



NOVEMBER

Plant-Based Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

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|--|----|-------------------------------|
| 1. Avocado Mushroom Toast | GF | Gluten Free |
| 2. Cacao Almond Porridge | DF | Dairy Free |
| 3. Herby Garlic Cream Cheese | LC | Low Carb (<20g per serve) |
| 4. Carrot & Corn Fritters with Mint Yogurt Dip | MP | Meal Prep/Freezer Friendly |
| 5. Crispy Smashed Potato Salad | HP | High Protein (>20g per serve) |
| 6. Cauliflower Caponata Bake | V | Vegetarian |
| 7. Red Pepper Hummus with Zucchini | Q | Quick (under 30 mins) |
| 8. Baked Ratatouille Orzo | N | Contains Nuts |
| 9. Chickpea & Squash Stew Casserole | | |
| 10. Pesto Chickpea & Squash Toast | | |
| 11. Lemon Avocado-Kale Pasta Bowl | | |
| 12. Chilled Cashew Leek Soup | | |
| 13. Orange, Carrot & Almond Cake | | |
| 14. Iced Coffee Protein Smoothie | | |
| 15. Rustic Flaxseed Spelt Buns | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Cacao Almond Porridge	Chilled Cashew Leek Soup	Orange, Carrot & Almond Cake	Chickpea & Squash Stew Casserole
Tuesday	Cacao Almond Porridge	Pesto Chickpea & Squash Toast	Orange, Carrot & Almond Cake	Lemon Avocado Pasta Bowl
Wednesday	Carrot & Corn Fritters with Mint Yogurt Dip	Pesto Chickpea & Squash Toast	Iced Coffee Protein Smoothie	Lemon Avocado Pasta Bowl
Thursday	Carrot & Corn Fritters with Mint Yogurt Dip	Cauliflower Caponata Bake	Iced Coffee Protein Smoothie	Baked Ratatouille Orzo
Friday	Iced Coffee Protein Smoothie	Cauliflower Caponata Bake	Herby Garlic Cream Cheese with Rustic Flaxseed Spelt Bun	Baked Ratatouille Orzo
Saturday	Herby Garlic Cream Cheese with Rustic Flaxseed Spelt Bun	Crispy Smashed Potato Salad	Red Pepper Hummus with Zucchini	Meal Out - Enjoy!
Sunday	Avocado Mushroom Toast	Red Pepper Hummus with Zucchini	Orange, Carrot & Almond Cake	Chickpea & Squash Stew Casserole

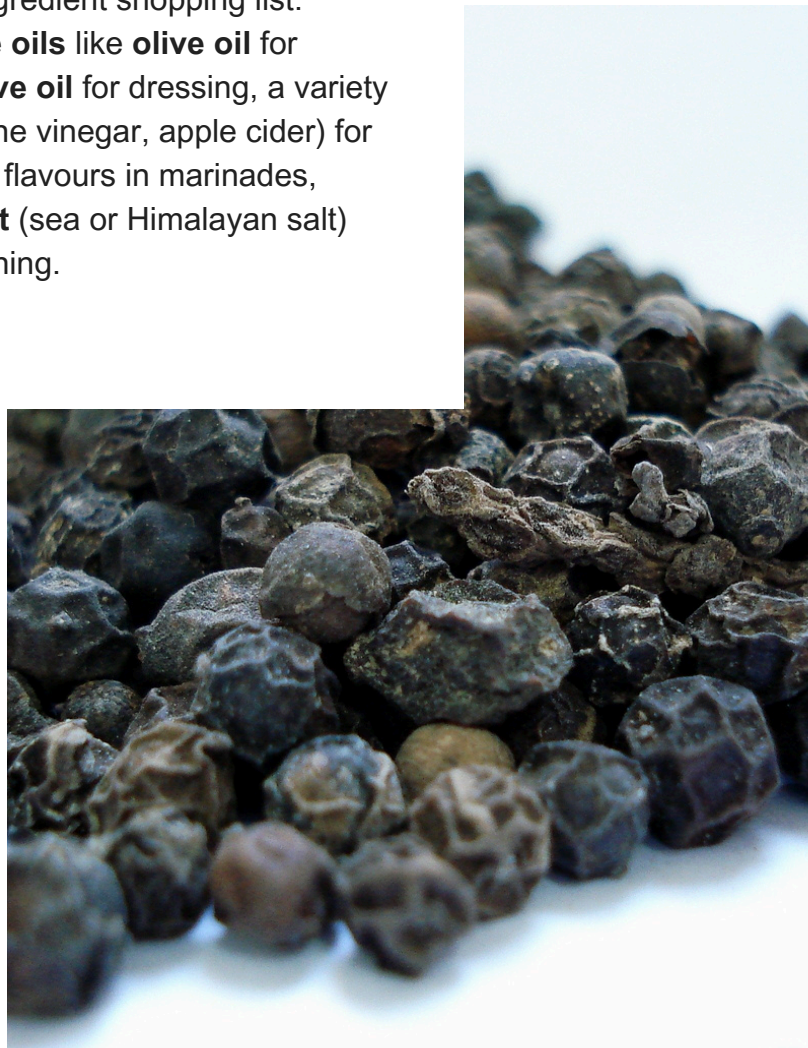
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 2 onions • 7 red onions • 1 shallot • 2 leeks • bunch green onions (spring onions) • 2 bulbs garlic • cherry tomatoes • cucumber • celery • 9 carrots • box chestnut mushrooms • 3 red or yellow bell peppers • 2 zucchinis (courgettes) • 1 eggplant (aubergine) • 8 oz. (230g) asparagus • bag spinach • bag baby kale • 1 butternut squash • 2.2 lbs. (1kg) cauliflower • 2.2 lbs. (1kg) baby potatoes • 6 oz. (170g) potatoes • basil • chives • cilantro (coriander) • dill • mint • parsley • dried raisins 	<ul style="list-style-type: none"> • unsweetened almond milk • soy yogurt • plant based cream cheese • plant based mozzarella cheese 	<ul style="list-style-type: none"> • fine oats • rolled oats • almonds • almond meal (ground almonds) • ground flax seed • cashews • pine nuts • hemp seeds • all purpose flour • baking powder • cacao nibs • cacao powder • chickpea flour • spelt flour • fresh yeast • paprika • red pepper flakes (chili flakes) • ground cumin • ground nutmeg • Herbs de Provence 	<ul style="list-style-type: none"> • chili oil • sesame oil • coconut sugar • powdered sugar (icing sugar) • stevia extract • 1x 14 oz. (400g) can chopped tomatoes • 3x 14 oz. (400g) cans whole plum tomatoes • 3x 14 oz. (400g) cans chickpeas • 1x 5.6 oz. (160g) can sweet corn • green or black olives • black olive tapenade • capers • roasted red peppers • vegetable broth (stock) • peanut butter • tahini • miso paste • plant based mayonnaise • basil pesto • orzo pasta • pasta of choice • plant based vanilla protein powder • sliced wholewheat bread • coffee



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.





Avocado Mushroom Toast

Serves 2

15 Minutes

1 avocado, ripe

1 clove garlic

handful fresh basil, leave
some leaves for garnish

juice of ½ lemon

3 oz. (85g) chestnut
mushrooms, sliced

2 slices wholewheat bread,
toasted

2 tbsp. pine nuts, toasted

Place the avocado, garlic, basil, lemon juice, olive oil, salt and pepper into a small food processor and blend until smooth.

Place a skillet over medium heat, add 2 tbsp. olive oil and sauté the mushrooms for 5 minutes until softened but still firm.

Spread each slice of toast with a thick layer of the avocado mixture, top with the cooked mushrooms and pine nuts, then season with salt and pepper and garnish with basil leaves.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	484kcal	30g	10g	36g



Cacao Almond Porridge

Serves 2

10 Minutes

3.5 oz. (100g) rolled oats

1 pt. (475ml) almond milk,
unsweetened

0.25 oz. (7g) cacao powder

For the toppings:

1 oz. (30g) almonds

1 ripe banana, sliced

1 tsp. hemp seeds

1 tbsp. peanut butter

In a small saucepan, combine the oats, almond milk and cacao powder. Cook over low-medium heat, stirring occasionally, for about 5 minutes, to thicken the porridge.

Remove from the heat and serve the porridge warm, topped with almonds, banana slices, a sprinkle of hemp seeds and a spoonful of peanut butter.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	447kcal	55g	14g	19g



Herby Garlic Cream Cheese

Serves 6

10 Minutes

8 oz. (225g) plant based cream cheese, softened

0.5 oz. (15g) parsley, leaves only

1 shallot

1 clove garlic

1 tbsp. lemon juice

Place all the ingredients into a food processor, and pulse until smooth. Taste and season with salt & pepper, if needed.

Serve as a dip or spread.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	125kcal	7g	4g	9g



Carrot & Corn Fritters with Mint Yogurt Dip

Serves 4

30 Minutes

For the fritters:

14 oz. (400g) carrots,
peeled & grated

1 clove garlic, minced

1 red onion, sliced into half-
moons

5.6 oz. (160g) canned
sweetcorn, drained

2 tsp. paprika

1 tsp. ground cumin

4.3 oz. (120g) chickpea
flour

For the mint dip:

1 tbsp. fresh mint, chopped

6 oz. (180g) soy yogurt

juice of ½ lime

In a large bowl, mix together the carrots, garlic, onion, sweetcorn, paprika, cumin and chickpea flour. Season with salt and pepper.

Heat 1 tbsp. olive oil in a skillet over medium heat. Shape the mixture into small patties and sauté for 3-4 minutes on each side until golden.

Place all the mint dip ingredients into a small bowl and stir to combine. Serve the dip alongside the fritters.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	263kcal	40g	10g	7g



Crispy Smashed Potato Salad

Serves 6

60 Minutes

For the potatoes:

2.2 lbs. (1kg) baby potatoes

2 green onions, chopped

1 cucumber, sliced

0.5 oz. (15g) fresh cilantro, chopped

1 tbsp. chili oil (optional)

For the sesame mayonnaise:

2 tbsp. tahini

1 tbsp. toasted sesame oil

1 tbsp. miso paste

3.5 oz. (100g) plant based mayonnaise

juice of 1 lime

Preheat the oven to 400°F (200°C).

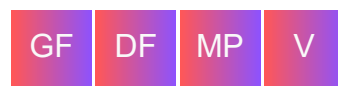
Boil the potatoes in salted water for 20 minutes, until tender. Drain and set aside to steam dry.

Place the potatoes into an oven-proof tray or dish and gently smash with a fork. Drizzle with 2 tbsp. olive oil and roast in the oven for 30 minutes until crispy, flipping the potatoes halfway through the cook.

Place all the ingredients for the sesame mayonnaise and 3 tbsp. of water into a bowl and stir to combine.

In a large bowl, mix the roasted potatoes with green onions, cucumber and cilantro. Toss with the sesame mayonnaise and serve with optional drizzle of chili oil.

Note: Optional ingredients are not included in the nutritional information.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	281kcal	35g	6g	13g



Cauliflower Caponata Bake

Serves 4

1 Hour 30 Minutes

2.2 lbs. (1kg) cauliflower,
cut into florets

2 large red onions, peeled &
sliced

3 oz. (85g) celery stalks,
chopped

2x 14 oz. (400g) canned
plum tomatoes

3.5 oz. (100g) green or
black olives

1.6 oz. (45g) capers,
drained

1.8 oz. (50g) raisins

0.7 oz. (20g) fresh parsley,
leaves only

Preheat the oven to 425°F (220°C).

Place the cauliflower, onions and celery into an oven-proof tray or dish. Add 4 tbsp. olive oil, 3 tbsp. white wine vinegar, salt and pepper, and toss to combine. Place in the oven to roast for 25 minutes until charred.

Lower the oven to 400°F (200°C), remove the tray from the oven and add the tomatoes (crushing them by hand), olives, capers and raisins. Return to the oven and bake for 40 minutes until tender.

Stir in the parsley and serve with a drizzle of 1 tbsp. olive oil.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	368kcal	38g	9g	20g



Red Pepper Hummus with Zucchini

Serves 4

16 Minutes

1 oz. (30g) pine nuts,
toasted

Toast the pine nuts in a dry skillet until golden. Remove from the skillet and set aside.

2 cloves garlic, finely
chopped

In a small bowl, combine 2 tbsp. olive oil, garlic, half the lemon juice and zest, herbs de Provence, salt and pepper to make a marinade. Toss the zucchini sticks in the marinade and set aside.

1 lemon, zest & juice,
divided

1 tsp. herbs de Provence

Place the chickpeas, roasted red peppers, tahini, 2 tbsp. olive oil, remaining lemon juice and zest into a food processor and blend until smooth. Season with salt and pepper.

7 oz. (200g) zucchini, sliced
into sticks

Heat a skillet over medium heat. Sauté the marinated zucchini for 6 minutes until tender.

5.5 oz. (160g) chickpeas,
drained

Serve the hummus topped with the sautéed zucchini and toasted pine nuts.

5.5 oz. (160g) roasted red
peppers, drained &
chopped

1 tbsp. tahini



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	290kcal	17g	6g	22g



Baked Ratatouille Orzo

Serves 4

55 Minutes

For the ratatouille:

7 oz. (200g) cherry tomatoes
7 oz. (200g) eggplant (aubergine), cut into pieces
7 oz. (200g) zucchini (courgette), sliced
1 red or yellow bell pepper, sliced
1 red onion, chopped
2 cloves garlic, minced

For the orzo:

14 oz. (400g) canned chopped tomatoes
7 oz. (200g) spinach, roughly chopped
10.6 oz. (300g) orzo pasta
1 tsp. miso paste
1 tsp. tahini

To serve:

juice of 1 lemon
0.5 oz. (15g) bunch basil, chopped
red pepper flakes

Preheat the oven to 430°F (220°C).

Place all the chopped ratatouille vegetables and garlic into a 12"x8" (30cm x 22cm) baking dish. Drizzle with 1 tbsp. olive oil, season with salt and pepper, and toss to combine.

Roast in the hot oven for 25 minutes until the vegetables are tender.

Add the canned tomatoes, filling the empty tomato can with water and pouring it into the dish.

Stir in the spinach, orzo pasta, miso paste, tahini and 1 tsp. salt, ensuring the miso and tahini are well distributed.

Return to the oven and bake for a further 20 minutes until the orzo is cooked.

Serve with fresh lemon juice, chopped basil and red pepper flakes.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	426kcal	78g	15g	6g



Chickpea & Squash Stew Casserole

Serves 6

2 Hours

1.3 lbs. (600g) butternut squash

7 oz. (200g) chestnut mushrooms, sliced

2 onions, chopped

2 bell peppers, chopped

1 clove garlic, chopped

1 tbsp. black olive tapenade

1.5 lbs. (700g) canned chickpeas

14 oz. (400g) canned plum tomatoes

parsley, chopped, to garnish

Preheat the oven to 350°F (180°C).

Halve the squash lengthways, deseed it and place it cut-side down on the oven rack.

Heat a large deep casserole pan over high heat. Dry sauté the mushrooms for 10 minutes, then add the onions, bell peppers and garlic. Cook for a further 10 minutes, stirring occasionally.

Add 1 tbsp. olive oil, 1 tbsp. red wine vinegar and black olive tapenade. Let the liquid evaporate, then stir in the chickpeas (with their liquid) and the plum tomatoes, crushing them with your hands. Add 1 can's worth of water.

Bring the mixture to a boil, place the squash halves on top and bake in the oven for 1½ hours, or until the squash is soft.

Break up the squash into the stew and stir it through before serving. Garnish with parsley to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	331kcal	53g	14g	7g



Pesto Chickpea & Squash Toast

Serves 4

15 Minutes

1 ½ servings of Chickpea & Squash Stew Casserole (see recipe in this pack)

4 slices wholewheat bread, toasted

4 tbsp. pesto

8.8 oz. (250g) plant based mozzarella, torn into pieces

fresh basil leaves, to serve

Reheat the Chickpea & Squash Stew Casserole.

Spread each slice of toast with 1 tablespoon of pesto, top with the reheated casserole, and finish with torn mozzarella and basil leaves.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	383kcal	36g	8g	23g



Lemon Avocado Pasta Bowl

Serves 4

1 Hour

12 oz. (340g) pasta of choice

Cook the pasta according to package directions. Drain, reserving 1 cup of pasta cooking water.

8 oz. (230g) asparagus, cut into 1" lengths

In a large skillet, sauté the asparagus and tomatoes over medium heat, adding a splash of cold water as needed to prevent sticking.

10 o.z (285g) cherry tomatoes, halved

In a blender, combine the avocado, lemon zest, lemon juice, garlic, and some of the reserved pasta water. Blend until smooth, adding more water if needed for a creamy consistency.

1 avocado

1 tsp. lemon zest

Toss the pasta with the avocado sauce and red pepper flakes, then mix in the sautéed vegetables. Adjust seasoning to taste with salt. Serve the pasta topped with fresh dill.

2 tbsp. lemon juice

3 cloves garlic, chopped

¼ tsp. red pepper flakes

fresh dill, chopped



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	405kcal	72g	9g	9g



Chilled Cashew Leek Soup

Serves 4

50 Minutes

2.5 oz. (70g) cashews

4 fl oz. (120ml) cold water, plus boiling water to soak cashews

10 oz. (285g) leeks, white parts only, sliced

1 medium potato, peeled & cubed

8 fl oz. (240ml) vegetable stock

pinch of nutmeg

fresh chives, chopped, to garnish

4 tbsp. croutons, to serve

Soak the cashews in boiling water for 10 minutes, then drain and blend with cold water until smooth.

Heat 1 tbsp. olive oil in a large pot over medium heat. Add the leeks and sauté for 5 minutes until softened. Add the potato and cook for a further 2 minutes.

Pour in the vegetable stock and bring to a simmer. Cook for 30-40 minutes until the vegetables are tender.

Puree the soup with an immersion blender, then stir in the cashew cream, nutmeg, 1 tsp. salt and some black pepper. Adjust the thickness with extra stock if needed.

Chill the soup for at least 2 hours before serving. Garnish with fresh chives and top with croutons to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	248kcal	30g	5g	12g



Orange, Carrot & Almond Cake

Serves 12

40 Minutes

7 oz. (200g) all purpose flour

1.8 oz. (50g) almond meal

3.5 oz. (100g) coconut sugar

1 tsp. baking powder

pinch of salt

9 oz. (255g) carrots, peeled & chopped

4 fl oz. (120ml) orange juice

1 tbsp. orange zest

2.7 fl oz. (80ml) unsweetened almond milk

3 tbsp. olive oil

0.4 oz. (10g) powdered sugar, for dusting

Preheat the oven to 340°F (170°C). Line a standard round cake pan with parchment paper.

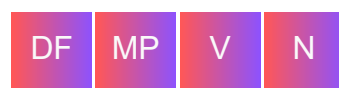
In a bowl, mix the flour, almond meal, coconut sugar, baking powder and salt.

Add the carrots, orange juice, orange zest, almond milk and olive oil to a food processor, and blend until smooth.

Combine the wet mixture with the dry ingredients and mix until smooth. Pour into the prepared cake pan.

Bake in a hot oven for 30 minutes, or until a toothpick comes out clean.

Remove from the oven and set aside on a wire rack to cool. Dust with powdered sugar, then slice and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	27g	2g	6g



Iced Coffee Protein Smoothie

Serves 1

5 Minutes

½ ripe banana

1 oz. (30g) vanilla protein powder

4 fl oz. (120ml) unsweetened almond milk

4 fl oz. (120ml) brewed coffee, cooled

handful of ice cubes

1 tsp. maple syrup

Place the banana, protein powder, almond milk and coffee into a high speed blender and blend until smooth. Add the ice and maple syrup, and blend again until creamy.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	242kcal	31g	25g	2g



Rustic Flaxseed Spelt Buns

Serves 12

1 Hour

11 fl oz. (330ml) water, plus extra for brushing

Heat the water until lukewarm, then add the yeast and sugar. Stir until dissolved.

1.4 oz. (40g) fresh yeast

In a large bowl, mix the flour, flaxseed and salt. Form a well in the middle and pour in the yeast mixture. Mix using your hands to form a dough.

1 tsp. coconut sugar

1.1 lbs. (500g) spelt flour

Cover the dough with a cloth and let it rest for 30 minutes until doubled in size.

3.5 oz. (100g) ground flaxseed

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.

2 tsp. sea salt

Divide the dough into 12 even-sized balls. Brush the buns with water and press gently into the oats.

0.7 oz. (20g) fine oats

Place the buns on the baking sheet and make a cross-shaped slash on the top of each bun.

Bake in the hot oven for 30 minutes until golden and firm.

Set aside on a wire rack to cool before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	208kcal	34g	9g	4g