



the

Green Light Trust Plant-Based

cook book

Introduction

Welcome to the Green Light Trust plant based cook book. We have put together a collection of easy recipes which will be popular with the whole family.

This idea was brought about by individuals that we work with wanting to take home the recipes for the lunches that they had enjoyed with their new friends around the campfire. Dishes which are plant based, easy and quick to make and not reliant on large numbers of ingredients – hopefully most of which will be in the store cupboard already.

Our team has developed a range of tasty dishes which are clear favourites with both our team and participants. The recipes can be made in batches, so the healthy option becomes the easy and cost-effective choice. Many of our participants live on their own – we all know how hard it can be conjuring up the energy to make a healthy meal from scratch when it is just for one or we are having a bad day. So the recipes have been designed so that they can be made when you have time and the rest frozen to eat later in the week. To save time on the washing up most of the dishes can be prepared in one pot and the recipes have been thought about so they are not reliant on fresh ingredients so that food waste is reduced.

Our food system has one of the biggest impacts on our planet. It affects all of humanity and every creature on earth. If we want to slow down and hopefully reverse climate change – it is pretty well understood that the most effective thing which we can all do is eat less meat and more plants. The idea of this book is just that, to make small manageable steps to improve lives and the planet through food.

Food can be one of life's greatest pleasures. All of us at Green Light Trust hope you enjoy making the dishes in this book.

Tom Brown





the Green Light Trust plant based cook book

Recipes

- Squash, corn and bean stew
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- Lemon and broccoli pasta
- Peanut and chickpea curry
- Creamy mushroom risotto



Squash, corn and bean stew

prep time
15 mins

cook time
35 mins

serves
4 adults



Things you need

- Sharp knife
- Chopping board
- Vegetable peeler
- Measuring spoons
- Can opener
- Spoon
- Measuring jug
- Large saucepan

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 1 red pepper, chopped
- 1 teaspoon ground cumin
- 2 teaspoons ground paprika
- 2 cans sweetcorn
- 400g butternut squash peeled and diced
- 4 large tomatoes, roughly chopped
- Salt and freshly ground black pepper
- 250ml vegetable stock
- 1 x 400ml tin of pinto beans (or borlotti or cannelli beans), drained




Here's how

1. Heat the oil in a large saucepan over a medium heat. Add the onions, red pepper and garlic and cook for 5 minutes.
2. Add the spices, sweetcorn, squash and tomatoes and mix well. Cook for another 5 minutes, stirring to make sure the vegetables don't stick to the pan. Season well.
3. Add the stock and bring to a simmer, then cover the pan and cook gently over a low heat for 20 minutes, or until the squash is tender (add more stock or water if required).
4. Stir in the drained beans and warm through. Season well and serve.

Helpful notes

- The stew can be garnished with fresh coriander, parsley or chives.
- Try adding chopped fresh red chilli in step 1 if you like it hot.
- Serve this stew with either bread, rice or potato wedges.



The Green Light Trust is an East Anglian charity founded in 1989 which puts people and planet first.



Spinach and butter bean stew with toasted pine nuts

prep time
10 mins
or 15 mins for
8+ servings

cook time
40 mins
serves
4 adults



Things you need

- Measuring spoons
- Sharp knife
- Chopping board
- Measuring jug
- Juicer (not essential)
- Can opener
- Large casserole/ saucepan
- Large spoon
- Slotted spoon/fork

Ingredients

- 6 tablespoons extra-virgin olive oil
- 30g pine nuts
- 1 onion, peeled and chopped
- 4 garlic cloves, peeled and minced
- 1½ teaspoon ground allspice
- 1 tablespoon ground coriander
- 2 x 400g tins butter beans, drained
- 500ml vegetable stock, suitable for vegans
- 400g baby leaf spinach
- ¾ teaspoon fine sea salt
- 1–1½ tablespoons lemon juice (ie, from ½ lemon)



Here's how

1. In a large casserole or saucepan, heat a tablespoon of the oil over a medium heat and, once hot, add the pine nuts. Stir for about 3 minutes, until golden brown, then scoop out on to a plate using a slotted spoon.

Add another two tablespoons of oil to the pan and, when hot, add the

2. onion and cook for 10 minutes, until soft and browned.

Add the garlic, allspice and ground coriander, cook for another 5

3. minutes (turn down the heat, if need be, so the mixture doesn't catch), then add the butter beans and stock and bring to a boil.

Handful by handful, add the spinach to the pan – at first, it will look as if

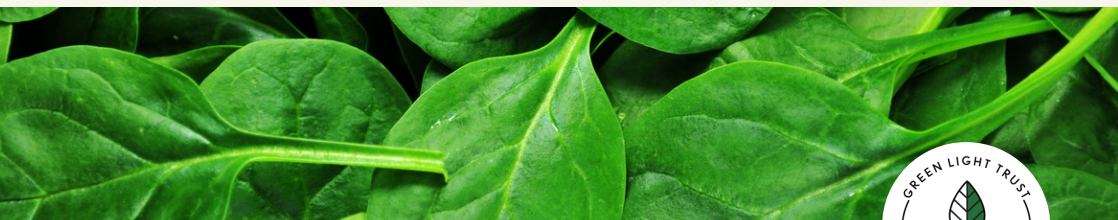
4. it will never all fit in, but it will eventually wilt down. Once the spinach has wilted, add the salt, stir and cook on a low heat for about 10 minutes, until the beans are super-soft and the spinach is rich, soft and dark green in colour.

Stir through the lemon juice, finish with a big glug of extra-virgin olive

5. oil (about three tablespoons) and sprinkle over the pine nuts.

Helpful notes

- Serve with bread or boiled rice.
- This is a great meal for anyone with a low/no tolerance to spicy foods.
- When it's cooked for longer, spinach takes on a dark emerald colour, and becomes soft, sweet and as comforting as the butter beans with which it shares this pot.



Black bean and corn quesadilla with tomato and avocado salad

prep time
20 mins
or 30 mins for
8+ servings

cook time
10 mins
plus 2 mins
per quesadilla

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Juicer
- Tin opener
- Large frying pan
- Large spoon
- Measuring spoons

Salad ingredients

- 4 large tomatoes, chopped
- 2 ripe avocados cubed
- 1/2 small red onion sliced
- Small handful fresh coriander leaves, loosely chopped
- Juice of 1 lime
- 2 tablespoons extra virgin olive

Quesadilla ingredients

- 2 tablespoons olive oil
- 2 onions, finely diced
- 2 tins black beans, drained
- 2 tins sweetcorn, drained
- 4-6 tortilla wraps
- 1 bag grated cheese (vegan or cow)
- Salt and pepper to taste
- 2 teaspoons smoked paprika
- Bbq sauce (1 teaspoon per wrap)



Here's how

1. In a large bowl, combine the salad ingredients, season with salt and pepper and put to one side.
2. Heat the oil in a large frying pan, add the onions and cook for 5 minutes or until soft.
3. Add the black beans, sweetcorn and smoked paprika. Cook for a further 4 minutes until the beans and corn are warmed through. Once warmed through pour mixture into a bowl.
4. Place wrap into large frying pan and spread 1 teaspoon of BBQ sauce over the top, sprinkle cheese on wrap, then add a large spoon of the bean, corn and onion mix. Fold the wrap into a half-moon and heat on each side until brown and crispy. Repeat for each wrap.
5. Serve wraps with salad.

Helpful notes

- This dish is very versatile, other beans and vegetables can be used instead of the above.
- This is a good dish for anyone with a low tolerance to spice.
- Add red peppers with the onions for a sweeter tasting wrap with extra veggies.
- If using a large frying pan, it should be possible to cook two wraps at the same time.
- Serve the wraps as they come to save them from going cold.



Chana masala

prep time

10 mins

or 20 mins for
8+ servings

cook time

30 mins

serves

4 adults



Things you need

- Chopping board
- Sharp knife
- Tin opener
- Pestle and mortar (optional)
- Large frying pan
- Large spoon
- Measuring spoons

Ingredients

- 2 x 400g tins of chickpeas
- 3cm ginger, peeled and roughly chopped
- 2 cloves of garlic, roughly chopped
- 1 fresh green chilli, roughly chopped
- Salt
- 3 tablespoons rapeseed oil
- 2 onions, sliced
- 1 x 400g tin of good-quality plum tomatoes
- 1 tablespoon tomato purée
- 1 teaspoon garam masala
- $\frac{3}{4}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon chilli powder
- $\frac{1}{4}$ teaspoon ground turmeric
- 2 tablespoons chopped fresh coriander (optional garnish)



Here's how

1. Pound the ginger, garlic and green chilli together in a pestle and mortar with a pinch of salt until they turn into a paste. If you don't have a pestle and mortar a rolling pin and bowl can be used.
2. Put the oil into a large frying pan on a medium heat. When it's hot, add the onions and cook for 10 to 12 minutes, or until gold-en brown. Don't skimp on the time, and stir frequently.
3. When the onions have coloured, add the ginger, garlic and chilli paste and stir through. Tip in the tomatoes, crushing them with your other hand before they hit the pan. Add the tomato purée, stir well and cook for 8 to 10 minutes, or until it has be-come a rich, thick sauce.
4. Add the garam masala, ½ teaspoons of salt, cumin, chilli powder and turmeric, and cook for a couple of minutes before adding the chickpeas. Check the consistency. Add around 5 or more tablespoons of water at this point, to thin the sauce a little. Stir well and cook for another 5 minutes. Taste and adjust any seasoning as you require.

Helpful notes

- Serve with rice, chapattis or hot fluffy naan bread.
- Despite the number of ingredients involved, this meal is very easy to prepare.
- The heat of this meal can be adjusted to taste.
- The ginger, garlic and green chilli paste can be crushed using whatever you have to hand.



Thai Green Curry

prep time

10 mins

or 20 mins for
8+ servings

cook time

25 mins

serves

4 adults



Things you need

- Chopping board
- Sharp knife
- Tin opener
- Pestle and mortar (optional)
- Large frying pan
- Tongs
- Large spoon
- Measuring spoons

Ingredients

- 1 block extra firm tofu (350g)
- 2 tablespoons oil
- 1 red pepper cut into bite sized pieces
- 4 cloves garlic, minced or crushed
- 1 tablespoon fresh ginger, minced or crushed
- 2 tablespoons green curry paste, more or less depending on brand/desired spice level
- 1 400ml can coconut milk
- 150 grams broccoli florets
- 100g mange tout, sliced in half
- 100g cashews
- Large handful coriander, chopped
- 1 lime, quartered



Here's how

1. Using a clean dish towel or paper towels, gently press on the tofu to absorb as much water as possible. Cut the tofu into 2-3cm cubes.
2. Heat 1 tablespoon oil in a non-stick pan over medium-high heat. Once the oil is shimmering, add the tofu in a single layer and brown all sides, 7-10 minutes. Remove and set aside.
3. Lower heat to medium and add remaining oil (if needed). Add red pepper and sauté 2-3 minutes, until just beginning to soften. Add ginger, garlic, and green curry paste and sauté until fragrant, about 1 minute.
4. Add coconut milk and salt. Bring to a simmer, then add the broccoli. Simmer until the broccoli becomes tender, then add the mange-tout and cashews and cook 1-2 minutes more.
5. Add tofu and rice to a bowl, spoon curry over the top. Finish with a squeeze of lime and fresh coriander. Enjoy!

Helpful notes

- Serve with rice or flatbreads.
- Blue dragon Thai green curry paste is easy to work with. It comes in small plastic pots. As a general rule medium heat is one pot per two people, mild is one pot per three people.
- Be very careful with the spice level for this meal, it's easy to overdo it.
- Mange tout can be switched for sweet peas or baby broccoli.
- If possible, freeze and defrost your tofu to increase its absorbency.



Udon noodle salad with tofu

prep time

10 mins

or 20 mins for
8+ servings

cook time

40 mins

plus 5 mins
to cool

serves

4 adults



Things you need

- Measuring spoons
- Measuring cups
- Sharp knife
- Chopping board
- Measuring jug
- Can opener
- Large casserole/
saucepan
- Large spoon
- Fork

Ingredients

- 1 400g pack Tofu
- 2 tablespoons soy sauce
- 3 tablespoon sesame oil or extra virgin olive oil
- 200g package whole wheat udon noodles
- 2 peppers – red & orange
- 1 can sweetcorn
- 2 spring onions
- 1 bag roasted seaweed (optional)
- 1/2 teaspoon sea salt
- 1 teaspoon dried red chilli flakes

For the sesame dressing:

- 2 cloves garlic (crushed)
- 2 tablespoons soy sauce
- 1/4 cup rice wine vinegar
- 2 tablespoons sesame seeds
- 1/4 cup toasted sesame oil
- 1 cup chopped coriander



Here's how

1. Using a clean dish towel or paper towels, gently press on the tofu to absorb as much water as possible. Cut the tofu into 2-3cm cubes and place in a bowl. Pour 2 tablespoons soy sauce and 2 tablespoons sesame oil over the tofu. Leave to marinate.
2. Combine the ingredients for the sesame dressing and put to one side.
3. Boil a large pot of water and add udon noodles. Cook according to directions on the package or until tender. Drain the noodles and set aside. Rinse the noodles in cold water to stop them from sticking together.
4. Warm 2 tablespoons oil in a cast iron or skillet over medium heat. Add the spring onions and peppers and sauté for 8-10 minutes. Stir in the salt and cook for an additional 5 minutes before adding in the corn. Cook all ingredients together for another 5 minutes or until peppers are cooked through and beginning to brown.
5. Add grilled veggies to the bowl of noodles, sprinkle with sesame seeds, red chilli flakes, and roasted seaweed.
6. Reduce heat on the cast iron to low and cook marinated tofu for 5 minutes or until golden or starting to brown. Flip the tofu and cook for 4-5 more minutes until golden.
7. Add tofu to the salad and mix all ingredients with the sesame dressing. Devour!

Helpful notes

- To increase it's flavour, the marinated tofu can be left in the fridge for up to 3 days before cooking.
- Be very careful with the spice level for this meal, it's easy to overdo it.
- You can add extra chili flakes for people who like the heat!



Sweet potato and peanut stew

prep time
10 mins
or 15 mins for
8+ servings

cook time
30 mins
plus 5 mins
to cool

serves
4 adults



Things you need

- Measuring spoons
- Sharp knife
- Chopping board
- Measuring jug
- Can opener
- Large frying pan
- Large spoon
- Fork

Ingredients

- 1 tablespoon oil
- 1 small onion (diced)
- 2 cloves garlic
- 1 medium sweet potato
- 500ml stock
- 1 can chopped tomatoes
- 60g peanut butter
- 2 teaspoons chilli powder
- 1 teaspoon salt
- 2 cans chickpeas
- 150 grams kale (thinly sliced)



Here's how

1. Heat the oil in the pan over medium heat. Add the onion and sauté about 5 minutes, until translucent and just starting to brown in spots. Add the garlic and sauté until fragrant, about 1 minute.
2. Add the sweet potato, vegetable stock, tomatoes and their juices, peanut butter, chilli powder, and salt. Stir well to ensure the peanut butter is thoroughly mixed in and there's no clumps remaining. Simmer, uncovered, for about 15-20 minutes, or until the sweet potatoes are tender.
3. Once the sweet potatoes are tender, add the chickpeas and the kale to the frying pan. Stir to combine and heat until the chickpeas have warmed through and the kale has wilted.
4. Serve with rice or bread.

Helpful notes

- Serve this with either basmati rice or bread.
- You can add a little bit of chilli powder on top for those who don't mind the heat.
- Despite it's simplicity, this is a surprisingly tasty dish.



Spicy black bean tacos

prep time

15 mins

or 25 mins for
8+ servings

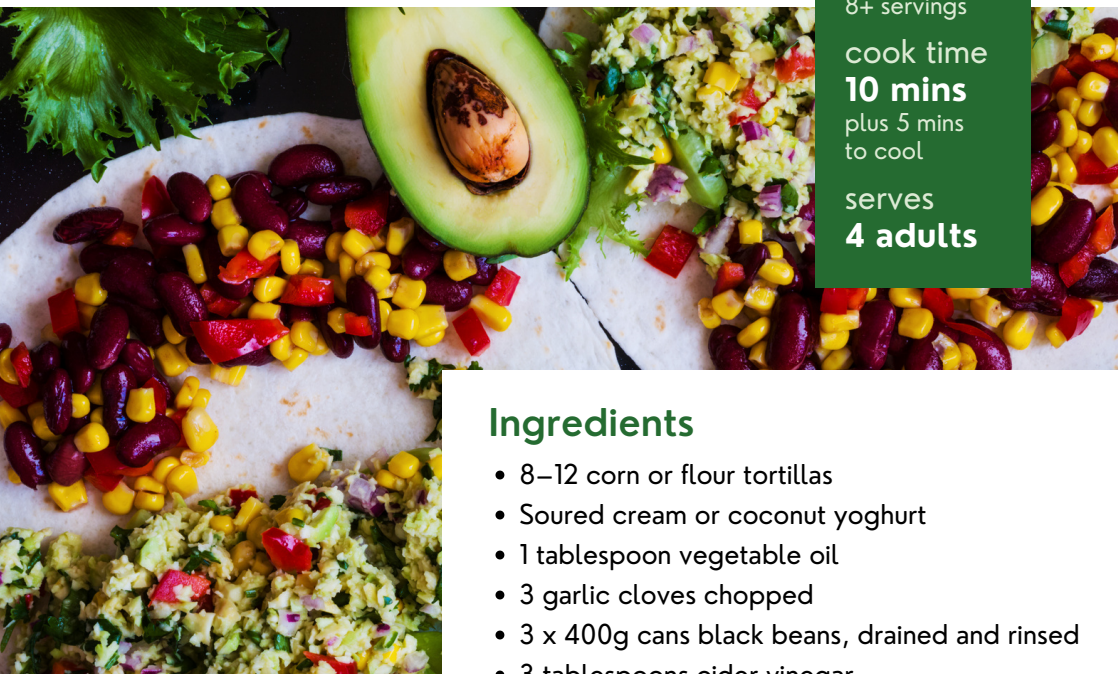
cook time

10 mins

plus 5 mins
to cool

serves

4 adults



Things you need

- Measuring spoons
- Sharp knife
- Chopping board
- Measuring jug
- Can opener
- Large frying pan
- Large spoon
- Fork
- Large mixing bowl
- Rolling pin

Ingredients

- 8–12 corn or flour tortillas
- Soured cream or coconut yoghurt
- 1 tablespoon vegetable oil
- 3 garlic cloves chopped
- 3 x 400g cans black beans, drained and rinsed
- 3 tablespoons cider vinegar
- 1 ½ tablespoons honey or agave nectar
- 1 ½ tablespoons smoked paprika
- 1 ½ tablespoons ground cumin

For the guacamole:

- 1 small Garlic clove
- 2 tablespoons roughly chopped coriander
- 1 Green chilli, sliced
- 2 Avocados, halved and stoned juice 1 lime

For the salsa:

- 100g pack pomegranate seeds
- 1 green chilli finely diced
- 1 small white onion, finely diced
- Small handful fresh coriander, chopped



Here's how

1. In a large frying pan, heat the oil and add the garlic. Fry until golden, then add the beans. Pour in the cider vinegar, honey (or agave nectar) and spices along with 1 teaspoon or more of salt, to taste. Cook until warmed through, crushing gently with the back of your wooden spoon, then set aside.
2. The best way to make the guacamole is with a large stone pestle and mortar, but you can use a medium bowl and a flat-ended rolling pin instead. Crush the garlic, coriander and chilli into a rough paste. Scoop in the avocado with a little salt and crush roughly – you want it chunky, not smooth. Squeeze in the lime juice and set aside.
3. Mix the salsa ingredients in a small bowl. Heat a griddle pan or steamer and quickly griddle the tortillas or steam a stack of them to warm up. Reheat the bean mixture.
4. To serve, put 1-2 heaped tablespoons of beans on a tortilla. Top with a big spoonful of guacamole and some salsa, and a dollop of soured cream or yogurt.

Helpful notes

- You can heat up the tortilla wraps before making the tacos.
- You can add a little bit of chili powder on top for those who don't mind the heat.
- To reduce preparation time, jarred salsa can be used.



Jacket potato with beans and houmous

prep time
10 mins
or 30 mins for
8+ servings

cook time
1 hour

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Tin opener
- Tin foil
- Small sauce-pan

Ingredients

- 4 baking potatoes
- Drizzle of oil
- 2 tins baked beans
- 4 cloves garlic, minced or crushed
- 1 tub houmous
- ¼ teaspoon of salt
- Black pepper
- Butter



Here's how

1. Using the knife, score around the potatoes and pierce a few holes in each end of the potato.
2. Drizzle a little oil, pepper and salt on the potato and wrap the potato in tin foil twice.
3. Pop the potatoes into the fire and turn them every 15 mins to evenly cook.
4. After one hour, the potatoes should be ready.
5. Just before the potatoes are cooked, heat up the beans in a pan and then serve with houmous and butter.



Pasta e Fagioli (pasta and beans)

prep time

20 mins

or 30 mins for
8+ servings

cook time

40 mins

serves

4 adults



Things you need

- Chopping board
- Sharp knife
- Juicer
- Tin opener
- Large frying pan
- Large spoon
- Measuring spoons

Ingredients

- 4 tablespoons extra-virgin olive oil,
- 1 medium-to-large yellow onion, finely chopped
- 2 carrots finely sliced
- 2 stalks celery finely chopped
- $\frac{3}{4}$ teaspoon fine sea salt, divided
- 4 cloves garlic, pressed or minced
- 1 can crushed tomatoes
- 1000ml vegetable stock
- 750ml water
- 2 bay leaves
- 1 teaspoon dried oregano
- $\frac{1}{4}$ teaspoon red pepper flakes
- 2 cans cannellini beans
- 1 cup cavatelli, ditalini, elbow or small shell pasta of choice
- 50g chopped kale (tough ribs removed first)
- 20g cup finely chopped Italian parsley
- 1 tablespoon fresh lemon juice (about $\frac{1}{2}$ medium lemon)



Here's how

1. In a large soup pot over medium heat, warm 3 tablespoons of the olive oil until shimmering. Add the chopped onion, carrot, celery, ½ teaspoon of the salt, and about 10 twists of black pep-per. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 6 to 10 minutes.
2. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the tomatoes, stir, and cook until the tomatoes are bubbling all over. Add the vegetable stock, water, bay leaves, oregano, and red pepper flakes.
3. Raise the heat to medium-high and bring the mixture to a simmer. Cook for 10 minutes, stirring occasionally, and reducing the heat as necessary to maintain a gentle simmer.
4. Add the beans, pasta, kale and parsley to the simmering soup. Continue cooking, stirring often to prevent the pasta from stick-ing to the bottom of the pot, for about 20 minutes, or until the pasta and greens are pleasantly tender.
5. Remove the pot from the heat, then remove and discard the bay leaves. Stir in the lemon juice, the remaining tablespoon of olive oil, and remaining ¼ teaspoon salt. Taste and season with more salt and pepper until the flavours really sing. Garnish bowls of soup as desired, and serve.

Helpful notes

- Serve with crusty bread and butter.



Lil Bob's black bean chocolate chilli

prep time
20 mins
or 30 mins for
8+ servings

cook time
40 mins

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Tin opener
- Large frying pan
- 2 pans with lids
- Large spoon
- Measuring spoons

Ingredients

- 1 tablespoons extra-virgin olive oil,
- 1 medium-to-large yellow onion, finely chopped
- 1 red pepper, finely chopped
- 1 aubergine, cut into small dice
- 1 clove garlic, crushed
- 1 can 400g crushed tomatoes
- 25g dark chocolate broken up (or chilli chocolate)
- 2 tablespoons soy sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 mild red chilli
- 300g tin of black beans
- Salt and freshly ground black pepper



Here's how

1. Heat the oil in a large shallow frying pan, add the onion and red pepper and cook for 5 minutes over a medium heat.
2. Add the diced aubergine and continue frying for a further 5 minutes, stirring to prevent the mixture from sticking.
3. Sprinkle over the spices, chilli, and garlic, turn up the heat and stir for a minute, then tip in the tomato's and soy sauce. Simmer for 10 minutes, or until the aubergine is tender.
4. Add the beans to the pan and cook for a few more minutes, then season well and remove from the heat. Add the chocolate pieces, stir until they have melted, then serve.

Helpful notes

- Kidney, cannellini or borlotti beans can be used instead of black beans.
- This meal can be served with rice, jacket potatoes, potato wedges, nachos or bread.
- You can serve this with extra chilli flakes for that extra kick.
- Please don't substitute the dark chocolate for dairy milk, it doesn't work!



Mushroom and olive paella

prep time
10 mins
or 15 mins for
8+ servings

cook time
30 mins
serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Large frying pan
- Large spoon
- Sturdy spatula
- Measuring spoons
- Measuring jug

Ingredients

- 3 tablespoons extra-virgin olive oil,
- 120g mushrooms chopped in half
- 240g cherry tomatoes finely chopped
- 240g paella rice
- 3 cloves garlic, crushed
- 500ml vegetable stock
- 1 pinch saffron
- 120g olives
- 2 tablespoons capers



Here's how

1. Place a pan on your stove over medium-high heat and pour a tablespoon of oil to coat the bottom of the pan.
2. Once the oil is hot, add the mushrooms. Sauté until browned, about 5 minutes. Add in the garlic and sauté until fragrant, about 30 seconds.
3. Add the remaining oil and the rice and cook 2-3 minutes, stirring occasionally, until the rice begins to become translucent at the ends.
4. Pour the vegetable stock into the pan and season with salt and a pinch of saffron.
5. Add the capers, cherry tomatoes, and olives, then stir well to evenly distribute all the ingredients. Simmer, undisturbed, until all of the liquid is absorbed, 20-30 minutes.
6. Towards the end of the cooking time, you will begin to hear the rice begin crackling – this is your indicator that the socarrat is forming. Cook for a few more minutes to ensure the socarrat has developed (you can use a spoon to check to see if the rice is starting to stick to the bottom in a small portion of the pan).
7. Remove from the heat and use a sturdy spatula to scrape the socarrat off the bottom of the pan and incorporate it into the dish. Serve immediately.

Helpful notes

- Capers and olives may not be to everyone's taste, they can be warmed separately and added to individual portions if required.
- The socarrat is the crusty crispy bottom of the paella that becomes caramelised and toasted on the bottom of the pan when it is cooking. It's really tasty.
- Don't be scared of the socarrat, even if it can be a pain to wash off.



Plant-based spaghetti bolognese

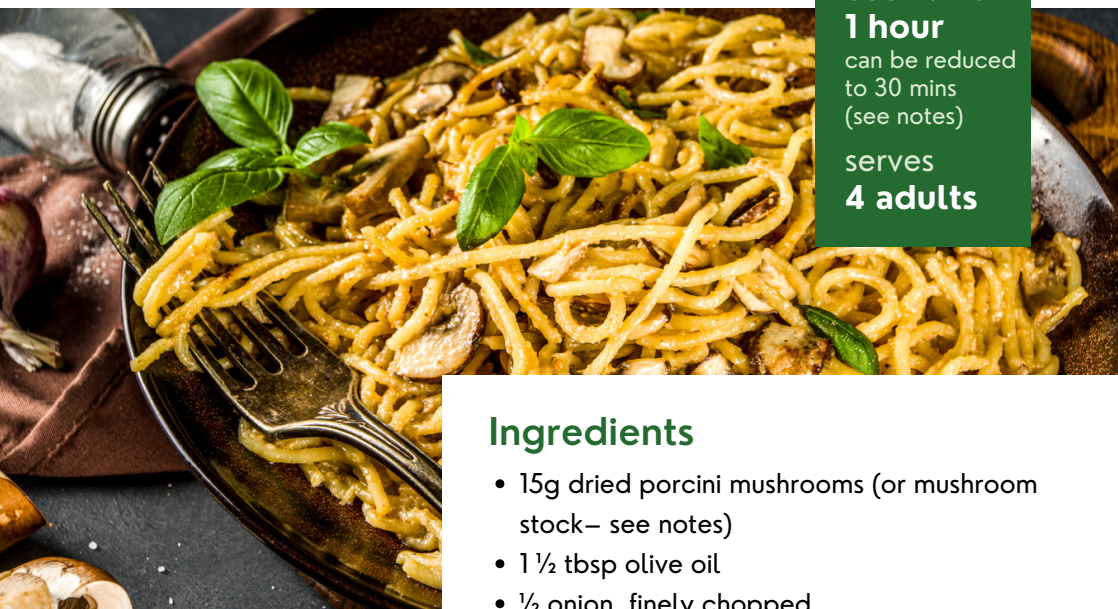
prep time
20 mins

or 30 mins for
8+ servings

cook time
1 hour

can be reduced
to 30 mins
(see notes)

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Large frying pan
- Large sauce-pan
- Large spoon
- Measuring spoons
- Jug

Ingredients

- 15g dried porcini mushrooms (or mushroom stock– see notes)
- 1 ½ tbsp olive oil
- ½ onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, finely chopped
- 2 garlic cloves, sliced
- 2 thyme sprigs
- ½ tsp tomato purée
- 125g dried green lentils (or fresh if easier – see notes)
- 400g can whole plum tomatoes
- 125g chestnut mushrooms, chopped
- 125g portobello mushrooms, sliced
- ½ tsp soy sauce
- ½ tsp marmite
- 300g spaghetti
- Handful fresh basil leaves



Here's how

1. Pour 400ml boiling water over the dried porcini and leave for 10 mins until hydrated. Pour 1 tbsp oil into a large saucepan. Add the onion, carrot, celery and a pinch of salt. Cook gently, stirring for 10 mins until soft. Remove the porcini, keeping the mushroomy stock and chop. Set aside.
2. Add the garlic and thyme to the pan. Cook for 1 min then stir in the tomato purée and cook for a min more. Cook until nearly reduced, then add the lentils, reserved mushroom stock and tomatoes. Bring to the boil, then reduce the heat and leave to simmer with a lid on.
3. Meanwhile, heat a large frying pan. Add the remaining oil, then tip in the chestnut, portobello and rehydrated mushrooms. Fry until all the water has evaporated and the mushrooms are deep golden brown. Pour in the soy sauce. Mix, then scrape the mushrooms into the lentil mixture.
4. Stir in the Marmite and continue to cook the ragu, stirring occasionally, over a low-medium heat for 30-45 mins until the lentils are cooked and the sauce is thick and reduced, adding extra water if necessary. Remove the thyme sprigs and season to taste.
5. Cook the spaghetti in a large pan of salted water for 1 min less than packet instructions. Drain the pasta, reserving a ladleful of pasta water, then toss the spaghetti in the sauce, using a little of the starchy liquid to loosen up the ragu slightly so that the pasta clings to the sauce. Serve topped with fresh basil and some black pepper.

Helpful notes

- The cooking and prep time for this meal can be reduced by purchasing mushroom stock cubes, or even skipping the dried mushrooms and just adding extra fresh mushrooms.
- If you can't find dried lentils, fresh bagged lentils can be used instead. This will also reduce the cook time of stage 4 to 10–15 minutes.
- White mushrooms can be used to replace the chestnut and/or portobello mushrooms and any pasta can be used for this dish.



Lemon and broccoli pasta

prep time
10 mins
or 15 mins for
8+ servings

cook time
20 mins
serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Large frying pan
- Large spoon
- Measuring spoons
- Jug

Ingredients

- 300g penne pasta, can be whole wheat, gluten-free, or any other kind you like
- 2 small heads of broccoli, cut into bite-sized pieces
- 4 cloves garlic, minced
- 4 tablespoons olive oil
- Zest of one lemon (optional)
- 1/2 cup lemon juice, from one lemon
- Handful of basil, chopped
- Salt and pepper to taste
- Nutritional yeast



Here's how

1. Bring water to a boil. While you're waiting for the water to come to a boil, measure out your olive oil, mince the garlic and chop up the basil.
2. Once the water reaches a boil, salt the water and add the pasta. Subtract 4 minutes from the pasta cooking time (see your pasta's packaging for the time). When this timer goes off, that is when you will add the broccoli to the pot.
3. When the broccoli and pasta finish, turn the heat to low and drain the water. It's OK if there is a little bit of pasta water remaining, but try to keep no more than $\frac{1}{4}$ cup. Return the pot to the heat and add the olive oil, garlic, and red chilli flakes and stir for about one minute, until the garlic is fragrant.
4. Add the lemon zest, juice, and basil and stir to combine. Add salt and pepper to taste and top with desired amount of vegan parmesan.

Helpful notes

- Although simple, this dish is very tasty.
- Nutritional yeast needs a rebrand. It sounds grim but it's great at adding a nutty cheesiness to any dish. Think of it like parmesan.
- The broccoli in this meal can be substituted for other green vegetables including asparagus, peas or mangetout.



Peanut and chickpea curry

prep time
5 mins

or 10 mins for
8+ servings

cook time
15 mins

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Large frying pan
- Large spoon
- Measuring spoons
- Jug

Ingredients

- 600 grams mushrooms
- 2 tins chickpeas – 400 gram tin
- 2 tin chopped tomatoes – 400 gram tin
- 4 handfuls spinach
- 4 tbsp peanut butter
- 2 vegetable stock cube
- 3 teaspoons cumin
- 3 teaspoons smoked paprika
- 2 teaspoons coriander
- 1 teaspoon garlic powder
- 1 teaspoon chilli powder
- Salt – to taste



Here's how

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2. Once the water reaches a boil, salt the water and add the pasta. Subtract 4 minutes from the pasta cooking time (see your pasta's packaging for the time). When this timer goes off, that is when you will add the broccoli to the pot.
3. When the broccoli and pasta finish, turn the heat to low and drain the water. It's OK if there is a little bit of pasta water remaining, but try to keep no more than $\frac{1}{4}$ cup. Return the pot to the heat and add the olive oil, garlic, and red chilli flakes and stir for about one minute, until the garlic is fragrant.
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Helpful notes

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- The broccoli in this meal can be substituted for other green vegetables including asparagus, peas or mangetout.



Creamy mushroom risotto

prep time
5 mins

or 10 mins for
8+ servings

cook time
15 mins

serves
4 adults



Things you need

- Chopping board
- Sharp knife
- Large frying pan
- Large spoon
- Measuring spoons
- Jug

Ingredients

- 2 tablespoons olive oil
- 2 shallots or 1 white onion
- 6 garlic cloves, minced
- 200g risotto rice
- 1 litre vegetable stock
- 1 tablespoon white wine vinegar (optional)
- 8 tablespoons nutritional yeast
- 2 handfuls fresh parsley to serve
- Salt and pepper to taste



Here's how

1. Heat the olive oil in a large sauté pan. Add the shallot and garlic and cook on a medium-low heat until softened.
2. Add the mushrooms and cook for a further minute.
3. Stir in the risotto rice and vinegar. Immediately pour in a ladle of stock and bring to a boil then reduce to a simmer. Wait for the rice to absorb the liquid, before adding another ladle full. Repeat for approximately 30 minutes, until all the liquid has been absorbed and the rice is cooked. Add more hot water, if necessary.
4. Once cooked, stir in the nutritional yeast (if using), stir in a handful of chopped fresh parsley and season with salt and pepper.

Helpful notes

- Mushrooms aren't to everyone's taste. There are lots of other potential risotto variations, a popular summer dish includes peas, asparagus and lemon.
- Nutritional yeast needs a rebrand. It sounds grim but it's great at adding a nutty cheesiness to any dish. Think of it like parmesan. It's incredibly versatile and has a really long shelf life.

