Cut and core the apple. You don't need to peel it.
2. Put the apple and the blueberries in the chopper attachment of a hand blender or food processor.
3. Blend till smooth-ish. Put into serving bowls.
4. Put all of the nuts into the blender and blitz till they are crumbs.
5. Add the dates and blitz again until the dates are very small pieces.
6. Add the quinoa flakes and blitz for a few seconds.
7. Pour this mixture on top of the fruit.





CHOCOLATE ORANGE TRUFFLES

FROM VIVO LIFE

SERVES 8

INGREDIENTS

1 cup pitted dates

½ cup almonds

1 scoop Vivo Life protein
(or your preferred dark
chocolate vegan protein)

1 tbsp almond butter

2 tbsp cacao powder,
plus 1 tbsp for dusting

Zest of 1 medium orange

2 tbsp orange juice
(from an orange)

Pinch of salt

METHOD

1. Blend the almonds in a food processor (or high-speed blender) until fine.
2. Add remaining ingredients to the food processor (apart from the extra 1 tbsp of cacao for dusting).
3. Roll into balls and roll in the additional cacao on a plate until fully coated.
4. Enjoy straight away for a softer texture or refrigerate for a couple of hours first to allow them to firm up.



YOU GOT THIS!



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