THE PLANT-BASED EDITION

# TEAN FITTERS OF THE BOOK

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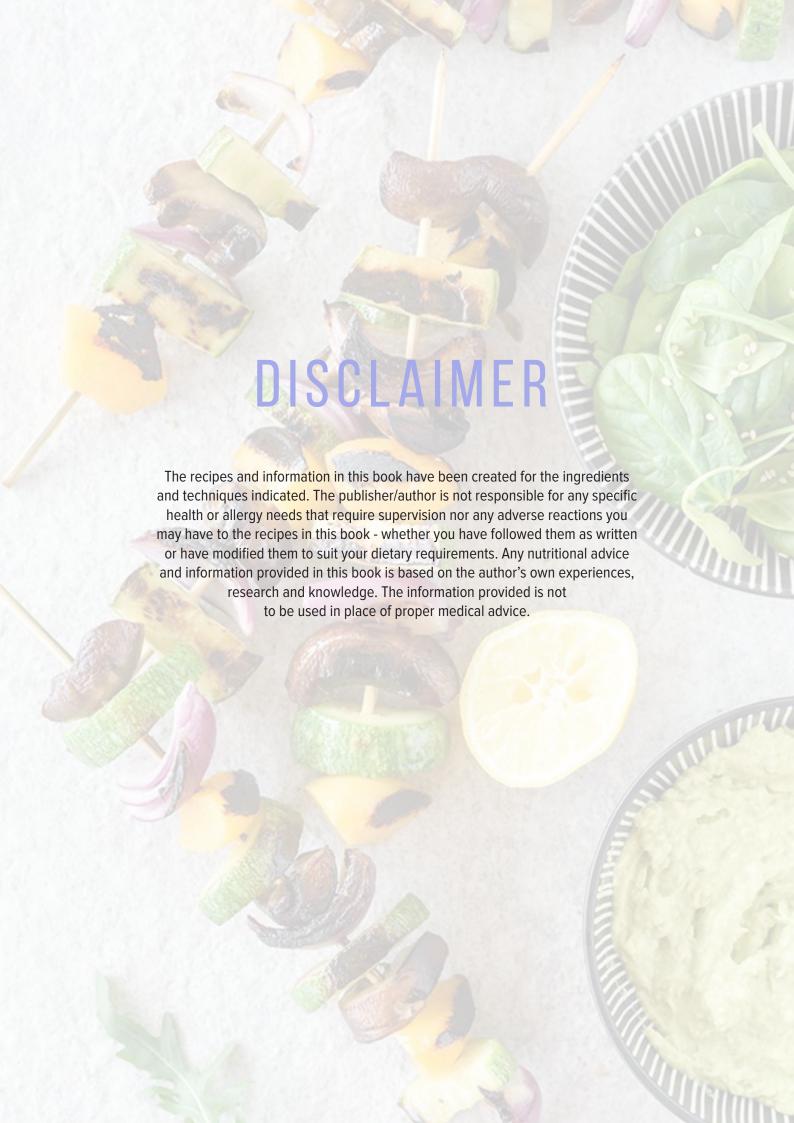
#### THE PLANT-BASED EDITION





Hey Team! We hope you enjoy these recipes as much as we do! Remember - you can swap out meat for veggie/vegan alternatives

Holly & Jacob



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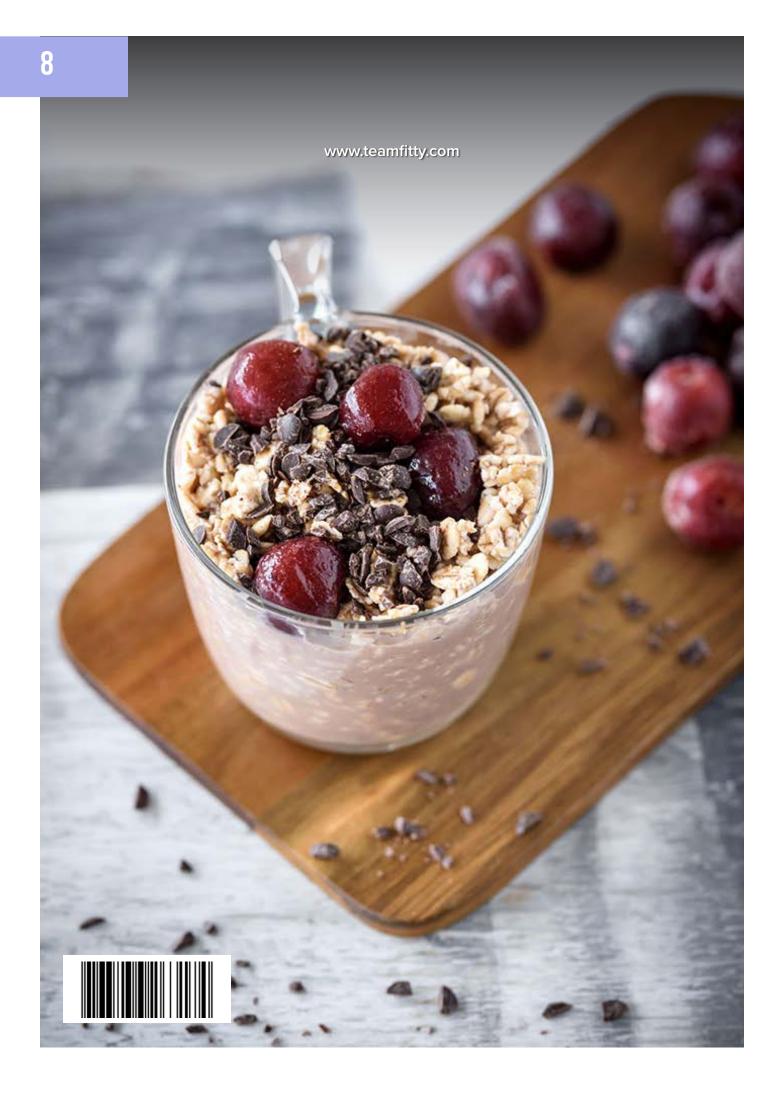
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# CHOC CHERRY OVERNIGHT OATS

SERVES: 2

**TOTAL TIME: 5 HOURS 10 MINUTES** 

#### **INGREDIENTS**

375ml unsweetened, plain **almond milk** or your favorite **non-dairy milk** 

90g rolled oats

3 tbsp raw cacao or cocoa powder

2 tbsp maple syrup

1 teaspoon vanilla extract

230g **cherries**, pitted, plus a few extra for serving (optional)

1 tbsp cacao nibs or dairy-free chocolate chips for serving

#### **INSTRUCTIONS**

Place the almond milk, oats, cacao powder, maple syrup, and vanilla extract in a jar or container with a lid.

Shake until everything is mixed together.

Place in your fridge for at least 5 hours.

Just before serving, fold in the pitted cherries.

Spoon into two bowls and top with the cacao nibs or chocolate chips and extra cherries, if using.

MACROS PER PORTION					
CALORIES 467 PROTEIN 1					
CARBS	75	FATS	11		
FIBRE	18				



#### BREAKFAST COOKIES

SERVES: 12

**TOTAL TIME: 25 MINUTES** 

#### **INGREDIENTS**

1 ripe banana

125ml sunflower oil

165ml unrefined sugar or 78ml agave

1 tsp **vanilla** 

113g plain flour

1/2 tsp baking soda

1/4 tsp salt

½ tsp cinnamon and nutmeg (to your taste, optional)

180g rolled oats

60g mixed nuts

35g mixed seeds

70g dried fruit

#### INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/Gas 6.

Add your banana to a large mixing bowl and mash it really well with a fork.

Add the oil and sugar and continue to mix well.

Next, throw in the flour, baking soda and salt. Feel free to add ½ tsp cinnamon, nutmeg or any spices you desire.

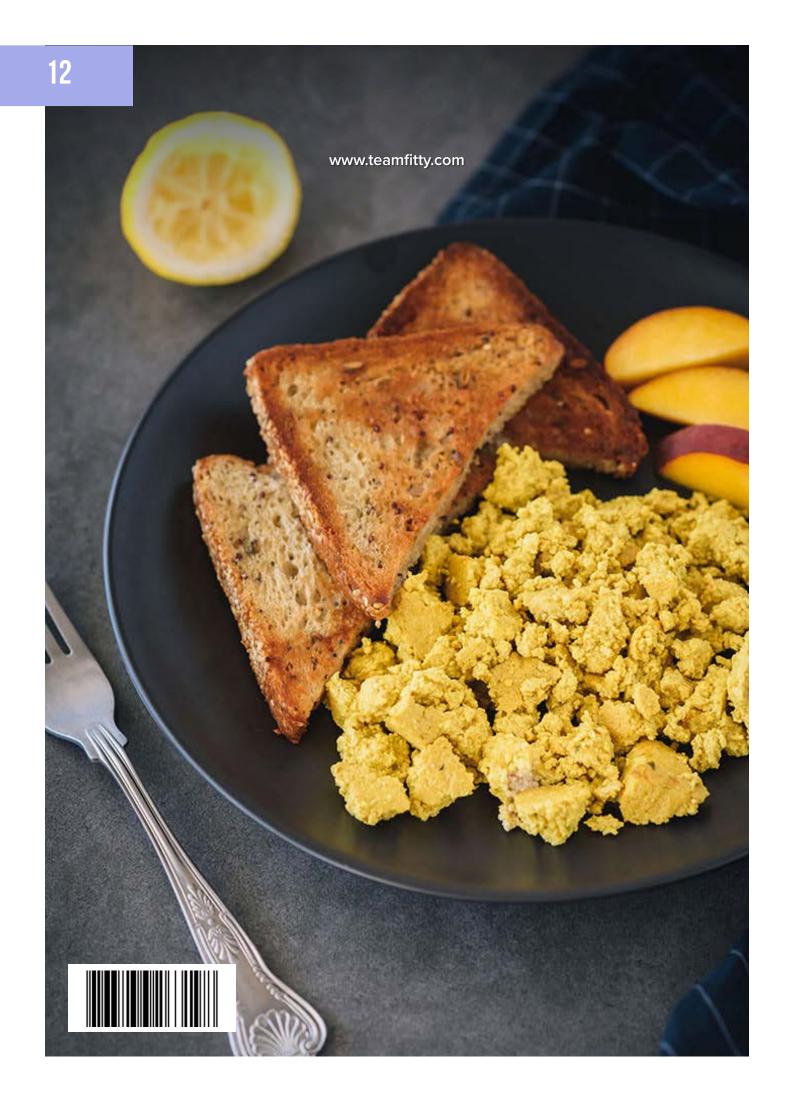
Mix these ingredients together until the mixture is quite moist

Now it's time to add the oats, nuts, dried fruit, seeds and protein chunks you have chosen to include. Mix really well with your hands to make sure it is all well distributed and stuck together.

Make small balls with the dough and place on an oiled baking tray. Flatten the balls with the palm of your hand, making sure there is a reasonable gap between each disc shape.

Bake for 10-15 minutes (depending on how browned you like your cookies). Remove from the oven and leave to cool on the baking tray. Once they have slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes.

MACROS PER PORTION					
CALORIES	7				
CARBS	60	FATS	12		
FIBRE	3				



## TOFU SCRAMBLED EGGS

SERVES: 2

**TOTAL TIME: 10 MINUTES** 

#### **INGREDIENTS**

425g organic sprouted tofu, firm

1 tsp non dairy butter

1/2 tsp onion powder

½ tsp garlic powder

1/4 tsp sea salt

1/4 tsp turmeric powder

3 tbsp vegetable broth

#### **INSTRUCTIONS**

Start by draining the tofu from the water.

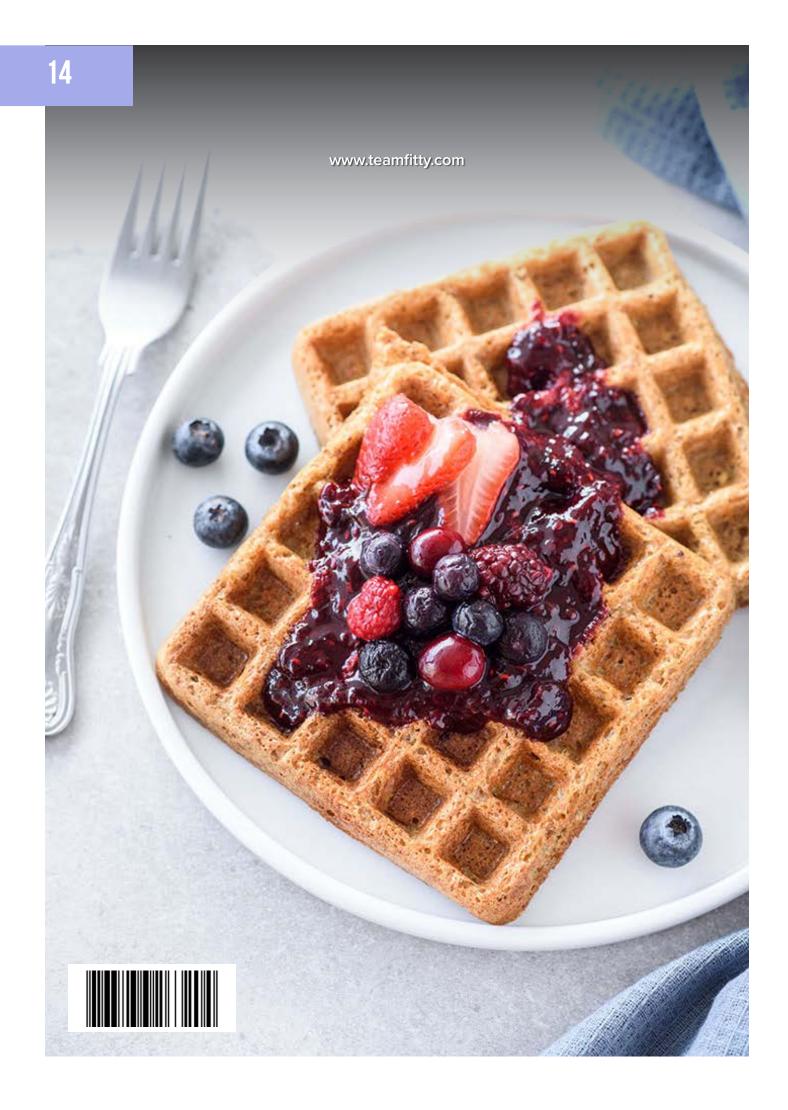
Heat a medium nonstick skillet (if you don't have a nonstick skillet, make sure your pan is well-greased) over medium-high heat. Add a tsp of non dairy butter, either way, for an even creamier taste.

Add tofu and all spices together. Using a spatula, cut up the tofu in the pan to look like scrambled eggs.

Add the vegetable broth (1 tbsp at a time). Bring the broth to a boil and allow each tbsp of water to fully absorb into the tofu before adding the next.

Remove from heat and season with sea salt and pepper, as desired.

MACROS PER PORTION					
CALORIES 112 PROTEIN					
CARBS	3	FATS	6		
FIBRE	1				



# VEGAN POWER WAFFLES

SERVES: 2

**TOTAL TIME: 25 MINUTES** 

#### **INGREDIENTS**

500ml water

90q oats

31g millet

28q flax meal

65g cup whole **pecans** or **walnuts** (or a mixture of both)

½ tsp salt

1/4 apple

#### **INSTRUCTIONS**

Blend all ingredients in a high speed blender until smooth.

Bring your waffle iron to high heat. If you are going for a completely oil-free waffle (and you don't have a brand new non-stick waffle iron), sprinkle a few sesame seeds on the lower portion of the iron before pouring the batter.

Cook waffles according to your waffle iron's instructions, but it should take about 8-10 minutes. Remember, with all the oats and flax in there, you'll need to cook it a little bit longer to prevent "goopiness'.

Divide waffles onto two plates and serve hot.

MACROS PER PORTION					
CALORIES 578 PROTEIN					
CARBS	62	FATS	30		
FIBRE	6				



# BLUEBERRY HEMP PEAR PORRIDGE

SERVES: 1

**TOTAL TIME: 10 MINUTES** 

#### **INGREDIENTS**

250ml almond milk 45g porridge oats 50g blueberries ½ medium pear, sliced

1/2 tbsp hemp seeds

#### **INSTRUCTIONS**

Add the almond milk and porridge oats to a saucepan, bring to the boil and simmer for 5 minutes.

Add the porridge to a bowl, garnish with the remaining ingredients and serve hot.

MACROS PER PORTION					
CALORIES 479   PROTEIN					
CARBS	78	FATS	11		
FIBRE	13				





#### **SAUTEED KALE**

SERVES: 4

**TOTAL TIME: 11 MINUTES** 

#### **INGREDIENTS**

1 bunch kale

1 tbsp olive oil or 60ml water or vegetable broth

2 tbsp nutritional yeast

1 tsp garlic powder

Mineral salt & pepper, to taste

#### **INSTRUCTIONS**

Start by washing and drying the kale leaves.

The kale might need to be trimmed based on personal preferences. You can either keep the thick central ribs intact or remove them if you prefer.

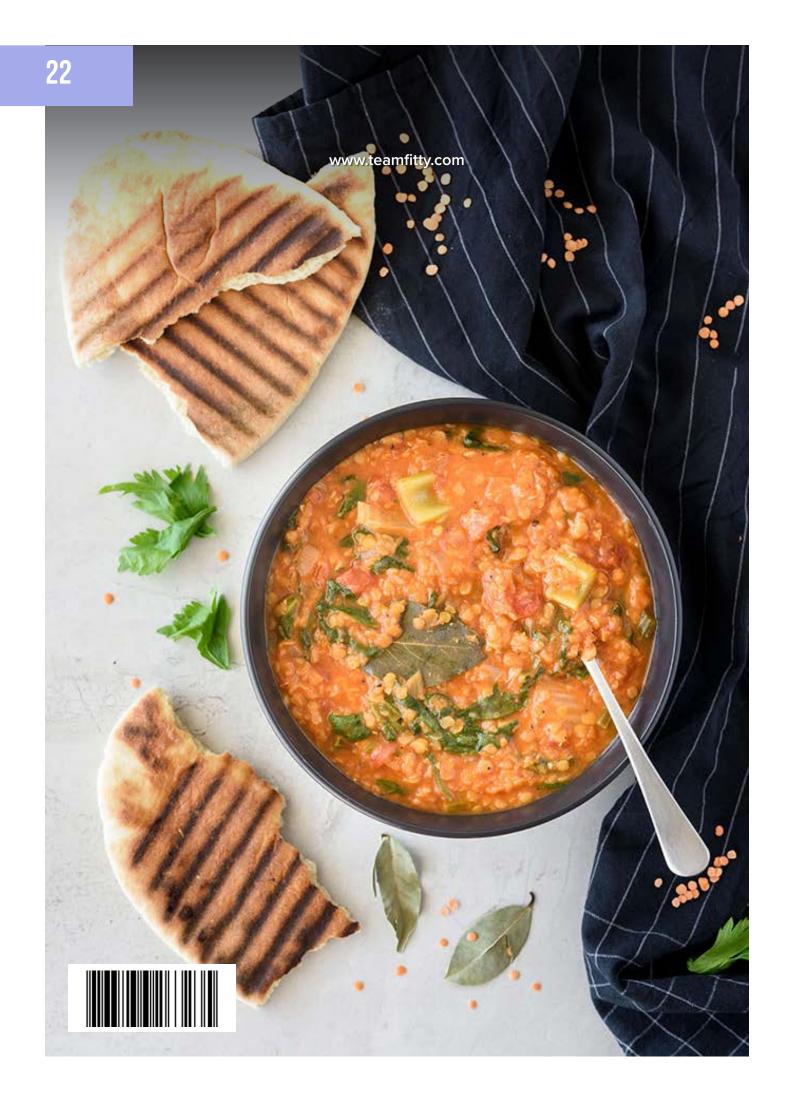
Next, stack the leaves on top of each other. Using a sharp knife, cut the leaves widthwise into thin strips across the leaves. Once done, give it a quick rough chop.

Heat oil, water or vegetable broth in a large, heavybottomed skillet or wok over medium-low heat. Add kale and saute for 3-4 minutes, stirring frequently.

Stir through the nutritional yeast, garlic powder, salt and pepper. Continue to cook until kale is wilted and turns bright dark green (about 4-5) minutes.

Serve immediately.

MACROS PER PORTION					
CALORIES	57	PROTEIN	4		
CARBS	8	FATS	1		
FIBRE	3				



# LENTIL, TOMATO AND KALE SOUP

SERVES: 6

**TOTAL TIME: 20 MINUTES** 

#### **INGREDIENTS**

1 tbsp extra virgin olive oil

1 sweet onion, diced

2 large garlic cloves, minced

3 celery stalks, diced

1 bay leaf

11/2 tsp ground cumin

2 tsp chili powder

1/2 tsp ground coriander

½ tsp smoked sweet paprika, to taste

1/8 tsp cayenne pepper, to taste

1 can (400ml) diced tomatoes, with juices

1.25 to 1.5L low-sodium vegetable broth, as needed

190g dried red lentils, rinsed and drained

Fine grain sea salt and pepper, to taste

3 handfuls **kale leaves** or **baby spinach**, destemmed and chopped

#### INSTRUCTIONS

In a large pot, sauté the onion and garlic in the olive oil for about 4-5 minutes over medium heat. Add the celery, then sauté for a few minutes more.

Stir in the bay leaf and all the spices.

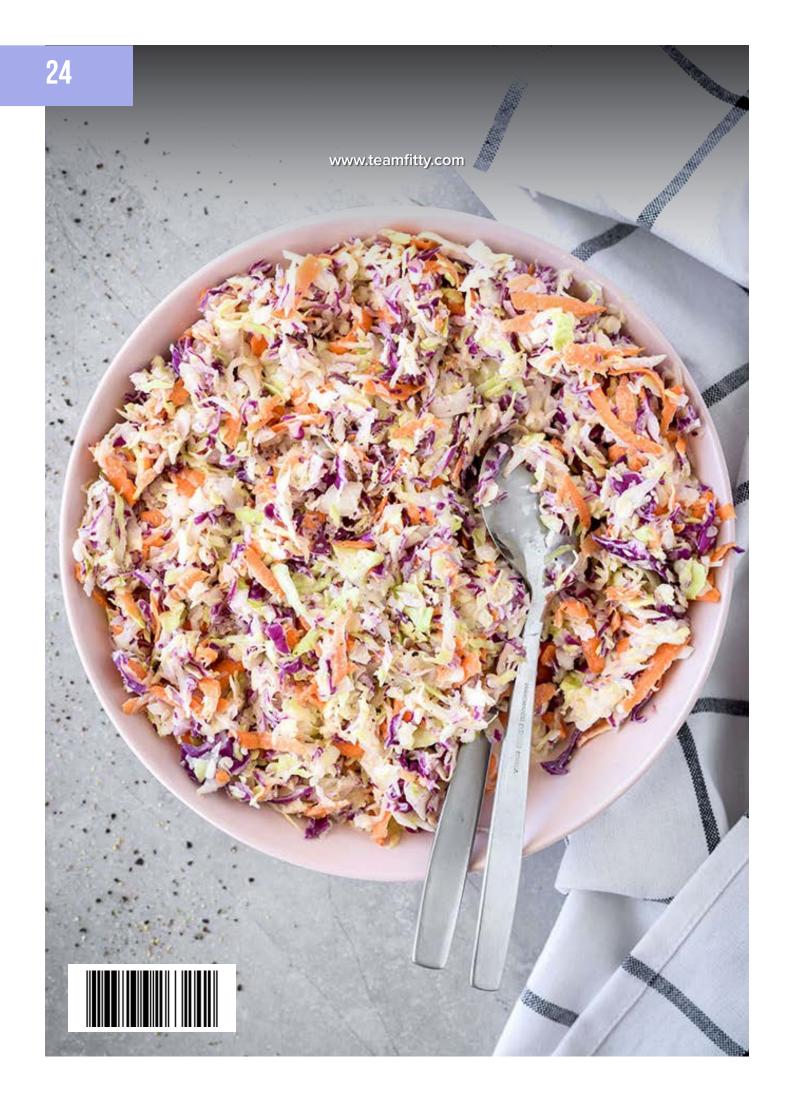
Next, add the can of tomatoes (including the juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.

Stir through the kale or spinach and cook until just wilted.

Divide into 6 bowls.

The cooled soup can be stored in an airtight container in the fridge for 3-5 days, or you can freeze it in a freezer-safe container (leave 1-inch at the top for expansion) for up to 1-2 months.

MACROS PER PORTION					
CALORIES	196	PROTEIN	31		
CARBS	10	FATS	4		
FIBRE	8				



### VEGAN COLESLAW

SERVES: 4

**TOTAL TIME: 20 MINUTES** 

#### **INGREDIENTS**

For the mayonnaise:

1 clove garlic

3/4 tbsp Dijon mustard

Pinch of black pepper

150ml soya milk

Pinch salt

150ml olive oil

For the slaw:

250g red cabbage, grated

250g white cabbage, grated

75g carrot, grated

1/2 onion, diced

#### INSTRUCTIONS

Begin by preheating oven to 180°C/350°F/Gas 4. Put the whole garlic clove into a small roasting tin and cook for 10 minutes, until it starts to smell fantastic, then remove from the oven and peel.

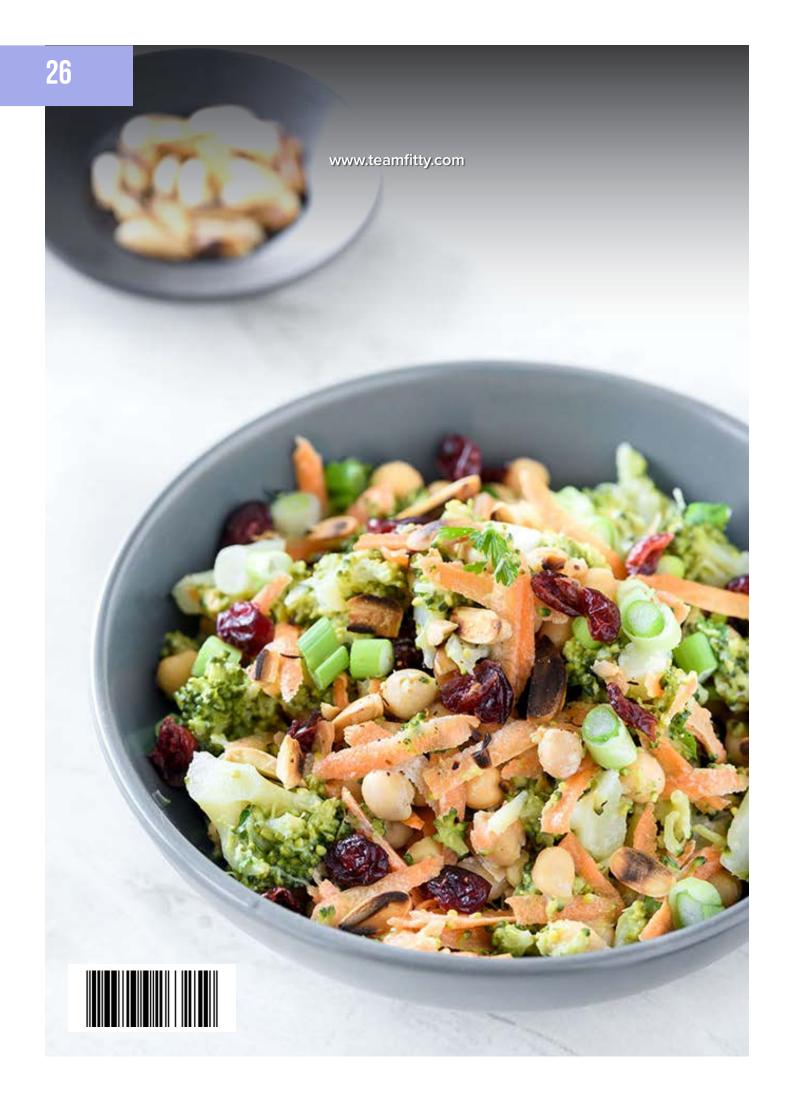
To make the mayonnaise, blend the roasted garlic, mustard, pepper, and soya milk with a pinch of salt until smooth.

Next, slowly and gently pour in the oil, with the blender running. Continue to blend until it starts to emulsify into a mayonnaise-like texture.

Mix together grated red cabbage, white cabbage, carrot and diced onion in a large bowl.

Thoroughly mix the mayonnaise through, and your coleslaw is ready to go!

MACROS PER PORTION					
CALORIES	4				
CARBS	10	FATS	37		
FIBRE	6				



### CHICKPEA AND BROCCOLI SALAD

SERVES: 4

**TOTAL TIME: 20 MINUTES** 

#### **INGREDIENTS**

1 head **broccoli**, very finely chopped

1 can (400g) chickpeas, rinsed and drained

70g carrots, shredded

50g dried cranberries

1 bunch green onions, chopped

40g fresh coriander, chopped

For the dressing:

62ml tahini

½ large lemon, juiced

3-5 tbsp warm water, to thin dressing

1 clove garlic, finely minced

1-2 tsp pure maple syrup, to sweeten

1 tsp yellow curry powder

½ tbsp freshly grated ginger

1/2 tsp ground turmeric

½ tsp salt

Freshly ground black pepper

To serve:

70g **toasted sliced almonds** (can also use chopped roasted **almonds**)

#### INSTRUCTIONS

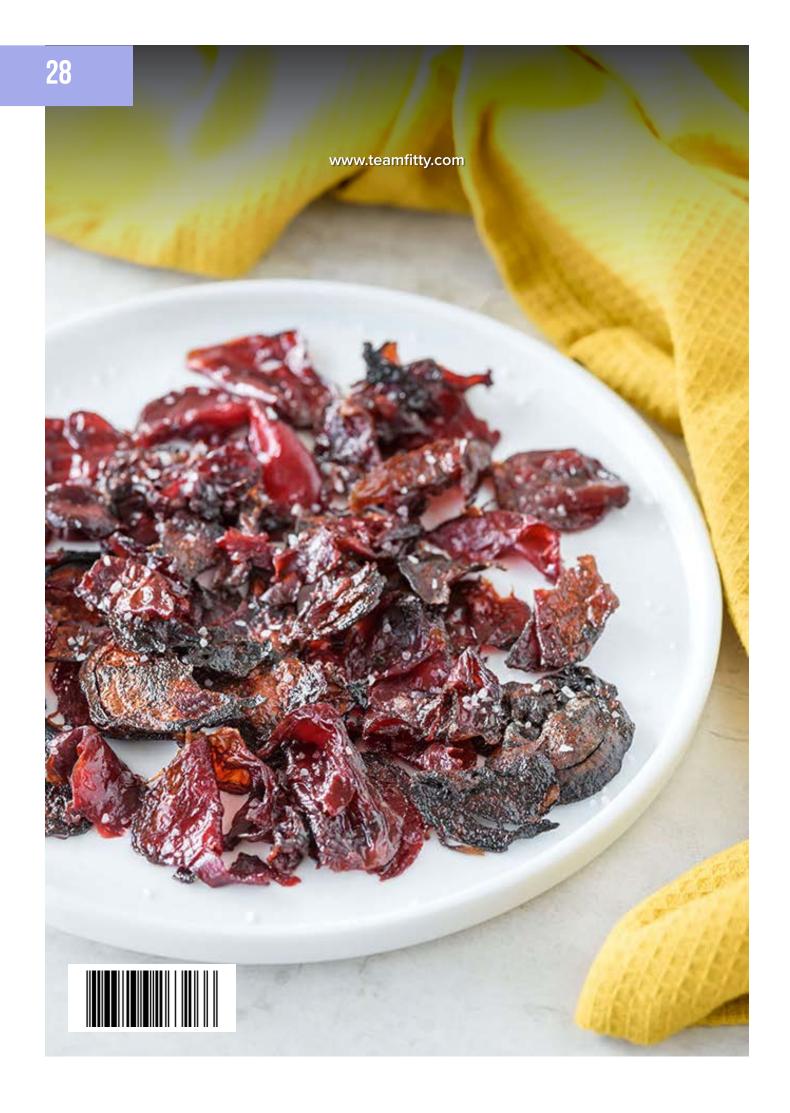
Grab a large bowl and add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and coriander. Set aside.

Next up, you need to make the dressing. Whisk together the tahini, lemon juice, water, garlic, maple syrup, curry powder, grated ginger, turmeric, salt and pepper. Drizzle over the salad and toss to combine.

Sprinkle almonds on top and toss a few more times.

You can serve immediately with a fresh squeeze of lemon or place in the fridge for later. The salad will keep well for up to 5 days.

MACROS PER PORTION					
CALORIES 446   PROTEIN 16					
CARBS	56	FATS	18		
FIBRE 15					



# BEETROOT CHIPS

SERVES: 2

**TOTAL TIME: 1 HOUR** 

#### **INGREDIENTS**

5 beetroot

2 tbsp **olive oil** 

1 dash **sea salt** 

#### **INSTRUCTIONS**

Begin by preheating the oven to 150°C/300°F/Gas 2.

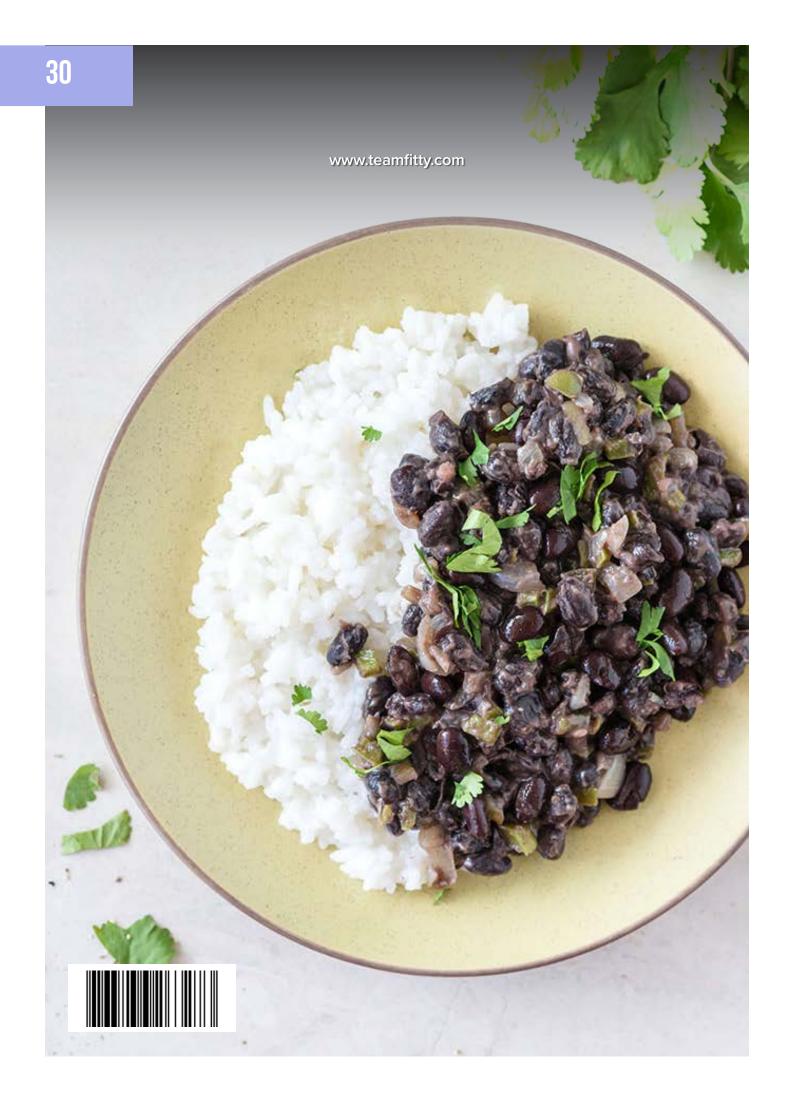
Cut the beetroot into 2mm thick circles. Put them into a big bowl with the olive oil and sea salt.

Mix everything well before you put it on a baking tray, covered with baking paper.

Roast the chips for about 40-50 minutes, but make sure you check them regularly.

Serve hot with an extra sprinkle of sea salt.

MACROS PER PORTION					
CALORIES	2				
CARBS	9	FATS	11		
FIBRE	2				



### CUBAN BLACK BEANS

SERVES: 4

**TOTAL TIME: 25 MINUTES** 

#### **INGREDIENTS**

225g white or brown long grain rice, to serve

2 cans (400g) black beans

2 tbsp **salted butter** (substitute additional **olive oil** for vegan)

1 tbsp olive oil

1 large onion), minced

½ green bell pepper, minced

1/4 jalapeño pepper, minced

6 cloves garlic, minced

1 tsp **cumin** 

2 tsp oregano

1 1/4 tsp kosher salt

Fresh coriander, to garnish

#### **INSTRUCTIONS**

Bring a pot of water to boil and cook rice according to the packet instructions.

Meanwhile, use a strainer to drain the black beans over a glass measuring cup, reserving the can liquid (no need to rinse).

In a large skillet, heat the butter and olive oil over medium high heat. Once melted, add the onion, bell pepper, jalapeño pepper, and garlic. Cook for 10 minutes, stirring occasionally until the onions are translucent and lightly browned. Add the beans, cumin, oregano, and kosher salt and stir to combine.

Next, add 1/2 cup of the liquid from the black beans and simmer for 15 minutes until beans are tender.

Divide the black beans and rice into four bowls and serve with a handful of chopped coriander leaves, to garnish.

MACROS PER PORTION					
CALORIES	471	PROTEIN	16		
CARBS	77	FATS	11		
FIBRE	15				







# AUBERGINE & LENTIL VINDALOO

SERVES: 2

**TOTAL TIME: 55 MINUTES** 

#### **INGREDIENTS**

50g dried red lentils, rinsed and drained

3 onions, finely sliced

1 tsp sunflower oil

4 large garlic cloves, whole

1 large aubergine or 2 small ones, diced

1 tsp **cumin** (seeds or ground)

1/2 tsp ground cinnamon

1/4 tsp star anise, or 1/8 tsp fennel seeds

#### **Ground black pepper**

1-2 tsp chilli flakes

2 tbsp tomato purée

2 tbsp vinegar or lemon juice

30g spinach

#### INSTRUCTIONS

Firstly, thoroughly rinse and drain the lentils and place in a pan. Cover with water and bring to the boil. Reduce to a simmer for around 12 minutes until soft and swollen. Drain, rinse well and set aside.

Meanwhile, soften the onions in a large pan with a little oil over medium heat. After about 10 minutes, add the garlic cloves (peeled, but whole) and aubergine, stirring often. Cook for 15 minutes, adding more oil, if needed.

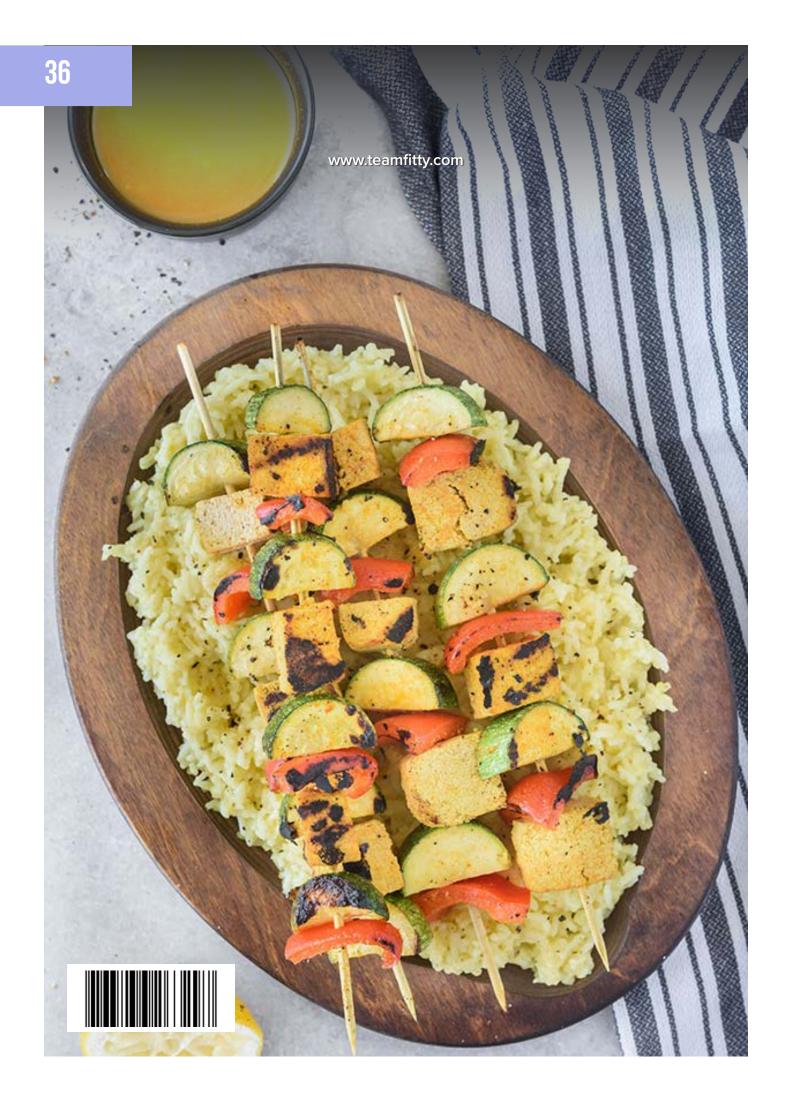
Add the cumin, cinnamon, star anise or fennel seeds, and pepper, as well as half of your chosen quantity of chilli, leaving half to garnish. Stir well to combine, then add 200ml water to the pan, and turn up the heat to mediumhigh.

Add the reserved lentils, tomato purée and vinegar, or lemon juice, and stir well. Bring to the boil, then reduce to a simmer and cover for around 30 minutes, stirring slowly every now and then.

If it still looks too watery, bring it back to the boil, then reduce the heat and cook a little more. Stir through the spinach a few minutes before serving, taste and add the extra chilli, if you like.

Divide into two bowls and serve hot with rice, if you desire.

MACROS PER PORTION					
CALORIES	244	PROTEIN	12		
CARBS	40	FATS	4		
FIBRE	12				



#### MEDITERRANEAN SPICED TOFU KEBABS

SERVES: 4

**TOTAL TIME: 55 MINUTES** 

#### **INGREDIENTS**

250ml coconut milk

3 tbsp lemon juice

2 tbsp tomato paste

3 garlic cloves, minced

2 tsp **paprika** 

2 tsp ground cumin

½ tsp turmeric

1/4 tsp cayenne pepper, or more to taste

3/4 tsp salt, or to taste

1/4 tsp black pepper

1 package (400g) **extra firm tofu**, drained, pressed and cut into 1-inch pieces

1 small courgette, cut into large chunks

1 medium red bell pepper, cut into large chunks

**Fresh coriander**, to garnish Drizzle **tahini**, to garnish

#### INSTRUCTIONS

In a medium bowl stir together the coconut milk, lemon juice, tomato paste, garlic, paprika, cumin, turmeric, cayenne pepper, salt and pepper. Add the tofu, courgette and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers.

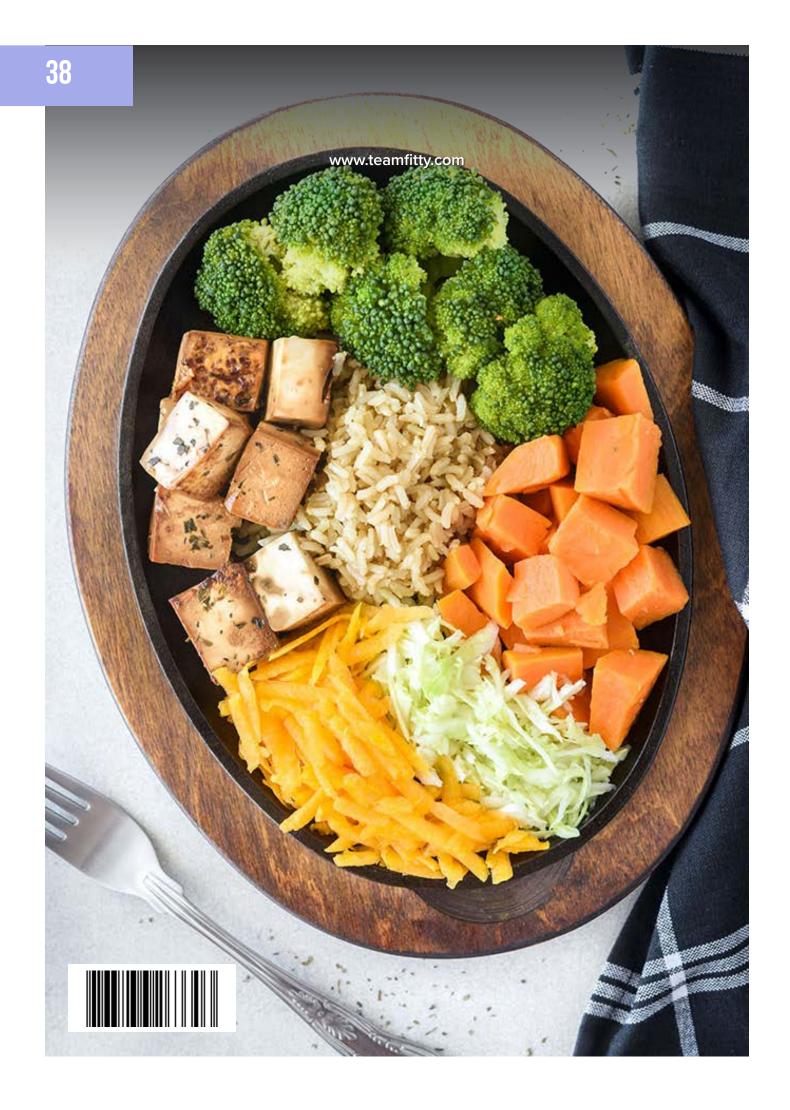
Next, we have two cooking options - grill or bake.

To grill: Lightly oil the grate and and place the skewers on the grill. Grill over a medium flame until lightly charred and the vegetables are tender (about 10 minutes), brushing with excess marinade while grilling and turning halfway through.

To bake: Preheat the oven to 200°C/400°F/Gas 6 and line a baking sheet with baking paper. Arrange the skewers on the baking sheet and bake until lightly browned in spots or until vegetables are tender (about 35 minutes) turning halfway through.

Divide the skewers onto plates, sprinkle with coriander and a drizzle of tahini.

MACROS PER PORTION					
CALORIES 263   PROTEIN					
CARBS	12	FATS	19		
FIBRE	1				



#### VEGAN MACRO BOWL

SERVES: 2

**TOTAL TIME: 35 MINUTES** 

#### **INGREDIENTS**

1 tsp olive oil

1/2 sweet potato, diced

225g extra-firm tofu, drained, pressed, and cubed

1 tbsp **olive oil** 

1 tbsp soy sauce

Pinch basil

Pinch oregano

200g brown rice, cooked

1 tbsp miso paste

½ bunch **broccoli**, cut into florets and steamed

1 large carrot, shredded

1 tsp sauerkraut

1 tsp pickled ginger (optional)

#### **INSTRUCTIONS**

Preheat your oven to 200°C/400°F/Gas 6, lightly drizzle sweet potato with olive oil and cook for about 35-40 minutes.

At the same time, bring a pot of water to boil and cook rice according to packet instructions. Place a steamer basket on top and steam broccoli for about 6-8 minutes.

Meanwhile, combine the tofu, olive oil, soy sauce, basil, and oregano in a pan and cook on medium heat until the tofu is browned.

Once the rice is cooked, mix together with miso paste in a two medium-sized bowls. Add the tofu mixture, sweet potato, broccoli, carrot, sauerkraut, and pickled ginger, if you desire.

MACROS PER PORTION					
CALORIES 261   PROTEIN					
CARBS	23	FATS	13		
FIBRE	2				



#### THAI RED CURRY

SERVES: 4

**TOTAL TIME: 30 MINUTES** 

#### **INGREDIENTS**

2 tbsp vegetable oil

1 can (400ml) reduced-fat coconut milk

150ml reduced-salt vegetable stock

1 tbsp palm sugar (or regular sugar)

2 tbsp **agave syrup** 

4 tbsp soy sauce

2 peppers (1 red, 1 green), deseeded and cut into

2cm chunks

1 red chilli, sliced

200g mushrooms, sliced

160g baby plum tomatoes

60g baby corn, halved

50g mangetout, trimmed

½ x (425g) can lychees, drained (optional)

Coriander leaves, to garnish

For the Thai red curry paste:

1 tsp cumin seeds

2 tbsp coriander seeds

2cm fresh ginger, peeled and roughly chopped

5 shallots, peeled and roughly chopped

5 garlic cloves

2 lemongrass stalks, trimmed and roughly chopped

3 red chillies, chopped

1 red bird's eye chilli, chopped (optional)

1 tsp black peppercorns

½ roasted red pepper from a jar, sliced

2 tbsp tomato purée

3 kaffir lime leaves

Juice ½ lime

10g fresh coriander leaves. to garnish

# MACROS PER PORTION CALORIES 340 PROTEIN 7 CARBS 42 FATS 16 FIBRE 8

#### **INSTRUCTIONS**

Start by making the curry paste. Toast the cumin and coriander seeds in a pan for 2 minutes. Put the toasted seeds into a liquidiser or blender with the ginger, shallots, garlic and lemongrass. Add the chillies, bird's eye chilli, if using, peppercorns, roasted red pepper, tomato purée, lime leaves and lime juice. Add the coriander and a splash of water, then whiz until really smooth, adding up to 50ml water to loosen the paste, if necessary. Spoon 1/3 (100g) of the paste into a bowl and freeze the rest in two 100g batches to use another time.

To make the curry, heat the oil in a pan over a high heat. Add the 100g curry paste and fry for 2 minutes until it deepens in colour. Pour in the coconut milk and stock and stir to mix well. Add the sugar, agave syrup, soy sauce, peppers, chilli, mushrooms, tomatoes, baby corn and mangetout. Add the lychees, if using, and bring to the boil. Simmer for 7–10 minutes until the vegetables are cooked through. Taste the curry and add more black pepper if required.

To serve, spoon into 4 bowls and garnish with the coriander leaves.



#### VEGAN SPAGHETTI AND MEATBALLS

SERVES: 4

**TOTAL TIME: 40 MINUTES** 

#### **INGREDIENTS**

1 packet Red Lentil Spaghetti

Marinara sauce, to taste

For the meatballs:

1 can (400g) kidney beans, drained and rinsed

6 tbsp gluten-free quick oats

1 tbsp onion powder

1 tbsp garlic powder

1 tbsp oregano

1 tbsp chili powder

1 tbsp soy sauce or tamari

2 tbsp mustard

3 tbsp marinara sauce (or tomato sauce)

#### **INSTRUCTIONS**

Preheat oven to 180°C/350°F/Gas 4. Line baking tray with baking paper (or spray with nonstick cooking spray), and set aside.

Add kidney beans to large bowl and mash until no whole-bean pieces remain. Add all remaining meatball ingredients, and stir to combine.

Scoop out about 1 tbsp of the mixture, and use your hands to form meatball shapes (kind of like flattened balls).

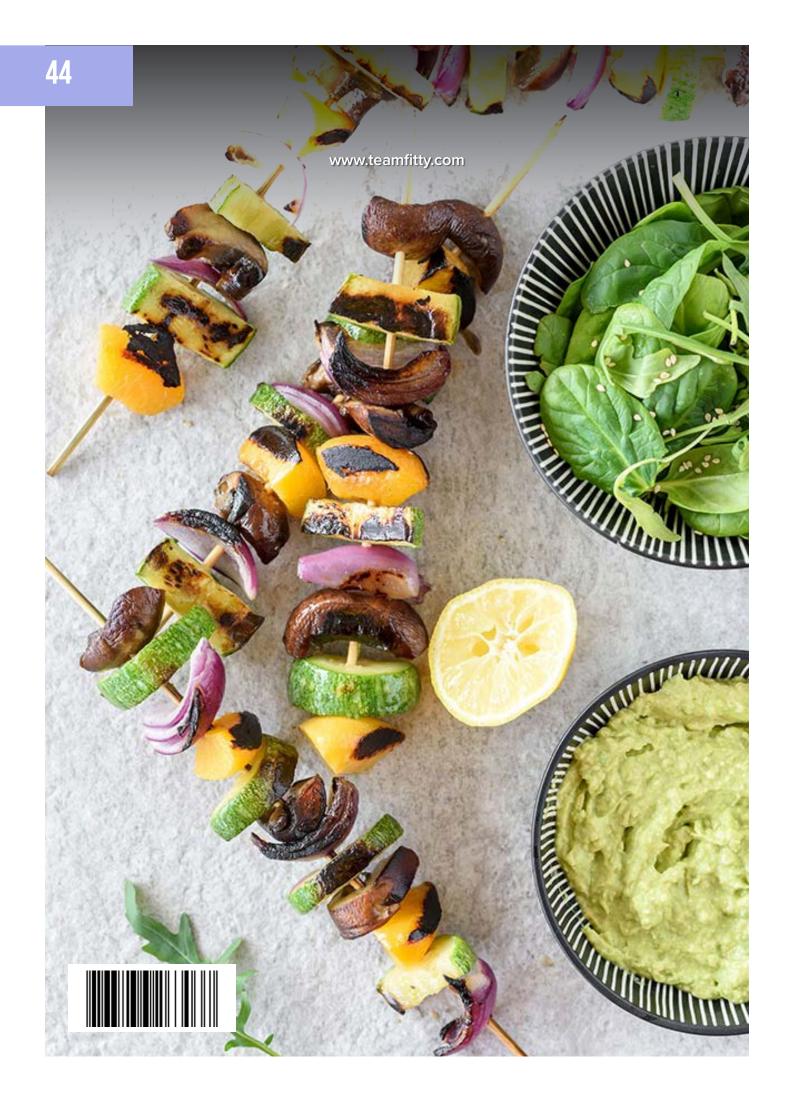
Place on the baking sheet and bake for 20 to 22 minutes, until outside is slightly crispy.

While meatballs are baking, prepare pasta according to packet instructions.

When pasta has 5 minutes left, place marinara sauce in small saucepan, and warm on medium heat, stirring occasionally to prevent sticking.

When pasta is finished, strain pasta, add marinara, top with meatballs and divide into 4 bowls.

MACROS PER PORTION					
CALORIES	326	PROTEIN	19		
CARBS	58	FATS	2		
FIBRE	8				



#### **VEGAN KEBABS**

SERVES: 4

**TOTAL TIME: 40 MINUTES** 

#### **INGREDIENTS**

- 3 ½ tbsp olive oil
- 2 garlic cloves, crushed
- 1 tsp chilli flakes
- 3 rosemary sprigs, finely chopped
- 4 Portobello mushrooms, cut into quarters
- 4 peaches, destoned, cut into quarters
- 2 large courgettes, cut into 8 chunks
- 2 large **red onions**, cut into 8 wedges (leave the root on)
- 1 avocado
- 1 lemon, juiced
- 1/2 tsp wholegrain mustard
- Large bag rocket, watercress and spinach salad mix
- 2 tbsp toasted mixed seeds
- 8 metal skewers

#### **INSTRUCTIONS**

Begin by mixing 3 tbsp olive oil with the crushed garlic, chilli flakes and rosemary.

Next, thread alternating pieces of mushroom, peach, courgette and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil, season with salt and pepper, then set aside. (The kebabs can also be made the day before and kept in the fridge).

Now, heat the barbecue or a grill to its highest setting.

While it's heating up, blitz the avocado, half the lemon juice and 50ml water to a smooth dressing and season to taste. Whisk the remaining lemon juice, remaining ½ tbsp olive oil and mustard together, then toss with the mixed rocket salad and toasted seeds.

Barbecue or grill the skewers for 4-5 mins on each side or until cooked through and nicely charred.

Pile onto a platter and serve with the avocado dressing and salad on the side.

MACROS PER PORTION					
CALORIES	9				
CARBS	15	FATS	20		
FIBRE	8				



### SPICY CARROT BURGERS

SERVES: 8

**TOTAL TIME: 30 MINUTES** 

#### **INGREDIENTS**

2 tbsp **vegetable oil** (divided)

4 medium carrots, peeled and grated

1 can (400g) beans, rinsed and drained

1 large onion, peeled and grated

2 eggs

1 tsp curry powder (garam masala or chilli powder)

32g fresh breadcrumbs

#### **INSTRUCTIONS**

Begin by frying the onions and carrots in 1/2 tbsp olive oil until soft.

Drain, rinse and mash the beans, and add them to a mixing bowl with the carrot and onion. Add the spices and one of the eggs and mix well with your hands.

Crack the remaining egg into a bowl and whisk it to break it up. Place a plate next to the bowl and empty breadcrumbs onto it.

Shape the burger mixture into eight patties and dip each one into the egg first, then cover with breadcrumbs.

Fry gently in the remaining oil until crisp and golden on both sides.

Can be eaten hot or cold.

MACROS PER PORTION					
CALORIES	9				
CARBS	35	FATS	10		
FIBRE	6				



### POWER PROTEIN SALAD

SERVES: 2

**TOTAL TIME: 15 MINUTES** 

#### **INGREDIENTS**

For the chili roasted almonds:

140g whole raw almonds

Drizzle extra virgin olive oil

½ tsp smoked paprika

1/2 tsp chili powder

½ tsp salt

For the rest of the **salad**:

4-5 handfuls mixed greens

100g quinoa, cooked

60g edamame, cooked and shelled

90g kidney beans, cooked

100g chickpeas, cooked

1/4 red onion, sliced

To Serve:

Your favourite salad dressing

#### INSTRUCTIONS

Start by preparing the chili roasted almonds. Bring a castiron skillet or other skillet to medium-high heat.

While the skillet is heating, combine almonds, olive oil, and spices in a bowl. Just use enough olive oil to lightly coat the almonds, not any more. Mix well until almonds are evenly coated with the oil and spices.

Once skillet is hot, add spiced almonds to the pan and sauté for 3-5 minutes, or until the almonds start to brown and become fragrant. Be sure to stir frequently so they don't burn. You may hear a popping noise - it's just the almonds cracking.

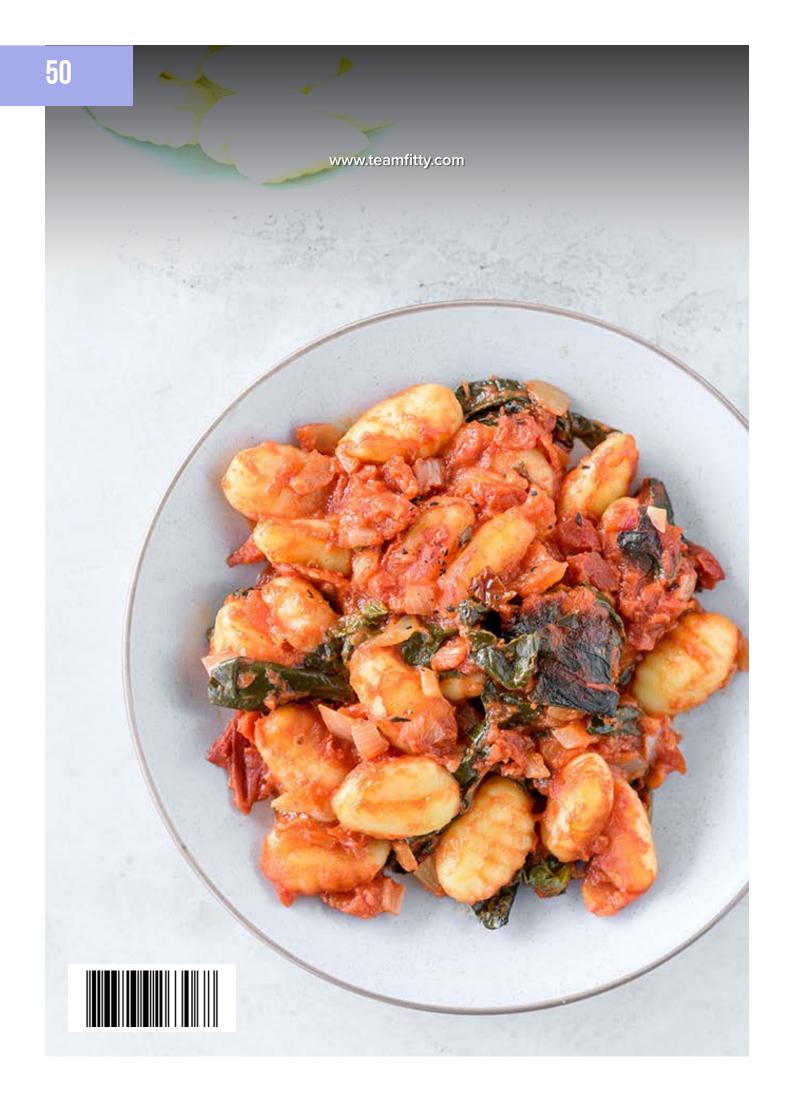
Once almonds are done cooking, remove from the skillet and let cool for a few minutes.

Now for the rest of the salad.

To assemble your salad, toss mixed greens, quinoa, beans, chickpeas and onion with your favorite salad dressing until evenly combined. Divide into 2 bowls.

This salad is really versatile - feel free to sub quinoa with any other grain, or sub any type of hardy beans for the beans listed in the recipe. It will all taste great!

MACROS PER PORTION					
CALORIES	498	PROTEIN	31		
CARBS	44	FATS	22		
FIBRE	5				



#### BAKED GNOCCHI WITH SPINACH

SERVES: 4

**TOTAL TIME: 30 MINUTES** 

#### **INGREDIENTS**

1 tbsp olive oil

450g potato gnocchi

1 medium **onion**, thinly sliced

4 cloves garlic, minced

1/2 tsp ground black pepper

450g crushed tomato

1 tbsp italian herb mix

20g nutritional yeast

½ tsp sea salt

400g spinach

8 pieces sun-dried tomatoes, thinly sliced

250ml vegetable broth

#### **INSTRUCTIONS**

Begin by preheating your oven to 180°C/360°F/Gas 4.

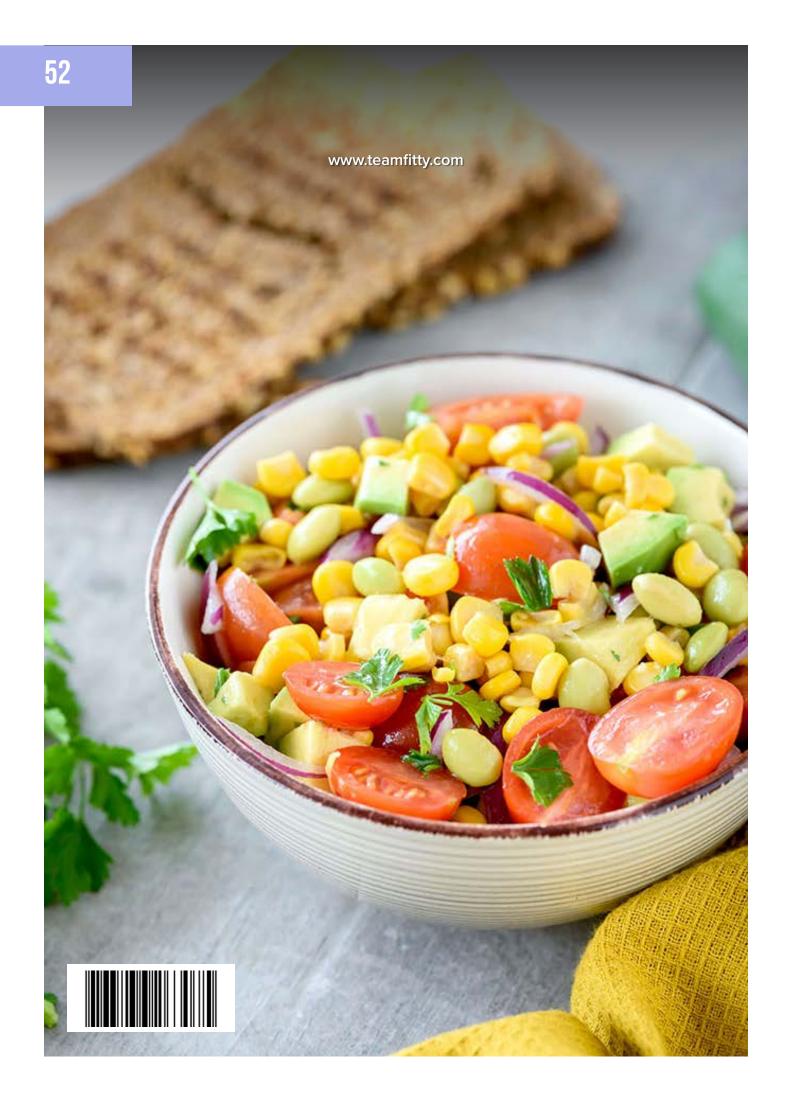
In a skillet heat up 3/4 of the olive oil and roast the gnocchi on low heat until golden brown for about 10 minutes. Once cooked, set aside.

Using the same skillet, add the leftover oil and saute onion and garlic for about 3 minutes, until fragrant. Add all other ingredients, give it a good stir and simmer until the spinach is withered.

Transfer the sauce and the gnocchi to a baking dish and give it another good stir before you bake it for 20 minutes.

Let the gnocchi cool down a little bit before serving, season with salt & pepper if you desire.

MACROS PER PORTION					
CALORIES	23				
CARBS	76	FATS	12		
FIBRE	14				



#### CORN SALAD WITH AVOCADO

SERVES: 4

**TOTAL TIME: 20 MINUTES** 

#### **INGREDIENTS**

346g frozen sweet corn kernels

2 avocados, chopped

210g cherry tomatoes, cut in half

120g edamame, thawed and unshelled

1 medium **shallot**, thinly sliced

For the seasoning:

1 dash chili powder

1 tsp extra virgin olive oil

15g fresh coriander, thinly sliced

1 lime, juiced

1 tsp **sea salt** 

Serve with:

4 slices whole grain bread, toasted

#### **INSTRUCTIONS**

Firstly, boil the corn in lightly salted water for about 5-8 minutes.

Add the corn to a large salad bowl and let it cool down while you prepare the rest of the ingredients.

Mix all the seasoning ingredients in a small bowl, then add the rest of the salad ingredients to the bowl and mix well all together.

Serve with a slice of bread.

MACROS PER PORTION					
CALORIES	14				
CARBS	43	FATS	20		
FIBRE	14				



#### MUSHROOM RISOTTO WITH BABY SPINACH AND PEAS

SERVES: 4

**TOTAL TIME: 60 MINUTES** 

#### **INGREDIENTS**

1 tbsp olive oil

1 medium **onion**, thinly chopped

280g frozen green peas, defrosted

152g wild mushroom, chopped

2 tbsp dried thyme

1 tbsp sea salt

255g risotto rice

1.4L vegetable broth

2 tbsp **nutritional yeast** 

1 tsp garlic powder

1 tsp black pepper, ground

158g **baby spinach** 

#### **INSTRUCTIONS**

Preheat the olive oil in a large skillet or a medium size pot.

Add the onions, peas, mushrooms, thyme and salt and saute for about 5 minutes.

Next, add the risotto rice and and start adding 1/4 of the vegetable broth in small amounts while stirring.

Add the nutritional yeast, garlic powder, pepper and baby spinach.

Finally, add the rest of the vegetable broth in stages until the risotto rice has absorbed all the liquid and tastes al dente.

Divide into four bowls and serve immediately.

MACROS PER PORTION					
CALORIES	522	PROTEIN	16		
CARBS	101	FATS	6		
FIBRE	10				



#### AUBERGINE Dhansak

SERVES: 4

**TOTAL TIME: 55 MINUTES** 

#### **INGREDIENTS**

100g red lentils

1 large onion, grated

1 can (400g) cherry tomatoes

1 tsp ground turmeric

2 large aubergines, cut into 3cm chunks

2 tbs groundnut oil

2 tsp cumin seeds

2 tsp ground coriander

4 cardamom pods, split

4 cloves garlic, crushed

1 small bunch coriander, chopped

1 tsp garam masala

Rice and naans to serve

#### INSTRUCTIONS

Put the lentils, onion, tomatoes, turmeric and 1 tsp of salt in a pan with one tomato tin full of water, and bring to a boil. Turn down the heat and simmer gently for 20 minutes or until the lentils are tender.

Meanwhile, put the aubergines in a bowl, and toss with the oil and a little salt and pepper. Heat a large frying pan, cook half the aubergines until golden brown and softened. Tip out on a plate and cook the next batch.

Tip all the aubergines back into the pan and cook for one more minute. Add all the spices, except the garam masala, and cook for 2 minutes.

Next, stir through the garlic and cook for a few minutes, before adding the tomato and lentil mix, plus 200ml of water. Simmer for 20 minutes, stirring regularly. Lastly, add the coriander and garam masala and cook for another 2 minutes.

Serve with rice and naans, if you like.

MACROS PER PORTION					
CALORIES	232	PROTEIN	12		
CARBS	28	FATS	8		
FIBRE	12				



#### COURGETTE CRAB CAKES

SERVES: 5

**TOTAL TIME: 30 MINUTES** 

#### **INGREDIENTS**

280g courgette, grated

1 egg, beaten

2 tbsp butter, melted

114q bread crumbs

25g onion, minced

1 tsp Paprika and celery salt

80g all-purpose flour

125ml vegetable oil for frying

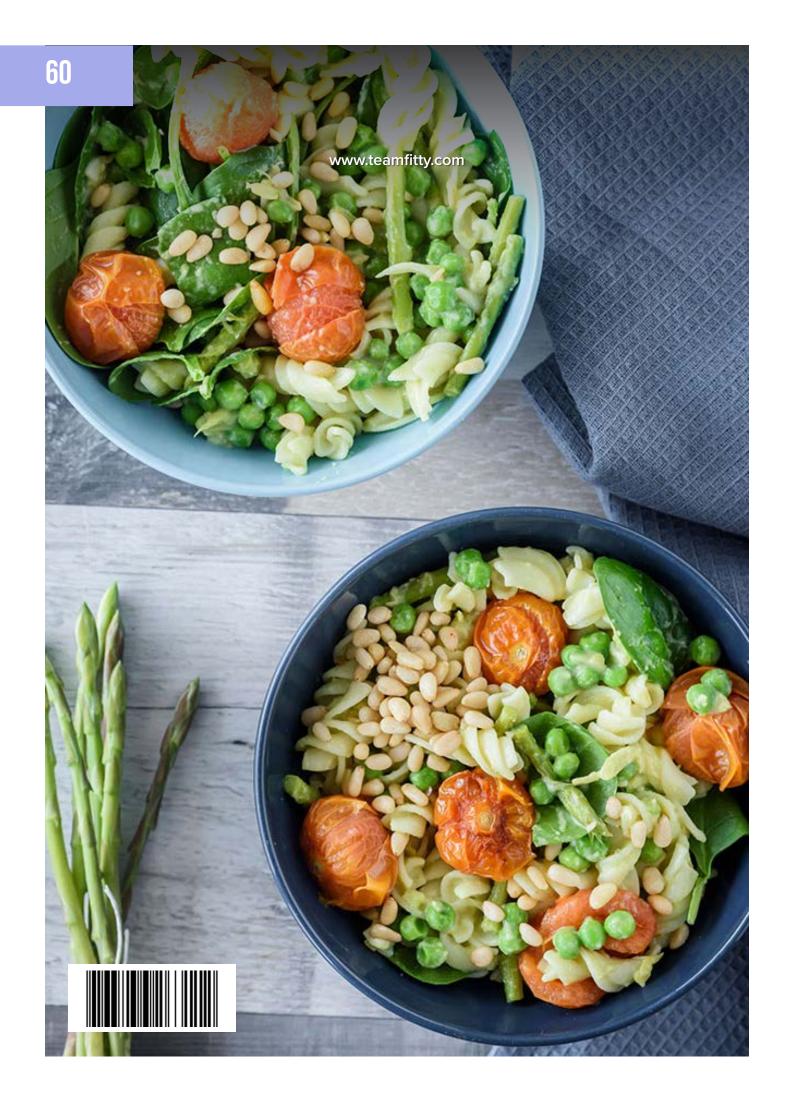
#### **INSTRUCTIONS**

In a large bowl, combine courgette, egg, and melted butter. Add the breadcrumbs, minced onion, and seasoning and mix well with your hands..

Shape mixture into patties and dredge in flour.

In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

MACROS PER PORTION					
CALORIES	197	PROTEIN	6		
CARBS	23	FATS	9		
FIBRE	4				



#### AVOCADO PESTO PASTA WITH PEAS, ASPARAGUS AND ROASTED TOMATOES

SERVES: 4

**TOTAL TIME: 35 MINUTES** 

#### **INGREDIENTS**

250g **cherry tomatoes**, halved

Olive oil spray

200g wholewheat fusilli

250g asparagus, cut into 2cm lengths

175g frozen peas

4 tbsp fresh basil leaves, plus extra to garnish

4 tbsp chopped fresh flat leaf parsley

2 tbsp toasted pine nuts

1 ripe avocado, chopped

Zest and juice 1 lemon

#### **INSTRUCTIONS**

Start by preheating your oven to 140°C/240°F/gas 2. Line a large baking tray with non-stick baking paper, add the cherry tomatoes and spray with olive oil. Roast for 20 min.

Meanwhile, cook the pasta according to the packet instructions. Add the asparagus and peas for the last 2 minutes of the cooking time. Drain and return everything to the pan.

Blitz the basil, parsley, pine nuts and lemon zest in a food processor until finely chopped. Add the avocado, lemon juice and 3-4 tbsp water and whiz until smooth. Season generously with freshly ground black pepper.

Stir the pesto through the pasta.

Divide among 4 bowls and serve topped with the tomatoes and extra basil.

MACROS PER PORTION					
CALORIES 311   PROTEIN					
CARBS	40	FATS	11		
FIBRE	12				



#### QUINOA AND BLACK BEAN CHILLI

SERVES: 4

**TOTAL TIME: 50 MINUTES** 

#### **INGREDIENTS**

1 onion, chopped

2 cloves garlic, crushed

1 red chilli, chopped

Olive oil spray

2 tsp ground cumin

1 tsp hot smoked paprika

1/2 tsp chilli powder (optional)

200g quinoa, rinsed and drained

625ml vegetable stock

1 tin (400g) chopped tomatoes

1 tin (400g) black beans, rinsed and drained

1 small avocado, sliced

Coriander leaves, to serve

#### INSTRUCTIONS

Fry the onion, garlic and red chilli in a spray of olive oil until soft, then add all the spices. Add extra chilli powder if you like it spicy.

Add the quinoa, stock, tomatoes and black beans, and season well. Cover and simmer for 30 minutes until the quinoa is tender and the sauce has thickened.

Divide into 4 bowls and top with avocado slices and coriander leaves, to serve.

MACROS PER PORTION					
CALORIES	317	PROTEIN	15		
CARBS	44	FATS	9		
FIBRE	13				







## CREAMY VEGAN CHOCOLATE PUDDING

SERVES: 4

TOTAL TIME: 10 MINUTE + 2

**HOURS CHILING** 

#### **INGREDIENTS**

115g vegan chocolate chips

1 packet (340g) silken tofu

3 tbsp cocoa powder

1 tbsp **maple syrup**, plus more to taste

1/4 tsp salt, plus more to taste

#### **INSTRUCTIONS**

Melt the chocolate chips in a bowl by microwaving in 30 second increments, stirring well between each increment. Place the tofu, melted chocolate chips, cocoa powder, maple syrup, and salt into the bowl of a food processor fitted with an s-blade.

Blend until smooth, stopping to scrape down the sides of the bowl as needed.

Taste-test and add more maple syrup and/or salt, if desired.

Transfer the pudding to a sealable container and chill until ready to serve.

MACROS PER PORTION					
CALORIES	304	PROTEIN	9		
CARBS	31	FATS	16		
FIBRE	4				



## MINI SWEET POTATO PIE TARTLETS

SERVES: 6

**TOTAL TIME: 60 MINUTES** 

#### **INGREDIENTS**

225g sweet potato, peeled and chopped

2 medium **bananas** 

3 tbsp vanilla extract

1 tsp ground cinnamon

55g pecan nuts, chopped (keep 6 for garnish)

For the crust:

255g almond flour

75g date, pitted

3 tsp extra virgin coconut oil

60ml lukewarm water

#### **INSTRUCTIONS**

Begin by boiling the sweet potato for about 20 minutes or until soft and set aside. Also, preheat the oven to  $180^{\circ}\text{C}/350^{\circ}\text{F/Gas}$  4. .

To make the crust, add the dates and water to a blender and blend until you get a smooth mixture. Add the blended dates, along with all the other ingredients for the crust to a medium size bowl and mix everything together really well.

Divide the dough and add it to the pie tartlets, bake for 10 minutes, until slightly golden brown.

Add banana and vanilla extract to a blender and blend until smooth. Add to a bowl and mix through the chopped pecans, ground cinnamon and boiled sweet potato. Fill the tartlets with the mixture and top with the pecan nuts you kept for garnish.

Bake the tartlets on  $160^{\circ}\text{C}/320^{\circ}\text{F}/\text{Gas}$  3, for 20 more minutes.

Let them cool down completely before you serve it.

MACROS PER PORTION					
CALORIES	442	PROTEIN	11		
CARBS	32	FATS	30		
FIBRE	9				



#### VEGAN PEANUT BUTTER BLOSSOMS

SERVES: 36

**TOTAL TIME: 30 MINUTES** 

#### **INGREDIENTS**

3 tbsp water

1 tbsp ground flaxseed

158g organic granulated sugar, divided

105g organic brown sugar

135g creamy natural peanut butter

120g butter, softened

1 tsp vanilla extract

180g all-purpose flour

3/4 tsp baking soda

1/2 tsp baking powder

1/2 tsp salt

For the ganache:

175g vegan chocolate chips

250ml coconut cream

#### INSTRUCTIONS

Preheat the oven to 190°C/375°F/Gas 5 and line a couple of baking trays with baking paper.

Whisk the water and flaxseed together in a small bowl. Allow the mixture to sit for a few minutes to gel while you gather the rest of your ingredients.

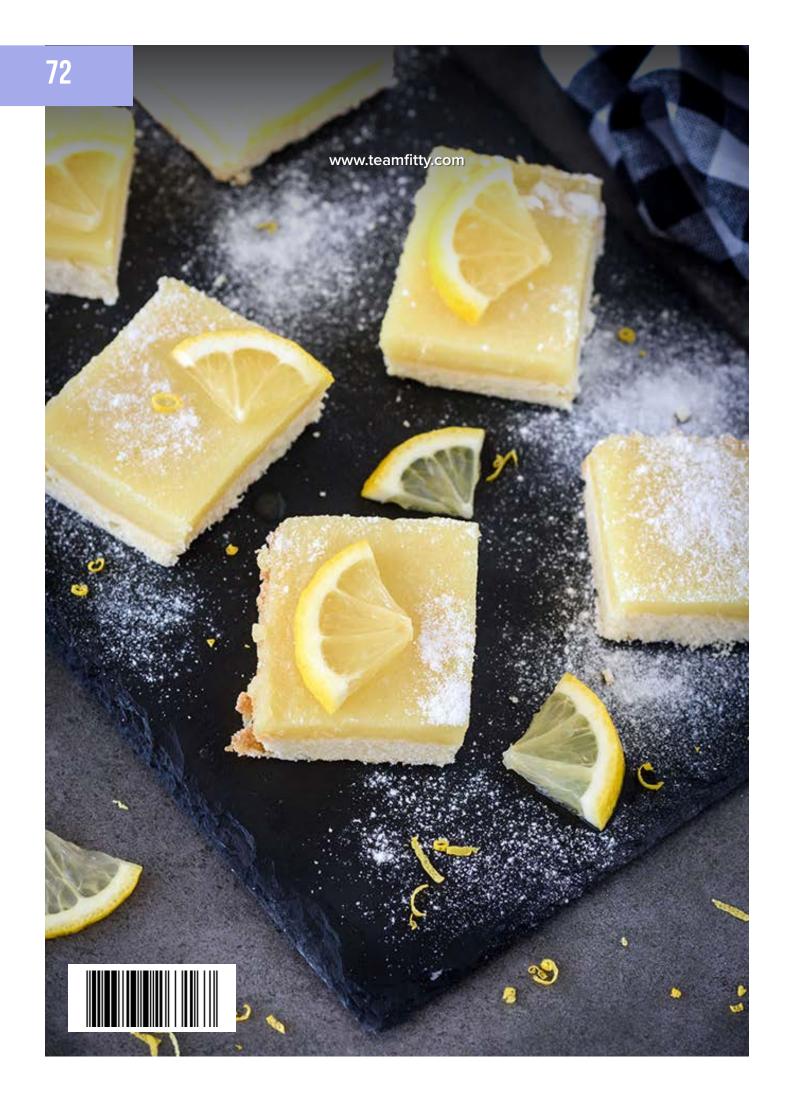
Place 1/2 cup of sugar, brown sugar, peanut butter, butter, and vanilla into a large mixing bowl. Add the flax mixture, and beat everything together with an electric mixer on high-speed for about 1 minute, until creamy. Add the flour to the bowl, and sprinkle the baking powder, baking soda, and salt on top of the flour. Stir everything together until blended well.

Place the remaining 1/4 cup of sugar into a small bowl. Roll the dough into 1-inch balls, then roll the balls in the sugar. Place them on the baking sheets, separated by about 2-inches.

Bake for 10 minutes, remove the baking sheets from the oven, and transfer them to a cooling rack. When the cookies have cooled, melt the chocolate chips in a double boiler or by placing them into a bowl and microwaving in 30 second increments, stirring in between.

Stir the coconut cream into the melted chips. Allow the mixture to cool down a bit, to thicken.

MACROS PER PORTION					
CALORIES	123	PROTEIN	2		
CARBS	13	FATS	7		
FIBRE	1				



#### VEGAN LEMON BARS

SERVES: 24

**TOTAL TIME: 50 MINUTES** 

#### **INGREDIENTS**

180g vegan butter, at room temperature

105g organic granulated sugar

60ml unflavored non-dairy milk

240g all-purpose flour

½ tsp salt

For the Filling:

180ml lemon juice, chilled

60g cornstarch

1 can (400ml) coconut cream

150g organic granulated sugar

2 tbsp lemon zest

1 tsp lemon extract

1/2 tsp salt

**FIBRE** 

Pinch **turmeric**, optional, for color

# MACROS PER PORTION CALORIES 202 PROTEIN 1 CARBS 36 FATS 6

#### **INSTRUCTIONS**

Preheat the oven to 180°C/350°F/Gas 4.

Begin by making the crust. Place the vegan butter and sugar in a large mixing bowl and beat at high-speed with an electric mixer, until creamy. Start beating in the flour, adding about 1/2 cup at a time and beating until fully blended before adding more.

Sprinkle the salt over the last addition of flour before mixing it in. At this point, the mixture will be very thick. Set aside the mixer and stir the dough together with a spoon.

Spread the dough in an even layer into the bottom of a 9  $\times$  13 inch baking pan.Bake for about 20 minutes, just until the edges of the crust begin to pull away from the sides of the pan.

While the crust bakes, make the filling. Whisk the lemon juice and cornstarch together in a small bowl or large liquid measuring cup. Place the coconut cream, sugar, lemon zest, lemon extract, salt and turmeric, if using, into a medium saucepan and place it over medium-heat.

Slowly heat the mixture up, stirring frequently. After a few minutes the sugar should dissolve and the coconut cream should liquefy. When the coconut cream mixture comes to a simmer, stir in the lemon juice mixture. It should begin to thicken up very quickly.

Continue cooking the mixture for about 1 minute, stirring frequently, until it becomes thick and glossy. When the crust comes out of the oven, spread the filling over it, using a spatula to smooth out the top surface.

Return the pan to the oven and bake for 15 minutes more, until the filling becomes bubbly around the edges. Remove the pan from the oven and transfer it to a cooling rack. Allow the bars to cool completely. The filling will continue to thicken up as it cools.

Slice and serve or store at room temperature in a sealed container for 2-3 days or in the refrigerator for up to 1 week.

