



DECEMBER

# Plant-Based Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



# Contents & Key

- |  |    |                               |
|--|----|-------------------------------|
| 1. Banana Bread Breakfast Oats           | GF | Gluten Free                   |
| 2. Sweet Potato & Tofu Hash              | DF | Dairy Free                    |
| 3. Parsley Oil                           | LC | Low Carb (<20g per serve)     |
| 4. White Bean & Tomato Stew              | MP | Meal Prep/Freezer Friendly    |
| 5. Zesty Turkish Couscous Salad          | HP | High Protein (>20g per serve) |
| 6. Lemony Chickpea & Zucchini Salad      | V  | Vegetarian                    |
| 7. Sweet Potato & Black Bean Quesadillas | Q  | Quick (under 30 mins)         |
| 8. Parsnip, Apple & White Bean Soup      | N  | Contains Nuts                 |
| 9. One-Pot Mustardy Chickpeas            |    |                               |
| 10. One-Pot Thyme Mushroom Skillet       |    |                               |
| 11. Crispy Tofu in Tomato Sauce          |    |                               |
| 12. Pumpkin & Red Lentil Soup            |    |                               |
| 13. Caramel Coconut Cheesecake           |    |                               |
| 14. Salted Date Caramel                  |    |                               |
| 15. Spiced Banana & Cinnamon Smoothie    |    |                               |

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Sweet Potato & Tofu Hash	Sweet Potato & Black Bean Quesadillas	Spiced Banana & Cinnamon Smoothie	Pumpkin & Red Lentil Soup
<b>Tuesday</b>	Sweet Potato & Tofu Hash	Zesty Turkish Couscous Salad	Spiced Banana & Cinnamon Smoothie	One-Pot Mustardy Chickpeas
<b>Wednesday</b>	White Bean & Tomato Stew	Zesty Turkish Couscous Salad	Spiced Banana & Cinnamon Smoothie	One-Pot Mustardy Chickpeas
<b>Thursday</b>	White Bean & Tomato Stew	Lemony Chickpea & Zucchini Salad	Caramel Coconut Cheesecake	Crispy Tofu In Tomato Sauce
<b>Friday</b>	Banana Bread Breakfast Oats	Lemony Chickpea & Zucchini Salad	Caramel Coconut Cheesecake	Crispy Tofu In Tomato Sauce
<b>Saturday</b>	Banana Bread Breakfast Oats	Parsnip, Apple & White Bean Soup	Caramel Coconut Cheesecake	Meal Out - Enjoy!
<b>Sunday</b>	Sweet Potato & Black Bean Quesadillas	Parsnip, Apple & White Bean Soup	Spiced Banana & Cinnamon Smoothie	One-Pot Thyme Mushroom Skillet

# Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> <li>• 1 red apple</li> <li>• 1 avocado</li> <li>• 4 bananas</li> <li>• 3 lemons</li> <li>• 1 lime</li> <li>• 5 onions</li> <li>• 1 red onion</li> <li>• 1 bunch green onions (spring onions)</li> <li>• 2 shallots</li> <li>• 1 leek</li> <li>• 2 bulbs garlic</li> <li>• root ginger</li> <li>• 2 tomatoes</li> <li>• 1 cucumber</li> <li>• 1 red bell pepper</li> <li>• 1 chili pepper</li> <li>• 3 zucchinis (courgettes)</li> <li>• 7 oz. (200g) cremini mushrooms (chestnut mushrooms)</li> <li>• 3.5 oz. (100g) shiitake mushrooms</li> <li>• 14 oz. (400g) parsnips</li> <li>• ½ head broccoli</li> <li>• 1.2 lbs. (525g) sweet potatoes (approx 5)</li> <li>• 2.2 lbs. (1kg) pumpkin</li> <li>• chives</li> <li>• cilantro (coriander)</li> <li>• parsley</li> <li>• rosemary</li> <li>• thyme</li> <li>• ice cubes</li> <li>• 16 medjool dates</li> <li>• 5.6 oz. (160g) pitted dates</li> </ul>	<ul style="list-style-type: none"> <li>• unsweetened oat milk</li> <li>• unsweetened almond milk</li> <li>• unsweetened coconut milk</li> <li>• plant based cream</li> <li>• plant based butter</li> <li>• plant based coconut yogurt</li> <li>• plant based Greek yogurt</li> <li>• plant based cheddar cheese</li> <li>• plant based cream cheese</li> <li>• pomegranate juice</li> <li>• 1.6 lbs. (700g) block firm tofu</li> <li>• salsa of choice</li> </ul>	<ul style="list-style-type: none"> <li>• rolled oats</li> <li>• couscous</li> <li>• red lentils</li> <li>• almonds</li> <li>• pecan nuts</li> <li>• chia seeds</li> <li>• cornstarch (corn flour)</li> <li>• spelt flour</li> <li>• vanilla extract</li> <li>• black pepper</li> <li>• whole peppercorns</li> <li>• sweet paprika</li> <li>• chili powder</li> <li>• red pepper flakes (chili flakes)</li> <li>• ground cardamom</li> <li>• ground cumin</li> <li>• ground turmeric</li> <li>• ground ginger</li> <li>• ground cinnamon</li> <li>• bay leaves</li> </ul>	<ul style="list-style-type: none"> <li>• extra virgin olive oil</li> <li>• olive oil</li> <li>• sesame oil</li> <li>• maple syrup</li> <li>• sugar</li> <li>• coconut sugar</li> <li>• 15.5 oz. (440g) canned chickpeas</li> <li>• 2.1 lbs. (960g) canned cannellini beans</li> <li>• 10.6 oz. (300g) canned black beans</li> <li>• 2x 14 oz. (400g) cans chopped tomatoes</li> <li>• tomato paste (tomato puree)</li> <li>• tahini</li> <li>• Dijon mustard</li> <li>• soy sauce</li> <li>• vegetable broth (vegetable stock)</li> <li>• apple cider vinegar</li> <li>• white balsamic vinegar</li> <li>• white wine vinegar</li> <li>• sea salt</li> <li>• fine sea salt</li> <li>• 8 whole wheat tortillas</li> </ul>



## Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





# Banana Bread Breakfast Oats

Serves 2

10 Minutes + overnight

1 banana + extra ½ banana, sliced to garnish

2.5 oz. (70g) rolled oats

5.4 fl oz. (160ml) oat milk

1 oz. (30g) pecans, roughly chopped, divided

½ tsp. ground cinnamon

1 tbsp. maple syrup

2.1 oz. (60g) plant based coconut yogurt

Peel the whole banana and mash with a fork.

Combine the mashed banana with rolled oats, oat milk, half of the pecans, cinnamon, maple syrup, and a pinch of salt. Transfer to jars with lids and refrigerate overnight.

Before serving, garnish with coconut yogurt, banana slices and the remaining pecans.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	416kcal	60g	8g	16g



# Sweet Potato & Tofu Hash

Serves 3

50 Minutes

1 red bell pepper, chopped

1 red onion, ¼ thinly sliced, remainder diced

1 sprig rosemary

14 oz. (400g) block firm tofu, cut into cubes

8 oz. (225g) sweet potato, cubed

2 tbsp. cornstarch

2 ¼ tsp. chili powder, divided

chopped parsley, to serve

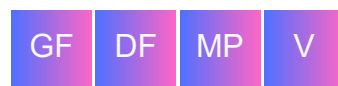
Preheat the oven to 425°F (220°C). Line a sheet pan with baking paper.

Toss the bell pepper, diced onion and rosemary with 1 tablespoon of olive oil, and a pinch of salt. Spread in a single layer on about a quarter of the sheet pan.

In the same bowl, combine the tofu, sweet potato, cornstarch and 2 teaspoons of chili powder. Season with 2 teaspoons of salt, toss with another 2 tablespoons of oil, then arrange in a single layer beside the peppers.

Roast for 30-35 minutes until the vegetables are tender and the tofu is crisp.

In a small bowl, combine the sliced onion with 1 tablespoon apple cider vinegar, remaining ¼ teaspoon of chili powder and a pinch of salt. Serve with chopped parsley or Parsley Oil (see recipe in this pack).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	333kcal	21g	15g	21g



# Parsley Oil

Serves 8

5 Minutes

8 tbsp. olive oil

4 tbsp. parsley, finely  
chopped

3 tsp. white wine vinegar

pinch of fine sea salt

pinch of sugar

Stir all the ingredients together in a small bowl. Cover and refrigerate for up to 48 hours.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	126kcal	0g	0g	14g



# White Bean & Tomato Stew

Serves 6

1 Hour 25 Minutes

2 yellow onions, halved & sliced

7 oz. (200g) can chopped tomatoes, diced

4 cloves garlic, peeled & grated

3 tbsp. parsley, finely chopped, plus extra to garnish

2 tsp. sweet paprika

1 tsp. ground ginger

1 tsp. ground turmeric

1 pt. (480ml) vegetable stock

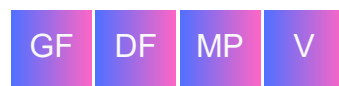
1.6 lb. (720g) canned cannellini beans, drained

Place a large pot over medium-low heat, and warm 2 tablespoons of olive oil. Add the onions, cover the pot and sauté, stirring occasionally, for 7 minutes until soft.

Add the diced tomatoes, garlic, parsley, paprika, ginger, turmeric and 1½ teaspoon of salt. Pour in vegetable stock, cover, and cook for 45 minutes.

Now add the drained beans and cook for a further 20 minutes.

Adjust seasoning to taste, serve with more chopped parsley or Parsley Oil (see recipe in this pack).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	208kcal	28g	6g	8g



# Zesty Turkish Couscous Salad

Serves 2

30 Minutes

3.5 oz. (100g) couscous

1 oz. (30g) tomato paste

0.5 oz. (15g) fresh parsley, chopped

3 green onions, finely sliced

1 lemon, ½ juiced, ½ cut into wedges for serving

¼ cucumber, finely diced

1 fl oz. (30ml) pomegranate juice

1.8 oz. (50g) tomatoes, deseeded & finely diced

½ tsp. ground cumin

Soak the couscous in 3.4 fl oz. (100ml) hot water for 20 minutes. While the couscous is soaking, prepare the vegetables.

Combine the couscous with the remaining ingredients. Drizzle with 2 tablespoons of olive oil and season with salt, then mix well and serve with lemon wedges.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	367kcal	50g	8g	15g



# Lemony Chickpea & Zucchini Salad

Serves 2

30 Minutes

3 zucchinis (courgette), spiralized into noodles

1 oz. (30g) tahini

1 lemon, juiced

2 tsp. sesame oil

1 tbsp. tamari

½ tsp. red pepper flakes

8.5 oz. (240g) canned chickpeas, drained

½ shallot, finely diced

2 tbsp. fresh parsley, chopped

Prepare the zucchini noodles using a spiralizer, or slice into ribbons with a vegetable peeler.

In a small bowl, whisk together the tahini, lemon juice, sesame oil, tamari and red pepper flakes, thinning with water as needed. Adjust the seasoning with salt and pepper.

In a large bowl, mix the zucchini noodles with the chickpeas, shallot, and dressing.

Serve topped with additional sprinkle of red pepper flakes and parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	421kcal	49g	18g	17g



# Sweet Potato & Black Bean Quesadillas

Serves 4

25 Minutes

4 oz. (115g) plant based cheddar cheese, shredded

In a medium bowl, mix together the shredded cheese, mashed sweet potato and black beans.

10.5 oz. (300g) sweet potato, cooked & mashed (about 2 small sweet potatoes)

Heat a large nonstick skillet over medium heat. Place one tortilla in the pan, warming for 20-30 seconds on each side until soft.

10.5 oz. (300g) canned black beans, drained

Spread half of the cheese mixture over the tortilla, then top with a second tortilla.

8 whole-wheat tortillas

Press gently and cook until the bottom side is golden, about 1-2 minutes. Flip over and cook the other side for a further 2-3 minutes, until the cheese has melted.

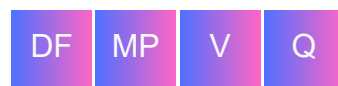
8 tbsp. plant based Greek yogurt, to serve

Repeat this process with remaining tortillas and filling.

1 avocado, sliced, to serve

Slice and serve with yogurt, avocado and salsa.

8 tbsp. salsa, to serve



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	566kcal	75g	17g	22g



# Parsnip, Apple & White Bean Soup

Serves 4

30 Minutes

1 yellow onion, finely diced

14 oz. (400g) parsnips,  
peeled & diced

1 red apple, peeled, cored,  
& diced

4 sprigs fresh thyme

1 clove garlic, minced

2 pt. (1ltr) vegetable stock

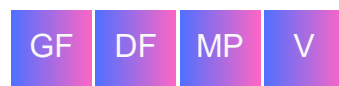
8.4 oz. (240g) canned  
cannellini beans, drained

In a pot, heat 2 tablespoons of olive oil over medium-high heat. Add the onion and parsnips, and sauté for 5 minutes until softened.

Add the apple, thyme and garlic to the pot, cooking for a further 2 minutes.

Pour in vegetable stock and cannellini beans, season with salt, then bring to a simmer and cook for 10 minutes.

Blend the soup until smooth. Drizzle with 1 tablespoon of olive oil and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	319kcal	49g	6g	11g



# One-Pot Mustardy Chickpeas

Serves 2

30 Minutes

1 leek, washed & sliced

2 cloves garlic, minced

8.5 fl oz. (250ml) vegetable stock

7 oz. (200g) canned chickpeas, reserve the brine

2 bay leaves

½ broccoli, cut into florets

½ tbsp. Dijon mustard

½ lemon, juiced

0.4 oz. (10g) chives, chopped

Heat 2 tablespoons of olive oil in a pot over medium heat, and sauté the leeks and garlic with a pinch of salt for 10 minutes until softened.

Add the vegetable stock, chickpeas and their brine, and bay leaves. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.

Remove the bay leaves, then puree ¼ of the mixture before returning it to the pot for a thicker consistency.

Add the broccoli, cover the pot, and cook for a further 10 minutes.

Stir in mustard and lemon juice, garnish with chives, and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	377kcal	43g	13g	17g



# One-Pot Thyme Mushroom Skillet

Serves 2

30 Minutes

7 oz. (200g) cremini mushrooms, sliced

3.5 oz. (100g) shiitake mushrooms, sliced

1 yellow onion, finely diced

1 clove garlic, minced

4 sprigs thyme, leaves removed

3.4 fl oz. (100ml) plant based milk

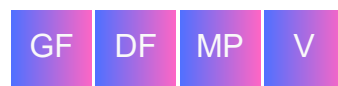
6.8 fl oz. (200ml) plant based cream

1 tbsp. chopped parsley, to garnish

Heat 2 tablespoons of olive oil in a skillet, over medium heat. Add the mushrooms, onions and garlic and sauté for 3 minutes until fragrant. Add thyme leaves and continue to cook for 1 minute.

Pour in the plant based milk and cream. Reduce the heat to low and simmer for 10 minutes.

Add 1 teaspoon of white balsamic vinegar, season to taste with salt and pepper. Garnish with parsley and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	380kcal	26g	6g	28g



# Crispy Tofu in Tomato Sauce

Serves 2

30 Minutes

10.6 oz. (300g) firm tofu, cut into triangles

1 shallot, diced

2 cloves garlic, minced

1 chili pepper, finely diced

0.5 oz. (15g) tomato paste

1.3 lbs. (600g) can chopped tomatoes

1 tsp. sugar

2 green onions, thinly sliced

0.4 oz. (10g) cilantro, chopped

Preheat the oven to 400°F (200°C).

Place the tofu into a bowl and toss with 1 tablespoon of olive oil, and season with salt and pepper. Spread on a baking sheet and bake for 20 minutes until crispy.

Heat another 1 tablespoon of olive oil in a skillet, add the shallot, garlic and chili pepper, and sauté for 1-2 minutes until fragrant.

Stir in the tomato paste, cook for 1 minute, then add the canned tomatoes, 2 fl oz. (60ml) water, and sugar. Simmer for 10 minutes until the tomatoes break down.

Fold in most of the green onions and cilantro, reserving some for garnish.

Adjust seasoning, then serve topped with crispy tofu and remaining green onions and cilantro.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	354kcal	20g	19g	22g



# Pumpkin & Red Lentil Soup

Serves 4

29 Minutes

1 yellow onion, finely sliced

2.2 lbs. (1kg) pumpkin,  
peeled & cubed

4.8 oz. (135g) red lentils,  
washed & drained

2.1 pt. (1ltr) vegetable stock

1 tbsp. fresh ginger, finely  
grated

Heat 1 tablespoon of olive oil in a soup pot, over medium heat. Add the onion and sauté for 3-5 minutes until softened.

Add the pumpkin, lentils, stock and ginger. Stir, then bring to a simmer. Cook for around 15 minutes until the pumpkin and lentils are soft.

Season with 1 teaspoon of sea salt. Blend until smooth and serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	264kcal	45g	12g	4g



# Caramel Coconut Cheesecake

Serves 12

1 Hour 35 Minutes

3.5 oz. (100g) pitted dates, soaked in hot water for 10 minutes & drained

3.5 oz. (100g) almonds

1.8 oz. (50g) spelt flour

1 oz. (30g) plant based butter

14 oz. (400g) plant based cream cheese

6.8 fl oz. (200ml) canned coconut milk

5.3 oz. (150g) raw coconut sugar

1 oz. (30g) cornstarch

1 tsp. vanilla extract

Salted Date Caramel, to serve, (optional) (see recipe in this pack)

Preheat the oven to 340°F (170°C). Line a 7-inch (18cm) baking pan.

In a food processor, blend the dates, almonds, flour and butter until well combined. Press the mixture into the lined baking pan.

Bake the crust for 20 minutes.

Meanwhile, combine the cream cheese, coconut milk, coconut sugar, cornstarch and vanilla extract.

Pour the filling over the pre-baked crust and bake for an additional 60 minutes.

For the caramel topping, prepare the Salted Date Caramel (see recipe in this pack) and serve over cheesecake.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	310kcal	31g	6g	18g



# Salted Date Caramel

Serves 16

15 Minutes

16 medjool dates, pitted

1 tsp. vanilla extract

6-8 fl oz. (180-240ml)  
unsweetened almond milk

Combine the dates, 1 teaspoon of sea salt, vanilla extract and 6 fl oz. (180ml) of almond milk in a high speed blender or food processor. Blend until the mixture is completely smooth.

If needed, add more almond milk, 1-2 tablespoons at a time, to aid blending or achieve the desired caramel consistency.

Use immediately or store in the refrigerator to use later.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	76kcal	18g	1g	0g



# Spiced Banana & Cinnamon Smoothie

Serves 2

5 Minutes

- 2 bananas
- 2 oz. (60g) pitted dates
- 16 fl oz. (480ml) unsweetened almond milk
- 2 tsp. chia seeds
- ½ tsp. ground cardamom
- ½ lime, juiced
- 4 ice cubes
- pinch of ground cinnamon
- pinch of salt

Place all ingredients into a high speed blender and blend until smooth.

Divide the smoothie between 2 glasses and garnish with a sprinkle of cinnamon and salt. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	264kcal	53g	4g	4g