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**VEGANUARY**

**Recipe Book**

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**January 2018**

***Here are 31 tried and tested main meals for you to try, followed by suggestions for lunches and some quick suppers for when you haven’t got time to chop, blend or think too much.***

***I’ve put the source in brackets after the name of the dish so you can find pics and often how to videos online by googling. If no source given it’s me and Felix’s recipe.***

***Because my printer is rubbish I haven’t included photos of the dishes me and Fefa have made but will include in electronic version of this if I get time.***

***Note: most of this is gluten-free, you can get gluten free pastry or make your own, check ingredients of any packs of processed bits to check no wheat or gluten. Knorr vegetable stock pots are vegan and gluten free.***

***If you want to avoid soya just replace soya mince with lentils in any recipe in here based on soya mince and leaf out any tofu in recipes with tofu as it’s usually not essential, plus avoid using soya milk.***

***Obviously everything in here is suitable for people who need dairy-free diet as vegan stuff is automatically dairy free.***

***Enjoy! If you want more recipes just email*** [***cjellis1968@googlemail.com***](mailto:cjellis1968@googlemail.com)

***Also see the Veganuary website for loads of recipes –*** [***https://veganuary.com/recipes/***](https://veganuary.com/recipes/) ***and***  ***<https://www.bosh.tv/>***

1. **Creamy Butternut Squash Mac (BOSH)**

**Ingredients:**

To roast:

* 2 cups butternut squash chunks
* 1 cup cherry tomatoes
* 1 red onion (roughly chopped)
* 5 garlic cloves (small ones)
* 1 tbsp fresh rosemary (chopped)
* 1 tbsp fresh thyme (not tightly packed)
* Pinch of salt (to taste)
* Drizzle olive oil

**Other ingredients:**

* 1/2 cup sun dried tomatoes
* handful basil leaves
* 1/2 cup dairy free cream cheese
* Macaroni pasta (the sauce will do 4 people)

**Method:**

1. Put all the roasting ingredients on a baking tray & roast at 200℃
2. Take the roast vegetables out of the oven & spoon them into a food processor
3. Add the sun dried tomatoes, basil & dairy free cream cheese.
4. Blend them together into a smooth paste
5. Pour the paste into a bowl with freshly cooked, hot macaroni pasta. Serve immediately with a side salad
6. **Pad Thai**

**Ingredients**

* Blue Dragon vegan Pad Thai kits (for 2 people) includes noodles, sauce, chopped chilli and crushed peanut. Only use half a packet of the chopped chilli unless you want your mouth to explode. Rest of ingredients assume cooking for 4 so scale down accordingly if just for 2.
* Thumb sized piece of fresh ginger, peeled and chopped.
* 3 cloves garlic peeled and chopped
* 2 courgettes – use speed peeler to get them into wide thin strips
* 2 peppers thinly sliced
* 2 carrots – again speed peeled strips
* Pack of cauldron marinated Tofu pieces
* Small bunch spring onions
* Lime juice
* Half a bunch of coriander – snipped up with scissors (omit if you hate coriander)
* Sesame oil

**Method:**

1. Cook your noodles according to packet instructions and set aside.
2. Drizzle sesame oil into a wok or big pan and stir fry the garlic, ginger, chopped chilli, veg and tofu till cooked to your satisfaction.
3. Next lob in the sauce and noodles mix and heat through.
4. Finally top with chopped peanut, spring onion and squeeze of fresh lime juice.
5. **Shepherdess Pie (based on Jamie Oliver but tweaked!)**

**Ingredients**

* 600 g potatoes
* 600 g sweet potatoes
* 40 g dairy-free margarine
* 1 onion
* 2 carrots
* 3 cloves of garlic
* 2 sticks of celery
* olive oil
* 350 g chestnut mushrooms
* 12 sun-dried tomatoes
* 2 tablespoons balsamic vinegar
* vegan red wine (optional)
* 100 ml vegetable stock
* 1 x 400 g tin of lentils
* 1 x 400 g tin of chickpeas
* Tablespoon of mixed herbs

**Method**

1. Preheat the oven to 200°C/400°F/gas 6.

2. Peel and chop all the potatoes into rough 2cm chunks. Fill a big pan with boiling water from the kettle and boil potatoes. Once boiled drain them and return to pan and mash up with some dairy free butter, salt and pepper.

3. Peel and finely slice the onion, carrots and 2 garlic cloves, then trim and finely slice the celery. Fry veg in big pan over medium heat in some olive oil until softened.

4. Chop the mushrooms and sun dried tomatoes and add to the pan along with the vinegar and 2 tablespoons of the sun-dried tomato oil from the jar.

5. Cook for a further 10 minutes, then add a splash of wine, turn up the heat, and allow it to bubble away. Stir in the stock, lentils and chickpeas then leave it to tick away for 5 to 10 minutes, or until slightly thickened and reduced.

6. Season to taste, then transfer to a baking dish (roughly 25cm x 30cm).

7. Spread the mash over the top, scuffing it up with the back of a spoon and bake for 20 minutes or so.

*Further possible tweaks: if you don’t like mushrooms use courgettes instead; if you don’t like lentils or chickpeas use soya mince. If no sun-dried tomatoes lob in some Sacla cook’s paste instead.*

1. **Sausage Tray Bake**

**Ingredients:**

* Vegan sausages (Linda McCartney, Frys whichever you fancy)
* An onion or two
* Selection of other veg – go for RAINBOW colours : Couple of courgettes; Punnet of mushrooms; Couple of big tomatoes; Any root veg you want to use up (squash, sweet potato, swede); couple of aubergine; Couple of peppers.
* 200ml vegetable stock (approx)
* Several cloves of garlic
* Fresh herbs or tablespoon of mixed herbs per tray of roast veg
* Olive oil
* Salt and pepper
* Optional: spinach or other greens to wilt through towards end of cooking

**Method:**

1. Cook sausages according to packet instructions.
2. Peel and chop your veg and arrange them in baking trays (several may be required if you have a big family – you’ll have to judge quantities). Crush some garlic cloves in there and sprinkle with herbs, salt, pepper and drizzle olive oil over. Also add some vegetable stock.
3. Bung veg in the oven at 200 degrees and roast until soft.
4. Get the veg trays out and stir in any wilty type greens you want to use up, add cooked sausages and bung trays back in the oven for 5 mins or so.
5. **Mexfest**

**Ingredients**

**For Veggie Fajitas**

* Plain Tortillas
* Peppers (at least 1 for every 2 people you are cooking for – scale up)
* Red onion ( at least 1 for every 2 people you are cooking for – scale up)
* Tofurky slow roast chicken – 1 pack for 4 to 6 people
* Dried spices: 1 teaspoon paprika – one for each ration of pepper/onion combo, sprinkling cumin
* Lime juice (fresh or from bottle)
* Olive oil
* Salt and pepper
* Vegan soured cream
* Tomato salsa and/or Sriracha
* Grated violife block cheese

**Accompaniments**

* Potato wedges (home made or Mc Cains Lightly Spiced wedges)
* Guacamole – mash up some avocados with some tomato and chilli.
* Mexican bean salad. Buy a tin of mixed beans and a tin of sweet corn, drain and mix them together. Add chopped spring onion and chopped cherry tomatoes. You could also add cucumber if you like. Dress with 3 tablespoons olive oil, a tablespoon at least of lime juice and salt and pepper.
* Fresh chopped chilli for adding in for those of a spicy disposition

**Method:**

1. Prep your peppers and onion – chop up and marinade with olive oil, lime juice, paprika and cumin.
2. Get your oven on ready for wedges and chop up your own potatoes if using (I just use McCains)
3. Make the Mexican salad as described above and prepare some guacamole.
4. Fry your pepper and onion mix in a big wok or frying pan while the wedges are cooking. When they are soft mix in and heat through the tofurky chicken.
5. You can microwave tortillas for a few seconds to warm them up if you like then instruct people to create their own fajitas using the veg/chicken mix and adding in sour cream/ cheese/ guacamole/ salsa.
6. **Leek and Courgette Risotto**

**Ingredients**

* 3 courgettes sliced
* 3 leeks – sliced
* 1 large onion – sliced/chopped
* 3 cloves of garlic – chopped or pressed
* Glass of white wine.
* 1.2 litres of stock
* 500g Arborio Risotto Rice
* Prosociano Vegan hard cheese – grated.
* Olive Oil
* Salt and pepper
* Herbs: Oregano/Basil/Parsley whatever you fancy

**Method:**

1. Chop your veg and prep your stock.
2. Fry onion, leek, courgette and garlic in olive oil on high/medium heat till soft. Add herbs, salt and pepper.
3. Chuck in a glass of white wine followed by the rice – stir till all the wine is absorbed.
4. Add stock a bit at a time (I add it in batches of 200ml) and stir frequently as it is absorbed.
5. Once the rice is soft (it takes a while 20-30 mins – taste it plus it should look a bit like porridge!), take pan off the heat and grate in Prosociano. Check seasoning.
6. Serve with salad or greens.
7. **PROPER Sunday or Mid-week Roast**

In place of meat you have lots of options:- vegan sausages, a tofurkey roast, Linda McCartney’s country pies or her vegetarian ‘beef’ roast, a nut roast, a wellington. Here are recipes for my lentil/veggie bake and the BOSH mushroom Wellington.

**Lentil/Veggie Bake**

**Ingredients**

* 1 tin green lentils
* 2 red onions
* 2-3 courgettes
* Punnet of chestnut mushrooms - sliced
* 3 cloves garlic
* Herbs of choice
* Salt and pepper
* Chunk of bread to make into breadcrumbs (shove in food processor)
* Olive oil plus some extra virgin olive oil to drizzle on top

You could add some speed peeled carrot if you like, and whatever other veg you fancy.

**Method:**

1. Fry onion, courgette, garlic and mushroom. Add herbs.
2. Lob in drained tin of green lentils and sprinkling of breadcrumbs.
3. Bung into an oven dish, sprinkle breadcrumbs over top followed by drizzle of extra virgin olive oil and shove in oven at 180 for 20-30 mins till top is browned.

**BOSH Mushroom Wellington**

**Ingredients:**  
**For the mushrooms:**  
4 portobello mushrooms ( we use large flat ones)  
4 cloves Garlic (minced)  
1 tbsp Fresh Thyme (leaves) – or use dried  
1 tbsp Fresh Rosemary (finely chopped) – or use dried  
Splash Olive oil and sprinkle Salt & Pepper  
  
**For the Nut Roast Filling:**  
Splash olive oil  
1 large red onion (finely chopped)  
1 tbsp fresh rosemary (finely chopped)  
Sprinkle Salt  
Sprinkle Pepper  
1 cup white wine  
1/2 tbsp brown sugar  
2 cups chestnuts  
2 cups pecans  
2 slices seeded bread  
1/2 cup vegetable stock  
  
**For the Wellington case:**  
2 blocks short crust pastry (you will have some left over)  
1/2 cup soy milk  
  
**Method:**  
1 Put the portobello mushrooms in a baking tray & cover in a splash of olive oil   
2 Sprinkle the rosemary, thyme, salt, pepper & garlic over the top of the mushrooms   
3 Bake at 200℃ for 15 minutes & once they’re ready, set to one side to cool (this gives you the time you need to prepare the next stage of the dish)  
4 Put the red onion in a pan with olive oil & fry until it’s translucent  
5 Add the rosemary, thyme, salt, pepper & cook them together until they start sticking  
6 Add a cup of white wine & cook the alcohol off  
7 Add some brown sugar & mix it round so it caramelises, pour the mixture in a glass mixing bowl  
8 Put the chestnuts, pecans & bread in a food processor & whiz them all up into crumbs  
9 Add the crumbly mixture into the glass bowl with the onions & pour in the vegetable stock (gradually!)  
10 Stir the mixture round with a wooden spoon so it clumps up (it needs to feel like plasticine)  
11 Push 1 cm thick layer of the mixture onto a sheet of shortcrust pastry (laid out on a baking tray)  
12 Mould the mixture with your hands into a large, thin, wide sausage shape  
13 Put the pre cooked portobello mushrooms on top of the “sausage”   
14 Encase the mushrooms in the rest of the nutty mixture & smooth it out with your hands  
15 Carefully lay the second sheet of shortcrust pastry over the top of the nut roast mound  
16 Push the pastry down with your fingers  
17 Cut off the edges of the pastry with a pizza cutter (or a very sharp knife) & remove the excess (use this to cut of shapes to decorate your wellington)  
18 Seal the edges with a fork - take care here, make it look good!  
19 Decorate your wellington with shapes you cut out of the spare pastry & fork in air holes  
20 Bake at 200℃ (392℉) for 40 minutes (be sure to CHECK after 30 minutes, if it looks ready, take it out of the oven!)  
21 Use a bread knife to carve the Wellington into slices

**Vegetables**

**Roast Potatoes:** Parboil a load of potatoes – make sure they are similar sizes .Then drain in colander and chuck onto shallow baking tray. Drizzle with olive oil and sprinkle with salt. Bung it a hot oven 220 for 1 hour or until they look nice and brown and yummy.

**Carrots and Veg**: steam or boil up some nice veg to go with. We always have carrots and broccoli.

**Roast parsnips:** peel them and chop into even pieces. Parboil them for few minutes then drain and stick them in an oven tray, drizzle with olive oil, maple syrup, salt and pepper and roast them for oh around 30-40 mins.

**Brussel Sprouts**: wash them, stick them on oven tray, drizzle with olive oil, salt and pepper and some balsamic glaze and wack them in the oven for 30 mins at 200 degrees.

**Vegan Yorkies**

*This recipe is off bbcgoodfood.com but you need to let the tins with hot oil heat up for longer than they say…*

**Ingredients:-**

* 225g self-raising flour
* ½ tsp baking powder
* Pinch of salt
* 300ml unsweetened vegan soya or other plant milk
* 100ml warm water
* 8 tsp vegetable oil

**Method:-**

1. Bung flour, baking powder,’milk’, water and pinch of salt into food processor and whizz till smooth.
2. Transfer the batter to a jug, cover with cling film and leave to rest in the fridge for 1 hr.
3. Heat oven to 220C (200 fan) Spoon a tsp of oil into eight holes of a muffin tin and place in the oven for 15-20 mins to get really hot. Remove the tin from the oven and carefully pour the batter into the hot oil. Return to the oven and bake for 25-30 mins until risen and deep golden brown. DON’T OPEN OVEN till their time is up!!!

**VEGAN GRAVY**

**Ingredients:-**

* Punnet of mushrooms chopped small
* 1 large onion – finely chopped
* 2 carrots speed peeled
* Stick of celery chopped
* Glass of wine
* 1.5 litres veg stock (KNORR)
* Olive oil
* Fresh or jar Herbs, bay leaf
* Free from gravy granules in case

**Method**

1. Bung all veg in heavy bottomed pan and fry in olive oil till softening.
2. Bung in glass of vegan wine to de-glaze. Let that quickly be absorbed then in with half the stock, herbs, bay leaf (take out leaf at end).
3. Let that simmer for half an hour.
4. If you want a small amount of very smooth, dark brown but clear gravy just mush up veg, sieve liquid into jug, smooshing the veg a bit more to get maximum flavour OR do what I do for thicker, bigger quantity of gravy and bung it all in the liquidizer and whizz it up, then back to the pan and thin it a bit with more stock if too thick. Bung in some free from gravy granules if you fancy.
5. **Creamy Veggie Sausage Pasta (BOSH with Felix tweaks)**

**Serves 6**

**Ingredients:-**

* 8 Linda McCartney vegan sausages
* 500g Penne Pasta
* 2 onions chopped
* 2 red peppers sliced
* 2 carrots speed peeled
* Optional – chopped courgette
* 3 cloves garlic crushed
* Herbs – basil good, oregano (at least 1 tablespoon of herbs)
* 2 tins chopped tomatoes
* 1 carton of Oatly single cream alternative OR cashew cream
* Vegan cheese (Prosociano)
* Olive Oil
* Couple of tablespoons Sacla Cook’s paste
* Salt and Pepper

**Method:**

1. Bung your sausages in the oven and cook according to packet instructions. These come in packets of 6.
2. Meanwhile chop your veg and bung in pan, fry till soft.
3. Lob in two tins chopped tomatoes (you could add teaspoon of sugar at this point), simmer for 10-15 mins.
4. Quickly boil kettle and pour water into big saucepan with the penne and bit of salt – bring to boil.
5. Chop your cooked sausages and lob them into sauce. Stir. Add some sacla and check seasoning.
6. Lob in your cream alternative, stir for few minutes.
7. Take pan off heat and grate in some Vegan Cheese – Prosociano best.

**CASHEW CREAM: Bung this lot in a blender -** 1 cup cashews (either soak overnight or quickly boil in water 10 mins and drain); ½ cup water; ½ cup lemon juice; 1 teaspoon onion powder; ½ teaspoon garlic powder; ¼ teaspoon salt; 2 tablespoons nutritional yeast.

**9.Thai Red Curry**

**Ingredients**

* 1 jar of Tesco red curry paste (vegan – I checked)
* 1.5 tins Coconut milk
* 3 big sweet potatoes peeled and chopped into chunks
* 3 courgettes
* 2 red peppers
* Small Bunch of coriander
* Couple of cloves of garlic and bit of fresh ginger finely chopped.
* 1 lime
* 1.5 large mugs of basmati rice

**Method.**

1. Bung your chunks of sweet potato in a pyrex dish, add half a lime and cover with two sheets of clingfilm. Microwave on high for – oops I forget how long, err try 8-10 mins then see if they are soft.
2. Chop your red peppers and courgette and fry gently with the garlic and ginger.
3. Snip in your coriander, stalks and all (If you don’t like coriander just leave it out it’s not the end of the world).
4. Lob in your curry paste (rule of thumb – 1 heaped dessertspoon per person, I think I used the whole jar), stir.
5. Lob in coconut milk, bring to boil then turn down to simmer. Add your sweet potatoes in.
6. Should be ready in 10 mins. If it’s too hot add some more coconut milk.
7. Serve with basmati rice and greens if you like.

Nb for Basmati I lob 1.5 mug fulls in a pan, add three mugs boiling water from kettle, stick on high heat, stir, once the water is nearly gone which takes like 5-7 mins, take it off the heat, fork through, lid on quickly and let it finish cooking by steaming itself cooked.

**10.Vegan Moussaka (BOSH)**

Ingredients:

**Vegetables:**

1 aubergine (sliced)

3 or 4 potatoes (sliced)

drizzle of olive oil

**Ragu:**

2 onions (finely chopped)

4 cloves garlic (bash up with mortar and pestle)

1 tbsp oregano

1 tbsp rosemary

1/3 cup parsley (leaves)

3 cups wild mushrooms

1 cup veggie stock (more if it’s too dry)

3/4 cup red wine (make sure it’s safe for vegans)

1 tin chopped tomatoes

1 tin green lentils (drained) or equivalent quantity soya mince

1 tbsp cinnamon

1/3 cup tomato puree

**Béchamel Sauce**

3.5 CUPS PLANT MILK

1 CUP PLAIN FLOUR

1/2 CUP DAIRY FREE BUTTER

salt & pepper (to taste)

1/2 whole nutmeg (grated)

Parsley to garnish

Method:

1 Lay the aubergine & potato slices on oiled baking trays, sprinkle with salt & pepper & drizzle with olive oil

2 Pop them in the oven for 20 minutes at 200℃ (392℉) or until the potatoes are a nice golden colour

Ragu:

3 Cook the onion in a frying pan & cook it until it’s translucent

4 Add the grated garlic, oregano, rosemary, parsley & fry it until the onions are well covered in flavour

5 Add the mushrooms (these don’t have to be wild mushrooms, they can be thin slices of regular mushrooms. We used them because they look ace & taste lovely) & stir them around so they mix round with everything else in the pan

6 Add the stock & the wine, let it simmer for a bit & then stir it round so everything cooks together & the flavours all merge nicely

7 Add some seasoning, add the tinned tomatoes, green lentils (drained), cinnamon, tomato puree & stir it all round so it cooks evenly

8 Pop the ragu in a pyrex bowl & set it to one side

Béchamel Sauce:

9 Put the dairy free butter in a frying pan, melt it down, add one cup of flour & stir it round (don’t be alarmed - it will clump up)

10 Add one cup of plant milk & stir it all round so it mixes in (it will be a bit lumpy)

11 Repeat the process until the sauce is thick & creamy (it will take a little while & you’ll worry if it’s working - it will work as long as you keep stirring it)

12 Add more plant milk if it’s too lumpy, add more flour if it’s too runny)

13 Lay the potatoes in the bottom of the lasagne dish

14 Add half the ragu & spread it around with a spoon

15 Add a layer of eggplant

16 Add the other half of the ragu

17 Give the béchamel a stir, pour it on top of what you already have (you don’t have to use all of it, if it looks like there’s too much, don’t use it all) & spread it around with the back of a wooden spoon

18 Grate on some nutmeg in to the top of the moussaka

19 Bake at 200℃ (392℉) for 45 minutes (or until the top of the moussaka is browned to your liking)

**11. Jalfrezi (based on Jamie Oliver)**

Serves 8

**Ingredients**

* 1 medium onion
* 1 fresh red chilli
* 5 cm piece of ginger
* 2 cloves of garlic
* 1 bunch of fresh coriander
* 2 red peppers
* 1 cauliflower
* 3 ripe tomatoes
* 1 small butternut squash
* 1 x 400 g tin of chickpeas
* groundnut or vegetable oil
* 1 knob of unsalted vegan butter
* ½ x 283 g jar of Patak's jalfezi curry paste
* 2 x 400 g tins of quality plum tomatoes
* 4 tablespoons balsamic vinegar
* 2 lemons
* 200 g vegan/dairy free yoghurt

**Method**

Peel, halve and roughly chop the onion. Finely slice the chilli, then peel and finely slice the ginger and garlic. Pick the coriander leaves, finely chopping the stalks. Halve, deseed and roughly chop the peppers.

Click off and discard the green leaves from the cauliflower, then break the cauliflower into florets and roughly chop the stem. Quarter the fresh tomatoes.

Carefully halve the butternut squash, then scoop out the seeds with a spoon and discard. Slice into 2.5cm wedges, leaving the peel on but removing any thick skin, then roughly chop into smaller pieces. Drain the chickpeas.

Heat 2 tablespoons of oil and the butter in a large casserole pan on a medium-high heat, add the onions, chilli, ginger, garlic and coriander stalks and cook for 10 minutes, or until softened and golden.

Add the peppers, butternut squash, chickpeas and jalfrezi curry paste, then stir well to coat.

Add the cauliflower, the fresh and tinned tomatoes, breaking the plum tomatoes up with the back of a spoon. Add the vinegar and 1 tin's worth of water, and stir again.

Bring to the boil, then turn the heat down and simmer for 45 minutes with the lid on. Check the curry after 30 minutes and, if it still looks too liquidy, remove the lid for the rest of the cooking time.

When the veg is tender, taste and season to perfection with sea salt, black pepper, and a squeeze of lemon juice.

Delicious served with **basmati rice** and with a few dollops of vegan/dairy free yoghurt, a sprinkle of coriander leaves and a few lemon wedges for squeezing over.

**Caro note:** To cook basmati my way is – one mug basmati to two mugs boiled water that is the ratio ok. 1 large mug will do 4 people so scale up from there. Stick in big pan on hob full temp, when the water has just about been absorbed take it off the hob slap a lid on and leave it for 5 mins then it will be perfect.

**12. Homemade Pizzas**

**For the Pizza bases (serves 6 at least)**

* 500g Strong White Bread Flour
* 1 sachet fast acting yeast
* 2 teaspoons of salt and sugar respectively
* 300ml warm water
* 2 tablespoons olive oil
  1. Mix dry ingredients.
  2. Lob in water and olive oil and mix.
  3. Get mix into ball of dough and dollop onto floured surface.
  4. Knead it for 10 mins.
  5. Dollop it back in bowl – cover with tea towel or clingfilm and leave it somewhere warm for 45 mins.
  6. Get your dough back out of bowl and divide into 5-6 balls.
  7. Roll out each ball into as big a circle as you can manage, add toppings and cook each in preheated oven (as hot as you can) for 8-10 mins)

**To make your own tomato Pizza sauce.**

For 6 people :

* 2-3 tins chopped tomatoes
* 3 cloves garlic crushed
* Salt, pepper and spoonful of sugar
* Handful of basil – snip with scissors stalks and all

Method:

1. Bung all the stuff in a saucepan and whack up the heat.
2. Stir frequently, turning heat down as it will start spitting up at your face otherwise. Get it on a nice simmer.
3. Get a potato masher and get in there and squish those tomatoes up till they are pulpy.
4. Keep simmering until tomatoes are reduced and not liquidy – err I dunno half an hour tops.

**For your toppings:-**

Sliced peppers/courgettes/mushrooms.

Grate your preferred ‘cheese’ alternative up in readiness or use Tesco grated Mozarella alternative

Other ideas apart from nice veg are:-

* vegan ‘pepperoni’ or other ‘meat’ slices if you have any
* olives
* Artichokes (the anti-pasti ones drained)
* Jalapeno
* Chilli

**Pizza base cooking:-** Transfer dough circle onto pizza tray, spoon over tomato sauce, arrange toppings and wack in the oven (as hot as possible) for 8-10 mins.

**To make doughballs:-**

Follow pizza base instructions just roll dough into lots of little balls and bake for 10 mins in hot oven (depends how big your balls are).Make ‘garlic butter’ by crushing clove of garlic and mixing with couple of tablespoons of Flora Dairy free spread or similar.

Plus for ‘garlic butter’ you need a clove of garlic and Flora Dairy free spread or equivalent.

**13. Fefa’s Tofu and Veg Pot Pie**

**Ingredients**

* Jus rol or Tesco puff pastry sheet
* 1 onion chopped
* 3 leeks chopped
* 2 courgettes sliced
* 3 Carrots sliced and boiled
* 3 large sweet potatoes
* 1 pack Tofoo cut into chunks
* 1 punnet chestnut mushrooms ( optional)
* 2 peppers ( optional)
* Several cloves garlic crushed
* 1 tablespoon dried parsley; 1 tablespoon herbes de Provence
* Salt and pepper
* Job lot bechamel - 1/2 cup vitalite, 1 cup plain flour,3.5 cups plant milk, salt, pepper, ground nutmeg, several tablespoons nutritional yeast, teaspoon Dijon mustard.

**Method:**

1. Fry onion leek garlic courgettes peppers mushrooms add herbs and seasoning.
2. Meanwhile boil them carrots and bung small chunks of sweet potato in glass dish under 2 layers cling film and zap in microwave for 5-10 mins.
3. Make bechamel - melt vitalite in pan, stir in flour to make roux, add milk and whisk till thick - add the assorted seasoning.
4. Mix all stuff together chuck in casserole dish, cover with puff sheet brushed with plant milk bake at 200 for 30-40 mins and serve with broccoli.

**14. Jerk Sweet Potato and Black Bean Curry (Adapted from recipe on BBC Goodfood)**

**Ingredients:**

• 2 onions chopped

• 2 tbsp sunflower oil

• 50g ginger , finely chopped or grated

• 3 tbsp jerk seasoning

• Tablespoon dried thyme

• 400g can chopped tomato

• 4 tbsp red or white wine vinegar

• 3 tbsp demerara sugar

• 600ml vegetable stock

• 1kg sweet potato , peeled and cut into chunks

• 2 x 400g cans black beans, rinsed and drained

• 2 or 3 chopped fresh red peppers or whatever colour you have (mixed pack of 3 is what I usually have)

1. Gently fry onion in big pan or casserole.

2. When soft add peppers, ginger, jerk seasoning, thyme, vinegar, sugar, stir round for a mo then lob in tomato and stock and bring to boil.

3. Add chunks of sweet potato and simmer simmer till they are soft. (If you are in a hurry and those damn potatoes are still hard as a rock, fish the potato out stick in pyrex dish adding half a lime IF you have one if not don’t worry, cover with two layers of cling film and zap on high in microwave 5 mins then add them back in)

4. When potato soft stir in the beans, peppers and some seasoning, and simmer for another 5 mins.

5. serve with basmati rice

**15. Sausage Casserole**

**Ingredients**

(this is easy to add to/sub things in/tweak with different spices):

We usually make double rations but basic amounts for 4 peeps would be:

* 6 Linda McCartney sausages
* 1 onion chopped
* 3 cloves garlic squished
* 2 leeks chopped
* Celery stick chopped
* 2 speed peeled carrots
* Glass white wine
* Tin butter beans or cannellini beans
* Liberal amounts of parsley ( fresh or dried)
* Stock (Knorr vegetable stock pot variety) –around 250 ml
* Salt and pepper
* Sprinkling of crushed/chopped chillis from a little jar
* Optional Ingredients: chard (minus stalks)leaves; courgettes; mushrooms .

**Method:**

1. Cook sausages in oven.

2. Prep Veg, then gently fry onion, celery, leek and carrot in olive oil with garlic ( oh and courgette and mushroom if using) add herbs/spices

3. Bung wine in stir and let the alcohol reduce - it doesn't taste winey at all just gives added flavour.

4. Bung in beans, chopped sausages and anything that needs wilting e.g. The chard and around 250 ml stock.

5.Simmer till liquid reduces and chard wilted

6. Season to taste and serve with mashed potatoes and broccoli

**16. Apricot and Courgette Couscous**

**Serves 4-6**

**Ingredients:**

* 2 chopped red onions,
* 4 sliced courgettes,
* 3 sliced peppers,
* 4 speed peeled carrots,
* 5 cloves garlic,
* 140g bag whitworth golden malatya apricots,
* tin chopped tomatoes,
* 500 ml vegetable stock,
* 4 large fresh tomatoes chopped,
* tin of chickpeas
* and our best pal sacla cooks paste- several heaped desert spoons thereof.
* Seasonings: 1 tablespoonful each of cumin, paprika and cinnamon, sprinkling of cayenne pepper, sea salt and pepper.

**Method:** gently fry onions in olive oil, when soft add courgettes, carrots and peppers followed by garlic and dried spices, fry for a bit. Then lob in apricots chopped, tomatoes, stock and simmer till courgettes nice and soft. Bung in sacla and chickpeas, stir and season and heat a bit more. Serve with couscous and green salad.

**17. Laksa (veganised from Jamie Oliver dish)**

**Quantities to serve 4**

**Ingredients:**

* 1 litre vegetable stock (Knorr stock pots)
* 1 butternut squash , (neck end only)
* 2 cloves of garlic
* 5 cm piece of ginger
* 1 fresh red chilli
* 1 teaspoon ground turmeric
* ½ a bunch spring onions
* 1 heaped teaspoon peanut butter
* 4 dried kaffir lime leaves
* ½ a bunch of fresh coriander
* 1 tablespoon sesame oil
* 1 tablespoon tamari soy sauce
* 300 g medium rice noodles
* 2 bunches of asparagus , (600g)
* 1 x 400 g tin of light coconut milk
* 3 limes

**Method**

Pour 1 litre of stock into large pan.

Trim the stalk off the squash and peel , roughly chop the neck end, then grate and tip into the boiling stock.

Peel the garlic and ginger. Into a food processor tip the garlic, ginger, chilli, turmeric, trimmed spring onions, peanut butter, lime leaves, coriander stalks (reserving the leaves), sesame oil, soy sauce. Blitz to a paste, then tip into the stock and add the noodles.

Trim the asparagus and cut in half. Add to the pan, pour in the coconut milk, and as soon as it boils, taste, correct the seasoning with soy sauce and lime juice, then turn the heat off.

Serve Laksa in bowls with coriander leaves and chilli for sprinkling over if you can be bothered.

**18. Spaghetti Bolognaise**

Serves 6

**Ingredients:**

* 2 onions
* 5 cloves garlic
* 2 courgettes sliced
* 2 carrots speed peeled,
* punnet of mushrooms chopped optional
* tablespoon each of herbes de Provence or basil and oregano,
* 3 tins chopped tomatoes,
* 250mlveg stock,
* half pot sacla cooks paste,
* salt and pepper,
* sprinkling garlic powder,
* 350g soy mince,
* generous handful of prosociano,
* glass red wine ( check it’s vegan on that website)
* handful fresh basil leaves.

**Method:**

Fry veg gently with garlic and dried herbs, when soft chuck in wine, fry bit more, bung in tomatoes, mince, stock and sacla bring to boil then simmer 30 mins, grate in prosciano season and serve with spaghetti.

**19. Spiced pumpkin & coconut casserole (Waitrose – tweaked slightly)**

Serves: 6

**Ingredients**

500g shallots  
1.5kg pumpkin or squash (use butternut squash if you can it’s yummiest)  
3 tbsp vegetable or rapeseed oil  
1 large fennel bulb, chopped  
3 red peppers, deseeded and roughly chopped  
6 cloves garlic, crushed  
2 tbsp Cajun Seasoning   
2 tbsp chopped thyme (fine to use thyme from a jar  
150 ml of vegetable stock (use Knorr vegetable stock pots – one pot makes 500ml so save the rest for another day)  
400ml tin coconut milk  
400g tin chopped tomatoes

**Method**

1. Place the shallots in a heatproof bowl, cover with boiling water and leave to stand for 2 minutes. Drain and rinse in cold water. Peel away the skins, leaving the onions whole.
2. Cut the pumpkin or squash in half, then scoop out and discard the seeds. Cut away the skin and chop the flesh into 2-3cm chunks.
3. Heat 2 tbsp of the oil in a large saucepan or flameproof casserole and add the fennel, shallots and peppers. Fry gently for 6-8 minutes, stirring frequently, until just beginning to colour. Stir in the garlic, then add the Cajun seasoning, pumpkin and thyme.
4. Add 150ml vegetable stock, the coconut milk and tomatoes. Bring to the boil, reduce the heat to its lowest setting, cover and cook very gently for about 45 minutes, stirring occasionally, until the vegetables are very tender. Serve with basmati rice or couscous

**20. Minestrone alla Carolina** (with Apols to Nigella)

**Ingredients:**

* 1 large onion chopped
* 2 sticks celery chopped
* 2 leeks chopped
* 3 courgettes chopped
* 4 -5 cloves garlic crushed
* olive oil
* 2 litres vegetable stock
* tablespoon or 2 of oregano and basil
* whole cabbage ( minus outermost leaves and very middle bit) shredded. Works with January King/Savoy
* couple of handful of green beans trimmed and snipped in half
* 500-750 g pasta for soup ( ickle shells mine were or use up odds and ends of packets)
* tin cannelloni beans drained
* couple of handfuls prosociano
* salt and pepper
* couple of tablespoons sacla cook's paste
* glass or two dry white wine

**Method**

1. Gently fry onion, celery, leek, courgettes and garlic till soft in big stock pot.Add herbs.

2. Bung in wine, let that stew for 5 mins then bung in cabbage and beans, stir for bit.

3. Add stock. Bring to boil then slap lid on turn heat down and simmer 20 mins.

4. Take lid off, turn up heat, bung in pasta and cook till cooked to your satisfaction.

5. Lob in some cooks paste then turn off heat and grate over prosociano, season and serve with bread .

**21. Vegan Dhansak**

**Ingredients:**

* 2 onions - chopped
* 2 aubergines - chunks
* Couple of courgettes OR Whole small to medium butternut squash ( peeled and cut into small chunks)
* Small bunch coriander
* 3 cloves garlic
* Thumbsized piece of ginger finely chopped
* 4 tablespoons Balti paste
* 2 tins chopped tomatoes
* 500ml Veg stock
* Spinach - liberal amounts ( fresh or frozen)
* 2 cups red split lentils

**Method**

1. Gently fry onion , garlic and ginger 5 mins.

2. Bung in chopped coriander, aubergine and courgettes/squash fry for a bit then stir in balti paste.

3. Cook lentils according to packet instructions

4. Add tomatoes and stock to curry bring to boil then simmer till Veg soft. Might take a while!

5. Bung in spinach and drained lentils, mix and heat through. Season and serve with basmati rice

Serves 6

**22. ‘Chicken and Chorizo‘ Paella**

**Ingredients:-**

**FOR 4**

* Spanish paella rice – 300g
* Pot of Saffron
* Vegan white wine
* 1 -2 litres of vegetable stock (Knorr stock pots)
* 1 large onion chopped
* Couple of peppers chopped (you can buy bags of frozen mixed peppers too)
* 4 large fresh tomatoes
* Liberal amounts of paprika
* 4 cloves garlic crushed
* Linda Mc Cartney chorizo sausages or cocktail sausages
* Tofurky slow roast chicken (227g pack)
* Couple of tablespoons Sacla Cook’s Paste.
* Optional: courgettes, peas or green beans

**Method**

1. Pop your oven on to 200 to heat up for sausages.
2. Gently fry the onion, garlic and peppers in olive oil (if using frozen peppers you could add them in with the stock; add any sliced courgettes if using at this point) in a paella pan/wok/big frying pan. Douse with paprika (2 teaspoons-ish) and sprinkle over salt and pepper.
3. Get a little pan and pour in a glass of white wine, once it starts bubbling add the saffron and stir.
4. Tip the rice into the main pan quickly followed by the contents of the little pan and stir. You want the rice to soak up the saffron and wine and go nice and yellow.
5. Quickly plonk in a litre of veg stock and stir. Bung your sausages in the oven and to the main pan add chopped fresh tomatoes and any other veg like peas or beans (these can be fresh, frozen – if tinned leave to near the end)
6. Let that simmer away, stirring and adding more stock if you need to. Once the rice is tender, break up the tofurky ‘chicken’ and stir through to heat up. Chop up cooked sausages and add those to the pan. Stir in generous dollop of Sacla cook’s paste and stir through.
7. Serve with green salad.

**23. Brynhildr’s Viking Stew**

**Ok so Brynhildr is a Valkyrie and she isn’t hot on exact quantities but you get the gist!**

1. Chop up a load of:

* Onions
* Garlic
* Leeks
* Carrots
* Turnip
* Cabbage

Also make sure you have barley, peas, green beans and some herbs – parsley, thyme, marjoram.

1. In your Cauldron gently fry onions in olive oil for 5 mins then bung in everything else with a lot of veg stock
2. Bring to boil then simmer for ages. Season stew to taste.
3. Find poor mortals to inflict stew on.

**A Spelt loaf goes nicely with this – either just buy one or make one by buying spelt flour and following the recipe on the pack.**

**24. Lasagne**

**Ingredients**

* Bolognaise sauce (see Spaghetti Bolognaise)
* Lasagne Sheets (egg free sort)
* Bechamel sauce (see Fefa’s Tofu and Veg pot pie)
* Grated vegan cheese

**Method**

1. Make your bolognaise and pop your oven on to 190 degrees.
2. Grab a large rectangular ovenproof dish and spoon half the bolognaise into the bottom and spread out. Cover with layer of lasagne.
3. Spoon the rest of the bolognaise over the lasagne sheets and then cover with a further layer of lasagne sheets.
4. Make béchamel and pour over the top. Finish by grating some vegan cheese over the top if you like.
5. Stick dish in oven for 40-45 minutes.
6. Serve with salad.

**25. Red cabbage and cashew biryani (River Cottage – Much More Veg – simplified a tad)**

Serves 4-6

**Ingredients:**

* Vegetable oil
* 1 onion chopped
* 3 garlic cloves crushed
* 250g leek
* 300g red cabbage
* 400ml Coconut milk
* 300ml water
* 250g basmati rice
* 125g cashew nuts
* 100g raisins
* Salt and pepper
* Three tablespoons mild to medium curry paste (e.g. Korma or Balti)

Accompaniments: onion bhajis (tescos frozen ones are vegan) and mango chutney

**Method**

1. Preheat the oven to 180 degrees and find a large, flameproof casserole dish with a well-fitting lid.
2. Fry the onion, leek, red cabbage and garlic gently in the casserole until softened and reduced in volume.
3. Meanwhile heat the coconut milk up in a separate pan with 300 ml water until smoothly amalgamated.
4. Add curry paste to veg casserole and stir then chuck in cashews, raisins and rice plus the warm diluted coconut milk. Add ½ teaspoon salt and some pepper. Bring to a simmer.
5. Put the lid on the casserole and stick it in the oven for 20 mins.
6. After 20 mins let it sit outside the oven with lid on while you heat up your bhajis then serve with mango chutney.

**26. Hoisin Noodles (BOSH with couple of tweaks)**

**Ingredients:**

* 1 tbsp coconut oil
* 1 tbsp sesame oil
* 3 cloves garlic
* 2 inches ginger
* 1/3 cup cashews
* 2 chillies
* 1/2 cup spring onions
* 1/2 cup seitan strips OR pack of Cauldron Marinated Tofu
* 2 tbsp soy sauce
* 1 tbsp maple syrup
* 1 cup green beans
* 1 cup mange tout
* 1 red pepper
* 1 cup baby corn
* 1 cup tenderstem broccoli
* Juice of 1 lime
* 1/4 cup hoisin sauce

Enough wholemeal/rice noodles for 4 people

Sesame seeds to garnish

NOTE: You can vary the veg as we do in accordance with what the kids like and what you have in.

**Method:**

1 Heat the coconut oil in a large wok. Add the sesame oil, garlic, ginger and cashews and cook for a few minutes.

2 Add the chillies and chopped spring onions, stir well and then add the seitan strips/tofu.

3 Add the soy sauce and maple syrup and mix well.

4 Add the rest of the vegetables, and stir fry for a few minutes until softened. Then squeeze the lime juice over and add the cooked noodles.

5 Stir and cook through until warm, serve immediately and garnish with sesame seeds.

**27. Tripolini Alfredo (based on a couple of BOSH recipes smooshed together and tweaked!)**

**Ingredients:**

* 400 grams tripolini pasta (long pasta with wavy edge; if you can’t it use linguine or similar)
* 1 cauliflower;
* 1 cup cashews;
* 1 cup silken tofu;
* 2 cups almond milk ( any plant one should do);
* quite a bit of nutritional yeast err can’t remember 1/4 - 1/2 cup;
* salt, pepper, teaspoon garlic powder;
* 1 onion chopped;
* 5 cloves garlic squished;
* lots of chopped courgettes ( at least 3 sliced thinly).
* Fresh parsley leaves (optional)

Feeds 4- 6.

**Method:**

1. Get two pans of boiling water on go - 1 for pasta, 1 for cauliflower and cashews.
2. Simmer cauliflower and cashews 12-15 mins, drain then bung in blender with the milk silken tofu garlic powder and nutritional yeast, season and whizz till smooth.
3. Pop onions courgettes and fresh garlic in big frying pan and gently fry until soft ( a slosh of white wine in pan doesn’t go amiss).
4. Cook pasta while that veg is cooking. When veg done pour in creamy cauliflower sauce and heat through. Finally bung pasta in with sauce and mix. Season again and serve with prosociano cheese and green salad.

**28. Chilli Con Soya**

**Ingredients**

* red onion x1;
* 2 carrots speed peeled;
* 2 peppers chopped;
* garlic powder;
* 1/2 tablespoon chilli powder;
* 1 chopped fresh chilli;
* 1/2 tablespoon cumin/ same amount cinnamon;
* chopped fresh coriander;
* 2 tins chopped tomatoes;
* 1 tin chickpeas;
* 1 tin red kidney beans;
* 2 tablespoons balsamic vinegar;
* 250g soya mince.
* Sploosh veg stock.

**Method**: gently fry veg then bung in spices and everything else - bring to boil and simmer 40 mins. Serve with basmati rice.

**29.Ratatouille Sweet Potato Pie (BOSH)**

**Ingredients**

Base:

* 3 tbsp olive oil
* 2 onions (finely chopped)
* Pinch of salt
* 2 cloves garlic (minced)
* 1 courgette (sliced) – hah I always bung 2 in
* 2 peppers (chopped)
* 1 cup mushrooms (sliced)}
* 1 tbsp dried basil
* 1 tbsp dried oregano
* 1 tbsp paprika
* 1 tbsp chilli powder
* 1 tsp smoked paprika
* 2 tins chopped tomatoes

Top:

* 5 sweet potatoes (chopped, boiled & drained)
* 1 tbsp dried basil
* pinch salt
* pinch pepper
* 1 clove garlic (minced)
* 1.5 tbsp dairy free butter
* 1/4 cup almond milk

*(note I tend not to add milk it makes it too runny)*

To Serve: Garden Peas or Broccoli (Felix no like the pea!)

**Method:**

1 Warm the olive oil in a relatively large pan

2 Add the onions & cook until they’re translucent

3 Add a pinch of salt, stir in the garlic & cook until you’ve released the aroma

4 Add the courgette, peppers & mushrooms & stir them round unit the vegetables have softened

5 Add the dried herbs & spices & stir everything round so the vegetables are well covered in the herbs & slightly coloured by the spices

6 Add the chopped tomatoes, stir them in, turn the heat down, put the lid on. & let the pot simmer for roughly 10 minutes. (stir occasionally to release steam)

7 Pour the ratatouille into the base of a lasagne dish or baking tin & put to one side

8 Put all the top ingredients in a food processor & whizz them all up into smooth a mashed potato

9 Put the mashed potato on top of the ratatouille & smooth it out with the back of a spoon or a spatula

10 Score the top of the pie with a fork (this will give you a nice crispy crust)

11 Bake the pie for 20 minutes at 200℃

12 Take out of the oven & serve immediately with garden peas (or any other side vegetable of your choice!)

**30. Tommy Bean Pasta (BOSH)**

**Serves 4**

**Ingredients:**

**Sauce:**

* 2 tins cannellini beans (drained)
* 4 cloves garlic (roasted for 12 minutes at 180℃
* 2 red onions (finely chopped & caramelised ie fried with a sprinkle of sugar, salt & pepper for 5-10 minutes)
* 1 cup sun dried tomatoes
* 1 cup cherry tomatoes (roasted for 15 minutes at 180℃ (352℉)
* 1 tbsp lemon juice
* 1 tbsp chilli flakes
* 1 tbsp oregano
* 1 tsp pepper
* 1/2 tbsp salt
* 1/2 cup water (you may want to use more if you want a more saucy sauce)
* 3 tbsp sun dried tomato oil (from the jar)

PLUS Enough cooked wholewheat spaghetti for 4 people

To Serve: Rocket & Balsamic Glaze

**Method:**

1 Put all the sauce ingredients in a food processor & whizz them up into a sauce - add water to get your desired consistency

2 Pour the sun dried tomato oil into a large pan & warm it up. Pour the sauce into the pan & stir it. Make sure you heat it until it bubbles.

3 Add the Cooked spaghetti & stir it through

4 Serve immediately with rocket & balsamic glaze

**31.Sicilian Squash and Chickpea Stew (Jamie Oliver simplified a tad)**

**Ingredients**

* Butternut squash (1 of approx 1.2 kg) – peeled and cut into small chunks
* 2 onions chopped
* Olive oil
* 40g raisins
* 1 tin chopped tomatoes (400g)
* 1 tin chickpeas (400g)
* 1 teaspoon ground cinnamon
* ½ - 1 teaspoon chilli flakes
* 15g fresh coriander
* 50g mixed olives
* 500mlVegetable stock
* Couscous – 500g

**Method:**

1. Preheat oven to 190°C/375°F/gas 5. Place chunks of squash in large baking tray, drizzle olive oil over and season. Roast at the top of the oven for 35 to 40minutes, or until golden and caramelised.
2. Meanwhile, peel and roughly chop onions and put into a casserole pan on low heat with a lug of oil. Snip up coriander and add to pan, along with raisins and the cinnamon and chilli flakes. Cook for 20 minutes with lid on, stirring occasionally and adding splashes of water, if needed. (
3. When the squash is done, stir it all into the casserole pan. Bash the olives and tear out the stones, then add the olives to the pan with the tomatoes and chickpeas (juice and all). Pour in 500ml of vegetable stock, then turn the heat up to medium and simmer for 40 minutes (lid off), or until lovely and thick, stirring occasionally.
4. Around 15 minutes before the stew is ready, pop the couscous into a bowl, just cover with boiling water ( ok I use STOCK), put a plate on top and leave for 10 minutes. Fluff it up, season and tip on to a large platter then spoon over the stew.

**10 QUICK VEGAN SUPPER IDEAS**

*These should take 30 mins tops to assemble/prepare! No skill or sweat necessary.*

1. **Vegan Sausage Rolls, Lightly spiced potato wedges, veg.**

FOR THIS YOU NEED:

* vegan sausage rolls (Linda McCartney or Frys,
* lightly spiced potato wedges,
* frozen/tinned or fresh veg (e.g. broccoli)

How to make**:** Pre heat oven**.** Cook Sausage rolls and wedges according to packet instructions in oven – usually takes 20-25 mins. Meanwhile sort veg. If using frozen follow packet instructions. If cooking fresh broc: boil kettle, pop broccoli heads in pyrex dish, cover with boiling water, put lid on and microwave on high for 5 mins (if v small amount, if whole head of broc 8 mins**)**

1. **Pasta with tomato sauce and vegan meatballs.**

FOR THIS YOU NEED:-

* Pasta of your choice
* Jar of vegan tomato pasta sauce
* Asda meat free vegan meatballs

How to Make: Preheat oven to 200 or 180 fan. When that is heated up bung meatballs on baking tray with a little oil – cook for 18-20 mins (Check asda packet for exact cooking time). Meanwhile cook pasta as normal and grab a jar of ready made tomato sauce and heat that in a pan or microwave.

1. **Super quick Chow Mein Stir fry**

**FOR THIS YOU NEED:**

* Bag of frozen stir fry veg,
* packet of vermicelli or ribbon rice noodles
* some Quorn vegan pieces from freezer (tesco also do own brand vegan pieces),
* packet of Asda or Blue Dragon Vegan Chow Mein Chinese sauce

**How to make:** Bung some toasted sesame or sunflower oil in wok Chuck in quorn vegan pieces and asda frozen stir fry veg – fry, stirring, then add packet of Chinese sauce, stir. Meanwhile pop noodles in pan of boiling water – they won’t take a minute then add them to the stir fry.

1. **Burgers, chips ‘n’ beans**

FOR THIS YOU NEED

* Vegan burger(s) – the best burgers are Linda McCartney ¼ pounders but Asda do ok ones too (go for the chunky ones)
* Bread buns
* Chips
* Tin baked beans
* Extras – obvs spread for buns, ketchup, lettuce/tomato/violife cheese slice

Cook burger and chips in oven according to packet instructions. Pour beans into bowl heat in microwave 2 minutes

1. **Couscous and ratatouille**

FOR THIS YOU NEED

* Vegan fillets
* Tin ratatouille
* Couscous

Pop ratatouille and fillets in pan and cook on hob, 10-12 mins. Meanwhile pop some couscous into a pan or bowl, cover with boiling water (or veg stock) slap lid on and leave for 5-10 mins then fork it through to separate grains. Combine the three on plate or in the pan.

1. **Vegan Sausage, potato (baked or mashed) and steamed veg with gravy**

FOR THIS YOU NEED

* Linda McCartney sausages
* White or sweet potatoes
* Frozen veg - or use up fresh (a tin of peas is actually an easier option just heat up!)
* Bisto or Tesco free from gravy granules

Pop oven on – cook your sausages according to packet instructions. Meanwhile sort your potatoes – either do baked potatoes in microwave or here is FASTEST way to mashed pots: peel, chop into chunks, bung in bowl, two layers of cling film, microwave 5-8 mins then mash with fork, add flora dairy free or vitalite and vegan milk).

Cook veg according to instructions on pack/tin and make up some gravy.

1. **Puff pastry tomato and courgette pizza tart**

FOR THIS YOU NEED

* Puff pastry sheet (let it sit out of fridge for 10 mins before you unroll it from packet)
* Tomato sauce for pizza OR chef’s sundried tomato sauce OR a vegan pesto
* A courgette or two – plus any other veg you can be bothered to chop up e.g. cherry tomatoes, mushrooms.
* Optional – olives, capers, mixed herbs to sprinkle over, vegan cheese to grate over

How to make:

Oven on – 200 degrees. Grab a flat baking sheet. grease and unroll puff sheet onto it. Spoon tomato sauce over. Thinly slice courgettes and other veg and arrange on top. Grate some violife cheese on if you like. Bung in oven 20 -30 mins.

1. **Schnitzels with curly fries and salad.**

* Fry’s vegan Schnitzels (available in Naturalife on Bridge Street)
* Pack of frozen curly fries (Tesco ones are safe for vegans)
* Bag of salad (or buy an iceberg lettuce they don’t get dirt in them and you can just hack it), some sliced cucumber and cherry tomatoes if you can be bothered
* Condiments – vegan mayo, Heinz ketchup is fine for vegans.

How to make:

Cook schnitzels and fries according to packet instructions. Prep salad. Err that’s it!

If you want to make a nice vinaigrette dressing for your salad: get a jam jar or glass; you need 1 tablespoon of vinegar (balsamic or white wine), 3 tablespoons oil (olive or sunflower), salt and pepper to taste and ickle spoon dijon mustard if you like (helps emulsify, also adds rather powerful kick). You can make loads – those are the appropriate ratios. Jam jars are cool cos you need to mix up those ingredients – stick lid on and shake. If I have run out of home made vinaigrette I just grab some balsamic glaze, squirt some of that over with a dash of olive oil.

1. **Quick Curry**

* Onion
* Patak’s Curry paste – see what is in your larder
* Frozen Veg of choice – handful of butternut squash, handful of cauliflower would be my suggestion, plus couple of cubes of frozen spinach towards end
* Tin chickpeas
* Tin chopped tomatoes
* Mug of basmati rice OR use packet of micro-basmati rice

**How to make**

Chop an onion and fry it in a pan. Bung in 1 tablespoon for mild/2 for medium curry paste (whatever you can find!), stir. Quickly chuck in tomatoes, drained chickpeas and frozen veg. Add some veg stock if you like. Bring to boil and keep it simmering energetically. Check veg tenderness to tell you when it is done. For rice: either use microwave packet OR boil on the hob, rule of thumb use twice as much boiling water as rice, take it off the heat when most of water has evaporated then slap a lid on the pan and let it sit to finish cooking in its own steam for 5 mins.

1. **Pesto Pasta with extra bits chucked in!**

**FOR THIS YOU NEED:-**

* Pasta of choice
* Free from pesto of choice – Sacla do a free from basil pesto (check label it’s the one with tofu and it says dairy/gluten free)
* Optional – Packet of Tofurkey ‘Slow-roast chicken’ or Linda McCartney’s pulled ‘chicken’ – cook according to packet instructions; toss some other veggies in there eg. Peas or chopped cherry tomatoes, sweetcorn, spinach leaves.

**How to make:** Make your pasta following packet instructions, heat the ‘chicken’ according to packet instructions, combine cooked pasta and ‘chicken’ with pesto and any veggies you want. Simples.

**What to do about lunch?**

**This is what we have:-**

* Leftovers of delicious meals (if there are any) heated up.
* Soup – see recipes below.
* Impromptu salads – salad leaves mixed with tomato, cucumber, grated vegan cheese, drained tin of beans or sweetcorn, random nuts thrown in, chopped beetroot, grated carrot. See vinaigrette recipe with schnitzel meal.
* Buddha Bowl. Get a microwave sachet of quinoa and zap it. Tip in a bowl with some roasted veg, some salad, nuts, houmous whatever.
* Tortilla wraps – fave filling cauldron falafel with lettuce, chopped pepper , houmous and sweet chilli sauce.
* Sandwiches – Violife cheese, salad, vegan sliced cheatin ‘meats’, pickle or Felix’s fave the double-decker – a peanut butter sandwich, then butter top spread with jam and stick another slice on.
* Bagels – with marmite and vegan cheese, vegan cream cheese and salad.
* Shove it in the oven: Fry vegan nuggets, potato waffles, humous and cucumber for example or vegan sausage rolls.
* Remember you can wack a baking potato in the microwave and have a nice meal in under 10 mins.

**To make Falafel**

**Bung this lot in food processor, whizz it up, then squish into balls or patties and fry or bung in oven at 200 degrees for 20 mins:** 400g tin chickpeas (drained); 1 clove of garlic; half a small onion finely chopped; little handful of fresh parsley leaves or teaspoon of dried parsley; 1 teaspoon cumin; ½ teaspoon chilli powder (optional); 2 tablespoons of gram flour; Salt and pepper.

**To make Houmous**

Bung this in food processor and whizz: 1 x 400g tin of chickpeas (drained), 1 small clove of garlic, 1 tablespoon tahini , juice of 1 lemon, extra virgin olive oil plus season to taste. Add a bit of water if too thick.

Fave soups (yep these are a faff but so worth it):-

**Pumpkin soup**

* One large (1.5 kg) butternut squash
* 1 large onion
* 2 cloves garlic
* Salt pepper and sprinkling of nutmeg
* Gluten free veg stock( knorr vegetable stockpot ones are currently my fave) 800 ml at least

**Method:** halve the squash horizontally, remove seeds. Score flesh, sprinkle with salt and pepper and stick clove of garlic in each half. Drizzle with olive oil and roast for 1 hour at 200 degrees ( the flesh needs to be soft).

Meanwhile gently fry onion in olive oil.

Scrape out squash flesh and chuck in onion pan. Add nutmeg, stock, bring to boil then simmer 10 mins. Stick soup in blender , blend it till smooth, check seasoning then return to pan or stick in fridge for next day.

**Ribollita** (River Cottage simplified/tweaked)

* 2 x 400g Tins of cannellini beans (drained – puree/mash up some of them)
* 1 bay leaf
* Couple of garlic cloves, bashed
* 4 tablespoons olive oil
* 1 onion, finely chopped
* 1–2 carrots, finely chopped
* 1 celery stalk, finely chopped
* 1 leek, trimmed, washed and finely sliced
* 5–6 tomatoes, skinned, deseeded and chopped, or a 400g tin plum/chopped tomatoes,
* 800ml vegetable stock
* ½ tablespoon rosemary – and same amount dried thyme
* 300g kale, cavolo nero or Savoy cabbage, tough stalks removed
* Sea salt and freshly ground black pepper

**Method**

1. In a large saucepan, heat the olive oil and sauté the onion overa medium-low heat for about 15 minutes, until softened.
2. Add the carrots, garlic, celery and leek and sauté for 5 minutes, stirring.
3. Now add the tomatoes with their juice, the puréed and whole beans, stock, bay leaf, rosemary and thyme, and simmer gently for up to 1 hour.
4. Shred the kale, cavolo nero or cabbage leaves. Add to the soup and cook for 10 minutes more. Remove bay leaf and add some salt and pepper.

**Thai Sweet Potato and Coconut** (Venetia Cameron-Rose HE Cookability supremo’s recipe)

Serves 4-6

**Ingredients:**

* 1-2 leeks
* 2 tablespoons mild oil
* 2-3 teaspoons Thai red curry paste
* 1 litre vegetable stock
* 600g sweet potato grated
* 1 sachet creamed coconut
* Salt and pepper

**Method:**

1. Chop leek into small slices and gently fry.
2. Add paste and sweet potato.
3. Pour over stock and simmer for 10-15 minutes until sweet potato is cooked.
4. Add the coconut and blend till smooth.
5. Season.

**CAKES AND BROWNIES**

**Banana & Coconut Cake**

**•** 250g / 9 oz plain flour (wheat, spelt or gluten-free)

• 3 level teaspoons baking powder

• 100g / 3½ oz fairtrade light brown or golden sugar

• 75g / 2½ oz desiccated coconut

• 4 medium to large over-ripe fairtrade bananas

• 150ml / 5.1 fl oz plant milk of your choice, e.g. soya, rice or oat milk

• 100ml / 3.4 fl oz / sunflower oil

• 1 tablespoon golden syrup or rice syrup

• 2 teaspoons pure vanilla extract

**How to make:**

1. Mix the flour, baking powder, sugar and desiccated coconut in a bowl.

2. In a separate bowl, whisk together the plant milk, sunflower oil, syrup and vanilla extract.

3. Peel, chop and mash the bananas until there are no lumps. Mix your puree into the liquid mixture.

4. Fold the wet banana mixture into the dry ingredients.

5. Pour into a cake tin and bake for around 45 minutes at 180degrees or until a skewer inserted into the centre of the cake comes out clean. Cover the cake with foil if it begins to brown too much during baking.

**Chocolate Cake**

**Ingredients:**

* 200g Plain Flour
* 200g Caster sugar
* 4 tablespoons Cocoa powder
* 1 teaspoon Bicarbonate of Soda
* ½ teaspoon salt
* 5 tablespoons vegetable oil
* 1 teaspoon vanilla extract
* 1 teaspoon distilled white vinegar
* 250ml water

Method:

1. Preheat oven to 180 degrees.
2. Chuck first 5 ingredients (dry ones) in a bowl and mix.
3. Add remaining wet ingredients and mix till smooth.
4. Pour into greased, lined 20cm cake tin or loaf tin and bake for 45 mins or until skewer comes out clean.

**Gluten free Brownies (tweaked from Allergy Awesomeness)**

**INGREDIENTS**

• 1 and ½ cups Doves farm self-raising gluten free flour

• 1 and ½ cups sugar

• 1 cup cocoa powder

• 1 and ½ tsp baking powder

• ½ tsp salt

• ⅔ cup coconut oil, melted

• 4 flax eggs (4 Tablespoons of ground flax mixed with 10 Tablespoons of warm water)

• 2 tsp vanilla extract

**INSTRUCTIONS**

1. Grease a square 8x8 pan – rectangular ones similar dimensions ok too. Preheat your oven to 180 degrees.

2. In a small bowl, combine the flax eggs and warm water. Allow this to sit for a few minutes.

3. In a large mixing bowl, combine all of the dry ingredients: flour, sugar, cocoa, baking powder, and salt. Whisk until the cocoa is broken up and incorporated completely.

4. Pour in the wet ingredients: melted coconut oil, flax egg mixture and vanilla extract.

5. Stir until everything is mixed well. The dough will be thick and doughy. Use greased, or wet hands, to press into the greased pan.

6. Bake 20 minutes, until the edges and top are crisp. – I stuck mine in bit longer

7. Cool, and then cut into squares. Keep leftovers covered and at room temperature.

**Raw vegan brownies**

**Ingredients:**

BROWNIES:

* 2 ½ cups Medjool dates (take out the stones)
* 1 ½ cups walnuts
* 6 tablespoons cocoa powder
* 1 ½ teaspoons vanilla extract (Dr Oetke Madagascan)
* 2 teaspoons water
* ¼ + 1/8 teaspoon salt

TOPPING:

* ¼ cup cocoa powder
* ¼ cup maple syrup
* 2 tablespoons vegetable oil
* ½ teaspoon vanilla extract

METHOD:

1. Bung Brownie ingredients in food processor and whizz till smooth.
2. Grease tray/tin with vegan butter and squish brownie mix in.
3. Mix topping ingredients in a bowl, spread over the brownie mix.
4. Chill in the fridge for at least 2 hours.

**Vegan Lemon Cake (BBC GoodFood)**

**Cake Ingredients:**

* 275g Self Raising Flour or Doves Farm Gluten-Free SR Flour
* 200g Caster Sugar
* 1tsp Baking Powder
* Zest of 1 Lemon
* 100ml vegetable oil
* 170ml cold water
* Juice of 1/2 Lemon ( or 1 tablespoon lemon juice from bottle)

**Icing ingredients:**

* 150g Icing sugar
* Juices of 1/2 Lemon

**Method**

1. Preheat oven to 200C/ 180C fan oven/ Gas Mark 6. Grease and line a loaf tin.
2. Mix together the flour, sugar, baking powder and zest in a large bowl. Add the juice, oil and water and mix thoroughly until smooth.
3. Pour into the lined loaf tin and bake for 30mins or until a skewer comes out clean. Leave to cool in the tin for 10mins then remove.
4. When cool make the icing by sieving the icing sugar into a bowl and mixing in enough lemon juice until it is thick enough to pour over the loaf. You don't want it too thin otherwise it will just run off the cake!