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Vegan Food & LIVING

FEBRUARY 2020

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ONE POTS

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75

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midweek
meals with
BOSH!

REVERT VEGANS

How to react if
someone you love
stops being vegan



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you should be buying in 2020

CHANGING OPINIONS

Uncover the truth behind
common vegan fashion myths

OMEGA 3

What is this essential fat
and why do we need it?

Use up your tins
Vegan gardening
Guide to Lyon

ROAST
AUBERGINE WITH
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Welcome

Well, what an incredible start we've had to 2020! Not only have a record number of people signed up to take part in Veganuary 2020 (welcome to any recent converts joining us this issue!), but there's been a flurry of product releases. We were excited enough

about the arrival of vegan Galaxy last month (trust us when we say we put it through a thorough taste test in the VFL office), but we weren't then expecting to be able to try KFC's vegan burger, Subway's Meatless Meatball Marinara, Gregg's Vegan Steak Bake and new varieties of Papa John's pizza this month. As healthy as a vegan diet can be, we're finding it really hard to keep ourselves on track and not give into temptation every day! But obviously we have to indulge a little – it's all in the name of research and responsible reporting, of course!

To make sure we're all still cooking healthy meals from scratch, this issue we're focusing on whipping up some easy one pots from page 12 onwards. Delicious, nutritious, and minimal effort involved, they're a great option for midweek meals that the whole family will enjoy.

Also this month we're very excited to be able to share with you the winners of our 2020 Product Awards. We decided to gather a panel and put the products through their paces in a blind taste test to keep the judging as impartial as possible. It was a really fun day at Demuths cookery school in Bath, but it's safe to say that no one needed to eat again for quite a while afterwards! Find out who picked up the prizes on page 25. Enjoy the issue and we'll see you next month.

The Vegan Food AND Living Team



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February Contents

Discover the secrets of healthy and
nutritious vegan living

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Competition rules

By entering a competition you are bound by these rules. Late entries will be disqualified. Only one entry per person will be accepted. The company reserves the right to substitute any prize with cash, or a prize of comparable value. Competitions are open to UK residents only, except employees of Anthem Publishing and any party involved in the competition or their households. By entering a competition you give permission to use personal information in connection with the competition, for promotional purposes.

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thevegankind.seedrs.com

CAPITAL AT RISK



What's February cooking?

Keep up to date with all
the latest vegan news, products
and happenings



M&S LAUNCH OVER 100 NEW VEGAN PRODUCTS!

M&S kicked off 2019 with the launch of its Plant Kitchen range and in 2020 it has upped its game further with the release of over 100 new vegan-friendly products. Their new products include a range of innovative lunch, dinner and snack options. Lunch options include the Smokehouse No Chicken Wrap (£4) and the No Smoked Salmon & Potato Salad (£3.50). Dinner options include

the Tofish & Chips (£3.50) and the No Chicken Kiev (£3.50), a first for UK supermarkets. If you fancy something a bit healthier, why not try the Bang Bang One (£3.50), a vegetable curry with spicy coconut sauce or the Fiery One (£3.50) with spiced vegetables and cauliflower couscous. For more on the range visit www.marksandspencer.com



Caffè Nero launches Veganero menu

Caffè Nero has announced the launch of its new 'Veganero' menu, featuring new products including vegan croissants and vegan sausage rolls. The new menu offers delicious food choices for breakfast, lunch and dinner. Customers can now start their day with one of the UK's first fresh vegan raspberry croissants to-go (£1.95), for lunch they can enjoy the 'sausage' roll (£3.45) and the 'meatball' Panini (£4.45), featuring rich tomato ragu, vegan cheese, mayo and spinach. To top it off, you can even satisfy your sweet tooth with the new creamy vegan salted caramel and chocolate cheesecake (£3.10). For more information visit caffenero.com/uk



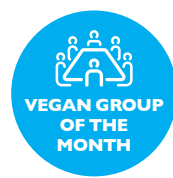
MOO FREE LAUNCH NEW WHITE VEGAN TRUFFLES

Inspired by the much-loved Moo Free Hazelnut Truffles, which have proved incredibly popular since hitting the shelves last year, the new White Raspberry Truffles (£4.99) make for the perfect self-indulgent treat or thoughtful gift. The heart-shaped truffles are filled with a soft raspberry centre, which uses a unique raspberry concentrate mixture to achieve its mouth-wateringly wonderful flavour. These truffles are created using UTZ certified cocoa in association with the Rainforest Alliance, which helps support sustainable farming. For more info, visit www.moofreechocolates.com



Tesco launches Sticky Smokehouse Oumph!

Oumph!’s latest release comes in the form of rib-style fillets, covered in a richly flavoured sticky, smoky barbecue sauce. The Sticky Smokehouse Oumph! launched exclusively in select Tescos at the beginning of January. Oumph! is made from a mixture of soya beans, herbs and spices and is also free from gluten. It is versatile and easy to cook, which makes it suitable for home cooks as well as food services – you can grill, boil, sauté and deep-fry it! For more info, visit oumph.uk



Club of the month
LONDON VEGANS
Number of members
19,380

Where to find us

www.meetup.com/London-Vegans-Meetup
www.facebook.com/groups/LondonVegans

Who to contact:

Brian Jacobs: londonvegans@gmail.com

What have you done?

London Vegans has been going for over 30 years. Initially we were doing a lot of vegan outreach as well as restaurant visits and monthly meetings, but because there are now various other vegan groups in London our main activity is organising monthly evening meetings in central London where we have

a guest speaker on a subject of interest to vegans. We publicise these events on the Meetup platform as well as on Facebook. Alongside the physical group, which has over 800 subscribers, I administer the London Vegans Facebook Group, which has over 18,000 members and provides a forum for vegans in London to discuss and share information.

When is your next meet up?

Upcoming events include a seven mile walk from Walthamstow Marshes to Cody Dock on January 25th, a meet-up with speaker from Pesticide Action Network UK on January 29th and meet-up with a speaker on 'Veganism & Christianity: A Mission Statement' on February 26th.

Why join us?

We are a long established friendly group. Our meetings are an opportunity to meet other vegans and learn in the process.

HOTEL CHOCOLAT LAUNCH VEGAN CHOCOLATE



The new chocolate Batons (£6.50) from Hotel Chocolat are 45% Nutmilk. The outrageously creamy chocolate is made with finely milled hazelnuts instead of dairy milk. The chocolate is five years in the making and worth every second of that development time. The luxury British cocoa grower and chocolatier makes exciting chocolate with three guiding principles: authenticity, originality and ethics that remain central to the brand's success. Hotel Chocolat stores and cafés can be found across the UK and internationally. For more information, visit the website at www.hotelchocolat.com

Vegan-friendly Slow Hotel

El Gran Sueno is an adults-only small boutique hotel in Asturias, Spain. The hotel's ethos is that a holiday should truly be about getting away from the hustle and bustle of everyday life and slowing down the pace – and for this reason the El Gran Sueno is a Slow Hotel. From walking in the countryside to enjoying slow food made from organic, locally grown produce, this hotel has it all. Breakfast features home baked bread plus delicious cakes for the sweet tooth, and while the hotel isn't exclusively vegan all year round, if there are vegan guests staying, all dishes served in the restaurant that evening will be vegan, and they love to be creative with them. For more information, visit elgransueno.es/en



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HEREFORD WEDDING PHOTOGRAPHER



Pressing » PAUSE «

HELLO EVERYONE!

I hope you're well and you've settled into the New Year and found your beautiful groove. I don't know about you, but January always seems to be such a long month! I guess after the excitement of the festive season it takes a while to readjust to a new rhythm, and with spring on the horizon we can throw our hands in the air and say "we made it!"

Recognising Mother Nature's cues is really important for me as the year unfolds, and trying to move in unison with the ebb and flow of life takes diligence, patience and self-love. Not being too hard on ourselves if we're having an off day is crucial; no jewel shines abundantly every day and light and shade are what make life rich and interesting.

I've found more recently that taking time out for self-care and to relax and unwind have played a really important part in maintaining my mental wellbeing. Our minds are as important as our physical being and, when the two are working in harmony, we can experience far-reaching health benefits. We need to set the foundations on a regular basis for optimum wellness. With this in mind, I'd like to share with you two amazing vegan products that have been making me smile recently:

Hoogly Tea

These naturally indulgent tea blends have been my little slice of heaven each evening to help me to unwind and rest my body after a busy day. The ritual of steeping and enjoying a cuppa is one of life's simple pleasures and I adore all of the beautiful blends that they have created.

The Foraging Fox Beetroot Ketchup

These all-natural ketchups are absolutely divine and they make any meal come alive! My particular favourite is Hot (I blame my pregnancy cravings), but their other two blends, Original and Smoked, are equally as delicious.



Holly Johnson joins us every month to share her vegan wellbeing tips. With a love of vibrant

flavours and a passion for helping people to achieve optimum wellbeing, Holly's Wholesome Kitchen (hollyswholesomekitchen.com) creates nutritious recipes that fortify, revive and restore to promote wellness in mind, body and soul.



Asda's embraces plant-based

Asda's new vegan range spans across the stores' chilled and frozen, food to go and meat alternatives sections. 60% of the new products feature Asda's new health icon, with 40% having 'no red flags' for fat, salt, sugar and saturates – and the entire range is accredited by the Vegan Society. The range also has recyclable packaging and the products are largely mushroom-based rather than soya-based, making it more sustainable, without compromising on quality or taste. With prices starting at £1.50, some of the predicted best-sellers include Sweet Potato Katsu Curry, No-Zarella Sticks, Duckless Spring Rolls, Dirty Fries and the Quarter Pounder Burger. For more info, visit groceries.asda.com

Elmlea develop plant-based cream

Deliciously creamy and 100% plant-based, Elmlea Plant is the UK's first vegan alternative to dairy cream that whips just like the real thing. Naturally free from lactose and gluten-free, Elmlea Plant is made from protein-rich broad beans. Elmlea Plant Single (£1) is a simple and versatile ingredient and can be used for anything from swirling through soups to creating a creamy curry. Elmlea Plant Double (£1.10) works well whipped and can be a great topping for desserts and drinks. For more information, visit www.upfield.com



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The image displays three products from the Moo Free brand on a wooden surface. On the left is a box for 'Moo Free Friends "HAMMY" White Strawberry Hamster', featuring a cartoon hamster and text indicating it is dairy-free, gluten-free, soya-free, and vegan. In the center is a 'Yummy White' chocolate bar wrapper, also labeled as dairy and gluten-free. On the right is a box of 'Moo Free White Raspberry Truffles', decorated with heart patterns and stating they are dairy-free, vegan, and gluten-free. All products are part of the 'the ethical choice' line.

www.dairyfreechocolates.com
...now also available in White!

ONE POTS

Keep it simple, quick and save on the washing up by cooking superb recipes that only need one pot

Chickpea chilaquiles

By Jenn Sebestyen

Serves 4 | Prep 15 mins plus soaking | Cook 20 mins |

Calories 598 (per serving)

FOR THE CHILAQUILES

425g tin (1½ cups) of chickpeas, rinsed and drained – or 246g (1½ cups) cooked chickpeas

2 tbsp olive oil

1 onion, diced

2 garlic cloves, minced

1½ tbsp chilli powder

2 tsp cumin

2 tsp dried oregano

164g (1 cup) fresh or frozen corn kernels

785g (3½ cups) crushed tomatoes

1½ tsp salt, or to taste

225g (about 8 cups) unsalted corn tortilla chips

TO SERVE

guacamole (see right) or avocado slices

creamy cumin ranch dressing (see right)

thinly sliced radishes

diced white or red onion

chopped fresh coriander (cilantro)

FOR THE GUACAMOLE

4 avocados, pits and peels removed

1 Roma tomato, diced

2-3 tbsp diced red onion

5g (¼ cup) coriander (cilantro), chopped

juice of 1 lime

salt

1-2 jalapeños, ribs and seeds removed, diced

FOR THE DRESSING

105g (¾ cup) raw cashews, soaked for 1-2 hours if you don't have a high-speed blender, then drained

120ml (½ cup) water, plus more to thin if needed

juice of 1 lemon

1 tbsp apple cider vinegar

1 garlic clove

1 tsp cumin

1 tsp dried dill

1 tsp snipped chives

½ tsp smoked paprika

½ tsp onion powder

½ tsp dried oregano

½ tsp salt, or to taste

- 1 For the guacamole, in a medium bowl, mash the avocado until smooth. Add the other ingredients and use two jalapeños if you like spicy! Stir to combine. Taste and adjust the seasoning, if necessary. Serve immediately.
- 2 For the dressing, blend all the ingredients in a high-speed blender until smooth. Add additional water 1 tbsp at a time, if necessary, to thin.
- 3 For the chilaquiles, pour the drained chickpeas out on a cutting board and chop them up a bit. Alternatively, add them to a food processor and pulse a few times. Set aside.
- 4 Heat the oil in a large, deep frying pan (skillet) over medium heat. Add the onion and sauté for 5-6 minutes, until soft and translucent.
- 5 Add the garlic, chilli powder, cumin and oregano, and sauté for 1 minute until the spices are fragrant. Add the chickpeas, corn, crushed tomatoes and salt and simmer for about 10 minutes until hot. Add the tortilla chips to the pan, and gently stir to coat.
- 6 Serve immediately with your toppings of choice.

25g Total fat	2.4g Saturates	1.17g Salt	6.3g Sugar	16g Protein
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PIC © QUARTO PUBLISHING GROUP USA



Thai sweet potato curry

By Jenn Sebestyen

Serves 4 | Prep 15 mins | Cook 45 mins |

Calories 594 (per serving)

- | | |
|--|---|
| 1½ tbsp coconut oil | ¼ tsp black pepper |
| 1 onion, diced | 65g (¼ cup) smooth natural peanut butter |
| 2 garlic cloves, minced | 120ml (½ cup) light coconut milk |
| 3-4 tbsp vegan Thai red curry paste | 2 tbsp chopped coriander (cilantro) juice of 1 lime |
| 2 sweet potatoes, about 400g (3 cups), peeled and diced | 474g (3 cups) cooked jasmine rice or rice of your choice |
| 425g tin (1½ cups) of diced tomatoes | 36g (¼ cup) chopped peanuts, to garnish |
| 235ml (1 cup) low-sodium vegetable stock (broth) | |
| 2 tsp salt, divided | |

- 1 Heat the coconut oil in pot or large skillet over medium heat. Add the onion and sauté for 5-6 minutes until soft and translucent.
- 2 Add the garlic and red curry paste and stir until fully incorporated with the onions.
- 3 Add the sweet potatoes, tomatoes, vegetable stock, 1 tsp salt and the pepper. Increase the heat to high and bring to a boil, then reduce the heat to medium-low.
- 4 Simmer for 30-35 minutes until the sweet potatoes are fork tender.
- 5 In a small cup or bowl, whisk together the peanut butter, coconut milk and remaining 1 tsp salt. Pour into the pan with the sweet potatoes and stir to combine.
- 6 Remove from the heat. Add the coriander and lime juice. Serve with the rice and garnish with chopped peanuts.

23.8g Total fat
9.4g Saturates
2.2g Salt
4g Sugar
14.3g Protein

Chickpea shakshuka

By Nico Rossetti from Yumsome (yumsome.com)

Serves 4 | Prep 5 mins | Cook 30 mins | Calories 337 (per serving)

- | | |
|---|---|
| 2 tbsp olive oil | ½ tsp sea salt |
| 1 large onion, sliced | ¼ tsp ground black pepper, plus a few grinds for finishing |
| 2 large red chillies, sliced | 300g (2 cups) cooked chickpeas |
| ½ tsp coconut palm sugar | 100g (¾ cup) whole (or stuffed) olives |
| 5 garlic cloves, smashed | 2 tbsp fresh parsley, chopped |
| 300g (1¼ cups) passata | 2 tbsp fresh coriander (cilantro), chopped – save a little for finishing |
| 240ml (1 cup) water | 200g (1 cup) firm silken tofu, cut into rounds |
| 2 medium tomatoes, roughly chopped | |
| 2 tbsp tomato purée (paste) | |
| 1 tbsp ground cumin | |
| 1½ tbsp smoked paprika | |
| ½ tsp cayenne pepper | |

- 1 Heat the oil in a large frying pan (skillet), and then sauté the onions, chillies and sugar over a medium heat for about 5 minutes, until the onions start to brown.
- 2 Add the garlic and continue to sauté until the raw garlic smell has gone.
- 3 Stir in the passata, water, chopped tomatoes and tomato purée. Bring to the boil, then immediately reduce the heat.
- 4 Mix in the cumin, paprika, cayenne, salt, black pepper, chickpeas and olives, and give everything a good stir.
- 5 Check the seasoning, adding more salt, pepper and/or cayenne, if desired. Simmer for 10 minutes, then stir in the parsley and coriander.
- 6 Place the tofu rounds on top of the shakshuka, and gently press down so that they're partly submerged.
- 7 Cover the pan and simmer for another 7-10 minutes, until the tofu is warmed through.
- 8 Finish with few grinds of black pepper and some torn coriander leaves. Serve immediately with fresh bread.
- 9 Leftovers can be kept in an airtight container in the fridge for up to 3 days.

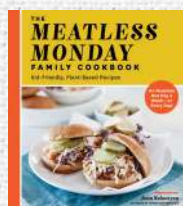
TIP 1 Instead of passata and fresh tomatoes, you could use canned chopped tomatoes.

TIP 2 If you don't have smoked paprika, use the same amount of regular paprika plus 1 tsp liquid smoke.

TIP 3 Carefully slice the block of tofu in half lengthways, so that you have two flatter blocks. Using a glass or cookie cutter, cut out two rounds from each block. Use leftover tofu in Asian soups, smoothies, etc.

15g Total fat
2g Saturates
0.73g Salt
13g Sugar
14g Protein

This recipe and the chilaquiles on page 12-13 are taken from *The Meatless Monday Family Cookbook* by Jenn Sebestyen, published by Fair Winds Press. (RRP £14.99.) This book contains non-vegan recipes.



*Ready in 30 minutes, crammed
with nourishing veggies and spices, this is
a twist on the traditional Berber dish*



PIC © QUARTO PUBLISHING GROUP USA



Sweet potato and chickpea Moroccan stew

By Annabelle Randall from The Flexitarian (theflexitarian.co.uk)

Serves **4** | Prep **10 mins** | Cook **30 mins** |

Calories **402** (per serving)

- | | |
|---|--|
| 3 tbsp olive oil | 400ml (1½ cups) vegetable stock (broth) |
| 1 medium onion | 75g (½ cup) raisins |
| 2 tsp ground coriander | 400g tin (1½ cups) of chickpeas |
| 2 tsp ground cumin | lime juice |
| 1 tsp turmeric | FOR THE TOPPINGS |
| 1 tsp ground ginger | sliced almonds |
| 1 tsp paprika | fresh coriander (cilantro) |
| 1 tsp cinnamon | red chillies (optional) |
| 500g (3 cups) sweet potato | fresh mint |
| 1 red pepper | dairy-free yoghurt |
| 3 garlic cloves, crushed | |
| 400g tin (1½ cups) of chopped tomatoes | |

- 1 Peel the sweet potatoes and cut into 1.5cm (½in) dice. Deseed the red pepper and cut in 1.5cm (½in) dice.
- 2 Heat the olive oil in a large saucepan. Add the finely chopped onion and fry gently for a couple of minutes. Add the ground coriander, cumin, turmeric, ginger, cinnamon and paprika. Fry gently for 3 minutes to release aromas.
- 3 Add the diced sweet potato and red pepper. Add the crushed garlic, chopped tomatoes, vegetable stock and raisins. Bring to the boil and cook half-covered under medium heat for 15 minutes. Keep on cooking uncovered under medium heat for another 10-15 minutes until the sweet potatoes are cooked and the liquid has thickened slightly. Stir the pan every now and then, so the vegetables do not stick to the bottom.
- 4 Add the drained chickpeas and season to taste with lime juice and salt.
- 5 Serve with couscous topped with plenty of sliced almonds, freshly chopped coriander, mint, dairy-free yoghurt and red chillies, if using.

Miso soup with shiitake mushrooms and ramen noodles

By Jenn Sebestyen

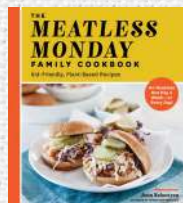
Serves **4-6** | Prep **10 mins** | Cook **25 mins** |

Calories **448** (per serving)

- | | |
|---|---|
| 1 tbsp olive oil, plus more if needed | ½ tsp turmeric |
| 2 garlic cloves, minced | 1.9 litres (8 cups) low-sodium vegetable stock (broth) |
| 2.5cm (1in) piece of fresh ginger, peeled and minced | 170g (1½ cups) instant vegan ramen noodles (use gluten-free) |
| 225g (2½ cups) shiitake mushrooms, stems removed, caps thinly sliced | 115g thin rice noodles for gluten-free) |
| 4 tbsp mellow white miso paste | 3 spring greens leaves or kale, finely shredded |
| 2 tbsp tamari (gluten-free, if desired) | sriracha or hot pepper sauce (optional) |

- 1 Heat the olive oil in a large soup pot over medium heat. Add the garlic and ginger and sauté for 1 minute until fragrant.
- 2 Add the mushrooms, stir and sauté for 5-6 minutes. The mushrooms should give off some of their own liquid, but if the pot seems too dry, add an additional tbsp of olive oil or a few tbsp vegetable stock.
- 3 Add the miso, tamari and turmeric and stir to coat the mushrooms. Add the vegetable stock, raise the heat to bring to a boil and then reduce the heat to low and simmer for 15 minutes.
- 4 Add the instant ramen noodles and greens and simmer for another 3-5 minutes until the noodles are tender.
- 5 Serve with a few dashes of sriracha/hot pepper sauce in each bowl, if desired.

This recipe is taken from *The Meatless Monday Family Cookbook* by Jenn Sebestyen, published by Fair Winds Press. (RRP £14.99.) This book contains non-vegan recipes.



9.5g Total fat	3.5g Saturates	1.9g Salt	6.2g Sugar	8.6g Protein
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12.4g Total fat	1.7g Saturates	0.28g Salt	24.7g Sugar	8.9g Protein
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Butternut squash risotto

By Alison Clarkson for Meridian (www.meridianfoods.co.uk)

Serves **4** | Prep **10 mins** | Cook **30 mins** |

Calories **493** (per serving)

1kg (7 cups) butternut squash, chopped into bite-size chunks

2 tbsp olive oil

1 onion, finely diced

2 garlic cloves, finely sliced

250g (1 1/4 cups) pearled spelt or barley

1.3 litres (5 1/2 cups) vegetable stock (broth)

2 tbsp Meridian Smooth Almond Butter

8-10 sage leaves, finely sliced

- 1 Preheat the oven to 220°C/Gas Mark 7. Chop the squash, put it in a roasting tin, toss in 1 tbsp oil and season. Roast for 25-30 minutes until browned at the edges.
- 2 When the squash has been roasting for 10 minutes, heat the remaining oil over a medium heat and cook the onion for 5 minutes, then add the garlic. Continue to cook for another 3-5 minutes until all is soft but not browned.
- 3 Tip in the spelt or barley and stir to coat in oil. Tip in half of the stock and stir until it is absorbed. Continue adding half of the remaining stock and stirring until absorbed. Check that the grain is cooked through, if not, then add more stock until it is done.
- 4 Stir in the almond butter until it is blended. Stir in the sage leaves and the, now roasted, squash. Taste and season. Serve immediately.

13.7g
Total fat

1.7g
Saturates

0.03g
Salt

10.1g
Sugar

14.5g
Protein

Bean and lentil chilli

By Meridian (www.meridianfoods.co.uk)

Serves **4** | Prep **10 mins** | Cook **30 mins** |

Calories **411** (per serving)

1 tbsp vegetable oil

1 onion, finely diced

2 garlic cloves, crushed

2 carrots, finely diced

1 red pepper, deseeded and diced

1-2 tsp chilli powder – hot or mild, depending on your preference

2 tsp paprika

2 tsp ground cumin

2 tbsp tomato purée (paste)

2 tbsp flour

150ml (2/3 cup) vegan red wine (optional)

400g tin (1 1/4 cups) of chopped tomatoes

400ml (1 1/4 cups) vegetable stock (550ml (2 1/2 cups) if you aren't using the wine)

2 tbsp Meridian Smooth Almond Butter

2 x 400g tins (3 cups) of green lentils, drained

400g tin (1 1/4 cups) of pinto beans, drained

1 tsp cocoa powder

- 1 Heat the oil in a large saucepan, add the onions and garlic and cook over a medium heat for 3-4 minutes, stirring regularly, until they start to soften. Add the carrots and pepper to the pan, stir well, put the lid on and cook for 8-10 minutes stirring occasionally.
- 2 Sprinkle in the chilli, paprika and cumin and cook for a minute. Stir in the tomato purée, then sprinkle over the flour. Stir and cook for 1-2 minutes.
- 3 Pour in the red wine, if using, and stir well. Add the tin of tomatoes and continue to stir as you add the stock.
- 4 Bring to a simmer, then stir in the almond butter, lentils, beans and cocoa. Season well.
- 5 Leave the chilli to cook for 10 minutes, stirring occasionally, until the sauce has thickened.
- 6 Serve with your choice of rice, nachos or tacos and avocado, salsa, coriander and lime.

A classic one-pot chilli with pinto beans and lentils for texture, a little red wine and even a dash of cocoa to enhance all the flavours

10.3g
Total fat

1.9g
Saturates

0.53g
Salt

10g
Sugar

18.2g
Protein





Mushroom masala

By Natasha Brunetti from Plant To Table (planttotable.com)

Serves **1** | Prep **10 mins** | Cook **10 mins** |

Calories **625** (per serving)

150g (1 ½ cups)	1 ½ tbsp oil
mushrooms, sliced	1 bay leaf
(button, maltake, shiitake)	2 cardamom pods
½ an onion, small dice	2.5cm (1 in) cinnamon stick
100g (½ cup)	½ tsp smoked paprika
tomatoes, cubed	1 tsp garam masala
1.25cm (½ in) ginger,	¼ tsp salt
peeled and chopped	120ml (½ cup)
2 garlic cloves, chopped	coconut milk
10 cashew nuts	

- 1 Heat the oil in a pan, add the cardamom, cinnamon and bay leaf and let infuse.
- 2 Blend the tomato, ginger, garlic, onion and cashew to make the masala.
- 3 Add the masala to the pan and cook down, add the garam masala, salt and smoked paprika.
- 4 Add the mushrooms and mix in, cook for 5-7 minutes.
- 5 If the mixture gets too thick, add half a cup of water.
- 6 Add the coconut milk.
- 7 Serve with rice or roti or in a bao with something crunchy for texture and something pickled as contrast.

55.2g	29.4g	0.64g	12.7g	11.7g
Total fat	Saturates	Salt	Sugar	Protein

Mexican pasta

By Emilie Hebert from Emilie Eats (www.emilieeats.com)

Serves **6** | Prep **10 mins** | Cook **20 mins** |

Calories **463** (per serving)

FOR THE PASTA

- 450g (2 cups) whole-wheat pasta (any shape)**
- 2 tbsp extra-virgin olive oil**
- 1 bell pepper, chopped**
- 1 jalapeño, seeds removed, finely chopped**
- 1 ear of corn, shucked (about 130g (¾ cup))**
- 2 garlic cloves, minced**
- 425g tin (1 ¾ cups) of black beans, drained and rinsed**
- 400g tin (1 ¾ cups) of diced tomatoes**

FOR THE SAUCE

- 240ml (1 cup) unsweetened dairy-free yoghurt (I prefer soy, but almond or cashew will work)**
- 2 tsp chilli powder**
- 1 tsp ground cumin**
- 1 tsp smoked paprika**
- ½ tsp ground turmeric**
- salt and pepper, to taste**

- 1 In a large frying pan (skillet), cook the pasta according to the package directions. Drain and set aside.
- 2 In the same pan over medium heat, add the olive oil. When hot, add the bell pepper and jalapeño, then cook for 5-7 minutes, until tender. Add the corn and garlic and cook for 1-2 minutes, until the corn is slightly charred, making sure not to burn the garlic. Add the black beans and diced tomatoes, with liquid. Cook for 1 minute, stirring. Return the cooked pasta to the pan and stir until the ingredients are evenly combined.
- 3 Add all sauce ingredients to the pan. Stir to coat evenly. Season with salt and pepper as desired.

8.5g	0.9g	0.04g	7.7g	17.5g
Total fat	Saturates	Salt	Sugar	Protein





Mutta thoran – Keralan coconut scramble

By Maryanne Hall for Viva! Vegan Recipe Club

(www.veganrecipeclub.org.uk)

Serves **2-4** | Prep **10 mins** | Cook **10 mins** |

Calories **250** (per serving)

- | | |
|---|---|
| 400g (2 cups) firm tofu (approximately), drained and pressed (or pat dry with kitchen roll or clean tea towel) | 2 tomatoes, roughly chopped |
| 1 garlic clove, finely diced | 3 tbsp soy sauce |
| ½ tsp black mustard seeds | 1 tbsp nutritional yeast (optional) |
| 1 dried red chilli (ideally), roughly chopped or a pinch of chilli powder | 2 fresh curry leaves (optional) |
| ½ tsp turmeric | fresh coriander (optional) |
| 5 tbsp desiccated coconut | serve in a wrap or chapati with mango chutney, lime pickle or vegan mayo |

- 1 Using a little oil in a medium size saucepan, lightly fry the mustard seeds until they start to pop.
- 2 Add the garlic and fry for a further 30 seconds.
- 3 Add the rest of the spices, stir through and fry for a further 30 seconds.
- 4 Add all other ingredients (apart from the fresh coriander), gently stir and then heat through for 5 minutes.
- 5 Serve in a wrap or chapati, sprinkled with the coriander.

17.3g Total fat	11.2g Saturates	0.93g Salt	4.4g Sugar	14.9g Protein
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Spanish Quorn chicken and rice

By Annabelle Randall from The Flexitarian (theflexitarian.co.uk)

Serves **4** | Prep **15 mins** | Cook **30 mins** |

Calories **517** (per serving)

- | | |
|---|--|
| 6 Quorn Meat Free Vegan Fillets, frozen | 1 tbsp tomato purée (paste) |
| 1 red pepper | 1-2 tsp smoked paprika |
| 225g (1 cup) long grain rice | 150g (1 cup) drained black olives |
| 750ml (3 cups) vegetable stock (broth), plus extra if needed | a small bunch of parsley |
| 1 red onion, finely sliced | 3 sprigs fresh thyme |
| 3 large garlic cloves, crushed | olive oil |
| | salt and pepper |

- 1 Put some olive oil in a large saucepan. Add the finely sliced red onion and red pepper, crushed garlic, smoked paprika and Quorn Meat Free Vegan Fillets. Fry for a few minutes until the onion is soft.
- 2 Add the rice. Stir until coated all over.
- 3 Add the stock and tomato purée. Stir gently.
- 4 Cook, covered, over low heat for 30-40 minutes. Check and stir gently every 10 minutes so that the rice does not stick to the bottom of the pan. You might need to add more stock.
- 5 Once the rice is cooked and the liquid is all absorbed, add the olives, thyme leaves and chopped parsley.
- 6 Season to taste with salt and pepper. Serve straight away.

Full of Mediterranean flavours, this dish is the perfect fuss-free family dinner. Sprinkles of parsley and thyme add a delicious aroma

18.2g Total fat	2.6g Saturates	0.98g Salt	7.9g Sugar	19.1g Protein
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Roast aubergine with tomato coconut curry and coriander pudlas

By Stockfood, The Food Media Agency (www.stockfood.co.uk)

Serves 4 | Prep 25 mins plus resting | Cook 1 hour | Calories 656 (per serving)

FOR THE CURRY

- 2 tbsp coconut oil
- 1 large onion, finely chopped
- 3 garlic cloves, chopped
- 1 green finger chilli, seeded and minced
- 1 tbsp fresh ginger, peeled and minced
- 1 tbsp mild curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- ½ tsp ground turmeric
- 800g (4 cups) tinned plum tomatoes
- 400ml (1½ cups) coconut milk
- ½ tsp soft brown sugar
- juice of ½ a lemon
- salt and freshly ground black pepper

FOR THE PUDLAS

- 150g (1⅓ cups) chickpea (gram) flour
- 1½ tsp salt
- 1 small green finger chilli, seeded and minced
- 2 tsp fresh ginger, peeled and grated
- 1 handful coriander, roughly chopped
- 2-3 tbsp sunflower oil, for greasing
- 2 large aubergines, split into four quarters
- 1 tbsp mild curry powder
- 1 tsp paprika
- 1 tsp ground cumin
- 2-3 tbsp sunflower oil
- 1 handful coriander, torn

TO SERVE

- 1 For the curry, melt the coconut oil in a large saucepan or casserole dish set over a moderate heat. Add the onion, garlic, chilli, ginger, and a pinch of salt, sautéing until golden, about 6-8 minutes, stirring frequently.
- 2 Stir in the spices, cooking and stirring over a reduced heat, until fragrant and slightly darkened in colour, about 1 minute. Take off the heat.
- 3 Pulse the tomatoes in a food processor until broken up but not puréed. Return the onion to a medium heat, then stir in the tomatoes and coconut milk. Bring to a rapid simmer, stirring frequently. Return to a simmer until the curry has thickened, about 25-30 minutes.
- 4 Once the curry is ready, stir in the sugar, lemon juice, and some salt and pepper to taste. Take off the heat.
- 5 For the pudlas, stir together the gram flour and salt in a mixing bowl. Add the ginger, chilli and coriander, stirring everything together with a spoon. Gradually stir in 250ml water (1 cup) until a smooth batter forms.
- 6 Let the batter stand at room temperature for at least 30 minutes, preferably up to 2 hours.
- 7 When ready to cook, preheat a non-stick frying pan over a medium heat until hot. Grease with oil, then add a ladle of the batter to the pan, swirling it to create an even, thin round.
- 8 Cook until set, about 15-20 seconds, then carefully flip and cook for a further 10-15 seconds until golden-brown all over. Slide out onto a plate and cover loosely with foil.
- 9 Repeat for the remaining pudla, using a little fresh oil for each one.
- 10 To serve, once the pudlas are cooked, preheat the grill to hot. Season the aubergine quarters with the spices and some salt and pepper. Arrange on a grill tray and drizzle with oil. Grill the aubergine quarters until lightly charred, turning occasionally as needed. Reheat the curry. Pour into a serving bowl, adding the aubergine on top. Garnish with coriander and serve with the warm pudlas on the side.

42.2g
Total fat

28.5g
Saturates

3.2g
Salt

26.6g
Sugar

16.4g
Protein



VeganFood Product & LIVING Awards 2020... *the winners!*



The tasting has been
done and the judges
have given their verdicts...

For the first ever *Vegan Food & Living* Product Awards, we gathered the best vegan products on the market and put them to the test. To ensure it wasn't just our opinions on offer, we constructed a panel of experts for a fun day of tasting at Demuth's Vegan Cookery School in Bath. There are 12 categories, ranging from best vegan snacks to meat alternatives and desserts. Each product is rated on taste, texture and consistency to find out which ones stood out. To make sure people didn't choose a favourite brand, it was a blind taste test, with no one seeing the packaging or knowing what the product was until after the tasting!

MEET THE JUDGES



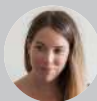
ROXY AND BEN are the co-founders of So Vegan. Using their online platforms, they share their tasty vegan recipes to promote healthy vegan lifestyles. Their debut cookbook, *So Vegan in 5*, offers over 100 simple, 5-ingredient recipes that highlight how easy vegan cooking can be. www.wearesovegan.com



NIKI WEBSTER is the founder of Rebel Recipes. For Niki, plant-based eating isn't a trend, she has always been passionate about creating and experimenting with her recipes, which are inspired by her time travelling around Asia experiencing the local vegetarian and vegan food. www.rebelrecipes.com



KATY BESKOW started her recipe blog, *Little Miss Meat-Free*, back in 2013. Katy has demonstrated at festivals, worked with well-known brands, written for national magazines and she has three best-selling vegan cookbooks. Her fourth, *Five Ingredient Vegan*, came out in November. katybeskow.com



MARYANNE HALL is the Food and Cookery Coordinator for Bristol-based vegan charity, Viva! The charity aims to educate people on the facts of veganism and how it can benefit all of our lives and the whole planet by campaigning for a vegan world. Maryanne develops delicious recipes for the charity's recipe club, which you can find at www.veganrecipeclub.org.uk



ROBBIE TACK is the owner of vegan restaurant Nourish in Bath. The food at Nourish is 100 per cent plant-based and each dish is cooked from scratch. The Head Chef does not use processed soya or rapeseed products in any of the dishes and seasonal vegetables are sourced locally. nourishbath.co.uk



JENNI TAME is the founder of The Hungry Herbie, a discount card that enables the user to get great discounts on a wide range of vegan food and products across the Bath and Bristol area. www.thehungryherbie.co.uk



STU HENSHALL Since appearing as a contestant on *The Great British Bake Off*, Stu is the man behind The Alternative Kitchen, which offers vegan related services including menu and service development, concept to service consultancy, cookery courses, recipe writing, demonstrations and private catering. www.thealternativekitchen.net



HELEN LAWRENCE AND GEORGIA BARTON are the new co-owners of Demuth's Cookery School in Bath. Founded in 2000, Demuths teaches an exciting and varied selection of plant-based and vegan courses for all abilities. Helen and Georgia have both worked at the school for years, but took over ownership in 2019. Visit demuths.co.uk

*And now here
are the results...*

Best Vegan Alcohol

Winner!

Stowford Press Low Alcohol Cider

£1.10 • Available from most supermarkets

Stowford Press has been making great tasting cider for 30 years. Their low alcohol version has crisp apple notes with hints of apple skin – smoothed out with subtle notes of sweetness and a bitter finish. It may seem odd for a low alcohol product to win Best Vegan Alcohol, but as this was a blind taste test the judges didn't know this, and were just won over by the delicious flavour!



"Very easy to drink, not too sweet"

– Niki Webster, Rebel Recipes



"Balance and fresh flavour, easy to drink"

– Katy Beskow

Highly commended

Proudly Vegan Prosecco

£10.99 • Available from Ocado

Proudly Vegan is on a mission to prove great wine does not require any animal product to be used in the production

process. The prosecco has delicate aromas of hazelnut and apple with a crisp refreshing finish.



"Not too bubbly or dry"

– Robbie Tack, owner of Nourish



"Floral and fruity, thumbs up"

– Ben Pook, So Vegan

Commended Jubel Alpine

£1.80 • Available from Sainsbury's

Alpine combines a lively lager with the zest of freshly ripe peaches. All Jubel beers are gluten-free, vegan-friendly and naturally infused, so nobody will miss out!



"Fruity, light, refreshing, great for summer"

– Robbie Tack, owner of Nourish



"Nice flavour, light, easy drinking"

– Niki Webster, Rebel Recipes

VeganFood Awards 2020

WINNER

Best Vegan Alcohol

Best Vegan Burger

Winner!

Oumph Burger

£3.50 • Available at ASDA, Tesco, Holland & Barrett and Whole Foods Market

This plant-based burger takes inspiration from a rare burger, but removes the meat! Its red colour comes from beetroot and the patty offers a meaty taste and texture.



"Salty, smokey burger, perfect for BBQ's"

– Jenni Tame, The Hungry Herbie



"Tastes like a burger, crust and centre pretty bang on. Very enjoyable taste and texture"

– Stu Henshall, The Alternative Kitchen

is seasoned with rosemary, marjoram and sage, rolled in a light gluten-free crumb.



"Breadcrumbs, mild, homely, crisp lovely texture inside, delicious!"

– Katy Beskow



"Crunch on the outside, nice concept, haven't seen anything like it"

– Roxy Pope, So Vegan

Commended Quorn Ultimate Burger

£3 • Available at supermarkets

Quorn have long created vegetarian options, but are now venturing into the vegan market. This gourmet, thick-cut quarter pounder uses the juice of beets to get the succulent flavour.



"Balanced flavour and light texture"

– Roxy Pope, So Vegan



"Strong, quite sweet, would be well suited to a BBQ"

– Katy Beskow

Highly commended The Fry Family Quinoa and Brown Rice Protein Burger

£2.95 • Available at Morrison's, Sainsbury's, Ocado and Holland & Barrett

Fry strives to find a way to make nutritious plant-based products for the whole family to enjoy. Its quinoa burger



VeganFood Awards 2020

WINNER

Best Vegan Burger

VeganFood Awards 2020

WINNER

Best Vegan Cheese

Best Vegan Cheese

Winner!

Follow Your Heart, Smoked Gouda Slices

£3.29 • Available from Holland & Barrett, Sainsbury's and independent supermarkets and delis

This has captured hearts with its innovative great taste; it's made with coconut oil, potato and corn starch and natural smoke flavour.



"Nice subtle flavour, holds together well"

— Roxy Pope, So Vegan



"Pretty close to dairy, perfect for sliced cheese"

— Stu Henshall, The Alternative Kitchen

Highly commended

Violife Greek White Block

£2.69 • Available from most supermarkets

Inspired by Violife's Greek heritage, this cheese is a blend featuring coconut oil. Great on its own or with a salad, olives and tomatoes.



"Excellent flavour, the texture resembles feta more closely than any other Greek style cheese"

— Maryanne Hall, Viva's recipe writer



"Creamy and tasty, would be good in salads or melted into dishes"

— Jenni Tame, Hungry Herbie

Commended

Applewood Vegan

£2.30 • Available from selected Asda stores and The Vegan Kind

Applewood have been making dairy-based cheeses since 1965 and their hotly anticipated vegan cheese has finally arrived. Smooth and creamy, Applewood's vegan cheese has a coconut base and has a smoky flavour comparable to Applewood's dairy cheeses.



"Almost identical to Applewood smoked Cheddar... huge thumbs up"

— Maryanne Hall, Viva's recipe writer



"Strong smoked taste"

— Stu Henshall, The Alternative Kitchen

Best Vegan Chocolate

Winner!

Seed & Bean Coconut and Raspberry Dark Chocolate

£2.69 • Available from online retailers including Ocado and Amazon

This zesty twist on your ordinary chocolate bar is the combination of crushed raspberries and coconut oil all the way from the Philippines. This chocolate bar is also palm oil-free and uses fully compostable packaging!



"Nice hazelnut flavour, good glaze"

— Robbie Tack, owner of Nourish



"Wicked ganache, nice and 'milky'"

— Stu Henshall, The Alternative Kitchen

Commended

Mummy Meagz Sea Salt & Cinder Toffee Rocky Road

£2.15

Mummy Meagz has been breaking vegan stigmas with its trailblazing rocky road, free of nuts and fruits. This gooey, crunchy bar is infused with bits of honeycomb and a dash of sea salt.



"Very rich chocolate and good texture"

— Niki Webster, Rebel Recipes



"Good cocoa content and a good snap"

— Jenni Tame, Hungry Herbie



"Very sweet, good flavour, good texture, smooth with bits of crunch and fluffy marshmallow"

— Maryanne Hall, Viva's recipe writer



"Lovely salty caramel flavour, soft, indulgent and tasty!"

— Ben Pook, So Vegan

Highly Commended

Moo Free Hazelnut Truffles

£4.99 • Available from supermarkets

These award-winning truffles are filled with a luscious, caramelised hazelnut centre and then coated with a dairy-free milk chocolate. Moo Free chocolates are also gluten and soya free.



VeganFood Awards 2020

WINNER

Best Vegan Chocolate

VeganFood Awards 2020

WINNER

Best Vegan
Dessert



Best Vegan Dessert

Winner!

Wicked Kitchen Sticky Toffee Pudding

£4 • Available at Tesco stores

One of the latest additions to the Wicked Kitchen range is the Sticky Toffee Pudding, a perfect option for dessert this winter! Made with a hint of ginger and topped with coconut.



"Very subtle ginger, good texture, like the squishy cake" – Niki Webster, Rebel Recipes



"Enjoyable, nice and moist" – Robbie Tack, owner of Nourish

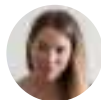
Highly commended Dolcetta Cannoli

£4 • Available at Dolcetta Bakery in London

These cannoli by London's vegan bakery are handmade and each crisp cannoli shell is dipped in dark chocolate, coated with nuts and filled with sweet vegan ricotta.



"Pretty to look at, sweet and good textures" – Robbie Tack, owner of Nourish



"Nice pastry, interesting flavours, love the variety. Great texture, creamy and chocolatey, extremely good" – Maryanne Hall, Viva's recipe writer

Commended

Costa Fruited Teacake • Available at Costa

A delicious snack that can be enjoyed throughout the day.



"Great fruit flavours, akin to its dairy brethren, as good as it gets" – Stu Henshall, The Alternative Kitchen



"Lovely! Subtle sweetness from the raisins and toasts well" – Roxy Pope, So Vegan

Best Vegan Meat Substitute

Winner!

Linda McCartney Shredded Hoisin Duck

£2.50 • Available from most supermarkets

Linda McCartney took her passion for great food and used it to create an innovative and tasty range of vegetarian and vegan products. This meat substitute is a well-seasoned, shredded vegetarian hoisin 'duck' made from rehydrated textured soya and wheat protein.



"Firm, chewy and realistic, a good mock meat" – Helen Lawrence and Georgia Barton,

Demuths and Maryanne Hall



"Nice flavouring, good texture, would be great in stir fries" – Jenni Tame, The Hungry Herbie

Highly commended Pulled Oumph!

£2 • Available from supermarkets

Oumph! is passionate about creating food that is delicious, easy to cook and good for the environment. Pulled Oumph! consists of chunks of soy protein in BBQ sauce.



"Nice spice to it, tangy, good level of heat, looks impressive. It is the closest thing to

a chicken wing we have eaten since going vegan" – Roxy Pope, So Vegan



"Good flavour, squashy texture, most meat-like" –

Niki Webster, Rebel Recipes

Commended Quorn Pieces

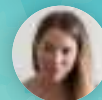
£2.50 • Available from supermarkets

Quorn chooses to use mycoprotein, a nutritious protein source, in all of their products. Quorn are remaining conscious about the planet by consistently innovating to reduce plastic in its packaging. Quorn is high in protein, a great source of fibre and low in saturated fat.



"Would be nice marinated and with a sauce"

– Katy Beskow



"Will absorb whatever flavour you put with it, good texture and easiest to cook with" – Maryanne Hall, Viva's recipe writer

VeganFood Awards 2020

WINNER

Best Vegan
Meat
Substitute



VeganFood Awards 2020

WINNER

Best Vegan
Nutrition
Bar

Best Vegan Nutrition Bar

Winner!

TRIBE Choco Peanut Butter Protein Bar

£1.99 • Available online and from Amazon

TRIBE protein bars are made from a mix of fruits, nuts, pea and rice protein and nutrient-rich natural ingredients such as maca. These bars are 100% natural, provide 20% protein, are gluten-, dairy- and added sugar-free.



"Peanutty with a hint of chocolate, nice texture and felt like the healthiest option" – Robbie Tack, owner of Nourish



"Nice nutty pieces of texture" – Helen Lawrence and Georgia Barton, Demuths



"Easy to eat and tastes nutritious!" – Katy Beskow



"Sweet caramel flavour, would make a nice afternoon snack"

– Ben Pook, So Vegan

**Highly commended
Pulsin Caramel Choc and Peanut Booster**

99p • Available from Holland & Barrett

Pulsin's goal is to create tasty nutritionally balanced products to suit everyone's needs. This protein booster is a blend of pea and rice protein with the added taste of peanuts and chocolate chips sweetened with Xylitol.



"Dense and fudgy texture, a great after dinner nibble, delicious"

– Helen Lawrence and Georgia Barton, Demuths

**Commended
Perkier BITES**

£1.30 • Available from supermarkets
Perkier products are free from gluten, wheat, dairy and palm oil. Creamy and rich, with a unique melt in your mouth texture, these Perkier Bites are a great source of protein.



"Quite a fun texture" – Helen Lawrence, Demuths



"The crunchy grain is nice" – Georgia Barton, Demuths

Best Vegan Plant Milk

Winner!

Califia Farms Oat Barista Blend

£1.95 • Available from Morrisons

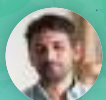
Perfect in coffee or by itself, the Oat Barista Blend is unsweetened and made with whole rolled, gluten-free oats grown in North America. This blend is also free from dairy, nut and sugar.



"Very creamy, natural and full flavoured. Smooth consistency, good in coffee" – Helen Lawrence and Georgia Barton, Demuths



"Rich, oaty flavour, nice consistency" – Niki Webster, Rebel Recipes



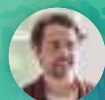
"Best flavour, best one for sure" – Robbie Tack, owner of Nourish

**Highly commended
Rude Health Almond Drink**

£2 • Available from supermarkets
To make this delicious milk alternative, creamy crushed almond is blended with rice, spring water and a dash of sunflower oil. This 'milk' is free from gluten, thickeners, dairy and added sugar.



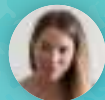
"Sweet and cohesive flavour, smooth and creamy consistency" – Helen Lawrence and Georgia Barton, Demuths



"The colour and consistency closely resembles dairy milk" – Ben Pook, So Vegan

**Commended
Sproud Original Drink**

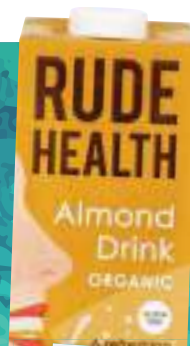
£1.35 • Available online
Sproud is determined to create products that are good for you and for the planet. Its drink, powered by peas, is free from dairy, soy, nuts and gluten and has a minimal carbon footprint.



"Nice and creamy consistency" – Maryanne Hall, Viva! recipe writer



"Nice smooth consistency" – Roxy Pope, So Vegan



VeganFood Awards 2020

WINNER

Best Vegan
Plant
Milk

Best Vegan Ready Meals



VeganFood Awards 2020

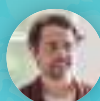
WINNER

Best Vegan Ready Meal

Winner! M&S Plant Kitchen Green Thai Curry

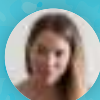
£3.50 • Available at all M&S stores

M&S Plant Kitchen meals are vegan, hearty and a perfect on-the-go dinner option. The Green Thai Curry is served with jasmine rice and the fish flavour sauce is created using fermented chilli paste and toban jhan.



“Big flavour, spicy kick, satisfying meal with a good ratio of rice and veg”

— Ben Pook, So Vegan



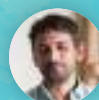
“Good strong flavour with a nice bit of kick. Good creamy sauce, definitely not bland.”

— Marianne Hall, Viva!

Highly commended Mitch's Kitchen Spanish Tapas

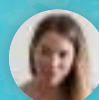
£6.75 Available online and from selected retailers

Mitch's Kitchen's colourful meals are vegan, free from gluten, nuts, palm oil and refined sugar. The Spanish Tapas includes roasted hand rolled garlic and herb 'Beet Balls', skin-on patatas bravas served in a rich tomato sauce with spinach, butter beans and black olives with a side of tofu frittatas.



“Packed full of flavour” — Robbie

Tack, owner of Nourish



“Nice variety of flavours, good spices and seasoning. A good healthy option” — Marianne Hall, Viva's recipe writer

Commended Tesco Wicked Kitchen Naked Burrito

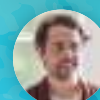
£4 • Available from Tesco stores
Tesco's attempt to bring vegan cuisine into the mainstream has resulted in a collaboration with chef Derek Sarno to create Wicked Kitchen. The Naked Burrito is made from spiced mixed beans, tomato rice, pulled marinated roasting oyster mushrooms, kale and spiced mixed vegetable, topped with jalapeño chilli and lime wedge.



“Good flavours, mix of textures”

— Niki Webster,

Rebel Recipes



“Well balanced with just enough heat and some veggies and refried beans” — Ben Pook, So Vegan

Best Vegan Sandwich

Winner!

Tesco, Wicked Italian Cold Cut Sandwich

£3 • Available from Tesco stores

Wicked Kitchen are pushing the boundaries of vegan cuisine with their cold cut sub. This tasty sub is a mixed herb roll, filled with roasted celeriac, dairy-free smoked Gouda style cheese, green peppers and spinach.



“Love the pickled pepper and smoked ‘cheese’. Very satisfying and clever use of celeriac” —

Stu Henshall, The Alternative Kitchen



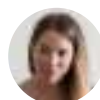
“Good flavour, great use of vegetables as meat, cheese is good and not waxy. Great texture and taste”

— Jenni Tame, The Hungry Herbie

Highly commended M&S No Turkey Feast

£3.30 • Available from M&S stores

Part of the M&S Plant Kitchen range, this sandwich replaces traditional festive meat with seasoned roasted soya. The mock meat is marinated with sage, garlic, salt and pepper, and then steam roasted.



“Nice and moist, interesting flavour, I like the use of mock meats.”

A good shop-bought option”

— Marianne Hall, Viva's recipe writer



“I like the wholemeal bread, nice flavour to the fake meat”

— Roxy Pope, So Vegan

patty made from red pepper, spicy chilli, garlic and red onion. Subway has also created a vegan garlic aioli to pair with the sub, but you can add whatever veggies and sauces you like! Other vegan friendly sauces include BBQ, sweet onion, yellow mustard, HP brown sauces, sweet chilli and hot chilli.



“Patty has a good texture” — Jenni Tame, The Hungry Herbie



“Bread is nice and crispy, like the fresh veggies”

— Roxy Pope, So Vegan

Commended Subway Vegan Sub

£3.80 •

Made with either Italian or Hearty Italian bread, the Vegan Sub features a vegan



VeganFood Awards 2020

WINNER

Best Vegan Sandwich

VeganFood Awards 2020

WINNER

Best Vegan Sausage

Best Vegan Sausage

Winner!

Linda McCartney Vegetarian Sausages

£2 • Available from supermarkets

Those involved with the Linda McCartney brand today, including the McCartney family, are dedicated to sharing Linda's passion for wholesome cooking, kindness and compassion. These seasoned vegetarian sausage are made with rehydrated textured soya protein.



"Nice crispy outer and nice fluffy inside"

— Roxy Pope and Ben Pook, So Vegan



"A good all rounder"

— Jenni Tame, The Hungry Herbie

Highly commended
The Fry Family Meat-Free Braai-Style Sausages

£4 • Available at Morrison's, Sainsbury's, Ocado and Holland & Barrett

The Fry Family have used their passion and determination to create their tasty vegan meats. These boerewors-seasoned sausages bring you the taste and aroma of the true South African braai.



"Good texture, would be good in a sandwich"

— Jenni Tame, The Hungry Herbie



"Flavoursome, light texture" —

Helen Lawrence and Georgia Barton, Demuths

Commended
Gosh! Veggie sausages with sage and black pepper

£2.40 • Available at selected Tesco, Sainsbury's Morrison's, ASDA, Lidl, Costco and Dunnes stores.

Gosh! encourage a kinder way of living and are on a mission to bring nourishing experiences to as many people as possible. This veggie Cumberland style sausage is created with a blend of chickpea, butter bean and green lentil, blended with sage and black pepper.



"Lovely flavour of onion and spices"

— Stu Henshall, The Alternative Kitchen



"Good for someone who doesn't like meaty textures" —

Jenni Tame, The Hungry Herbie

Best Vegan Snack

Winner!

Candy Kittens Sour Watermelon

£3 • Available from supermarkets and online

Candy Kittens is a gourmet sweet brand that focuses on quality. The combination of beautiful packaging and authentic flavours have proved a great success for the brand. These sour sweets are gluten-free and made with natural flavours, colours and real fruit juices.



"Good texture, better than Walkers" —

Helen and Georgia, Demuths



"Nice firm crunch"

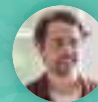
— Robbie Tack,

owner of Nourish

Commended
Purely Plantain Chips Nice & Spicy

£2.75 • Available from Selfridges, Harvey Nichols and The Vegan Kind

Purely aims to be the UK's first premium brand of plantain snacks. The Nice and Spicy chips are thick cut, smooth-textured and full-flavoured with a warm piquant chilli flavouring.



"Slightly sour but just enough sweetness not to overpower the taste, lovely chewiness"

— Ben Pook, So Vegan



"Love the sugary texture and lovely chew, could eat a whole pack" — Katy Beskow



"Lovely savoury taste, nice firm texture" — Robbie Tack,

owner of Nourish

Highly Commended
Ten Acre Crisps, The Story Of When The Cheese Met The Onion

90p • Available from Amazon, Holland & Barrett and The Vegan Kind

These hand-cooked crisps are free from gluten and dairy as well as vegan, halal and kosher certified.



"Smokey and spicy flavour, crisp melt-in-the-mouth texture, nice alternative to crisps"

— Katy Beskow

VeganFood Awards 2020

WINNER

Best Vegan Snack



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Breakfast treats

Jackie Sobon creates some sweet and healthy bites to get your day started right.

Chocolate peanut butter rice bars

If, as a kid, you ever had a home-packed lunch, participated in sports, or went to daycare, chances are you ate some small 'granola' bars. Now it's time for the way-better adult version. These bars are easy to make and great to scale up if you double the recipe, depending on the occasion.

By Jackie Sobon

Makes **10 bars** | Prep **10 mins** plus chilling | Cook **5 mins** | Calories **281** (per bar)

140g (4 cups) brown rice crisps cereal

150g (1 cup) dairy-free semi-sweet chocolate chips, divided

75g (½ cup) chopped roasted peanuts

60ml (¼ cup) agave nectar

65g (¼ cup) creamy peanut butter

2 tbsp ground flaxseed

3 tbsp refined coconut oil

1½ tsp vanilla extract

½ tsp coarse salt

- 1 Lightly grease a 20x20cm (8x8in) baking dish, then line it with parchment paper so that the paper hangs over the edges of the pan on two sides. In a large bowl, combine the brown rice crisps, 75g (½ cup) of the chocolate chips, and the peanuts.
- 2 Heat the agave nectar, peanut butter, flaxseed, coconut oil and vanilla in a small saucepan over medium-low heat until the mixture starts to liquify. Whisk until smooth, then remove from the heat and pour over the cereal mixture.

Fold everything together until there are no dry pockets and the cereal is evenly coated.

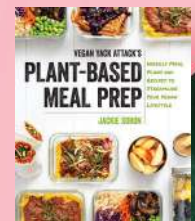
- 3 Transfer the mixture to the prepared baking dish and pack it into an even layer using a spatula. Refrigerate the bars for 30 minutes or until they have firmed up considerably (they may still be a little flexible). Microwave the remaining 75g (½ cup) chocolate chips in a microwave-safe bowl until melted, 45-60 seconds. Stir the melted chips until very smooth and use a fork to drizzle the chocolate over the tops of the bars. Sprinkle with the coarse salt and refrigerate again for at least 10 minutes.
- 4 Carefully pull the bars out of the dish using the parchment sling. Cut the rectangle in half widthwise, then slice each half into five bars. Store in the fridge for up to 1 month.

TIP For added sweetness, try switching out half the mixed-in chocolate chips with dried cranberries or diced dates.

19g Total fat	7.4g Saturates	0.2g Salt	15g Sugar	5g Protein
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The extract on pages 34-35 is taken from *Vegan Yack Attack's Plant-Based Meal Prep* by Jackie Sobon, published by Fair Winds Press. (RRP £16.99.)



Baked berry oatmeal

Although traditional oatmeal comes together quickly, baked oatmeal has a special place in my heart. I love the 'set it and forget' aspect – you just dump everything in one dish, stir it around and leave it in the oven to take care of itself.

By Jackie Sobon

Serves **5** | Prep **10 mins** plus cooling | Cook **45 mins** |

Calories **399** (per serving)

360ml (1½ cups) warm water	66g (¼ cup) raw walnut halves or sunflower seeds, divided
2 tbsp chia seeds	235ml (1 cup) plain unsweetened dairy-free milk
230g (2½ cups) rolled oats	80ml (⅓ cup) maple syrup or agave nectar
600g (4 cups) mixed berries (such as strawberries, blueberries), cut into bite-size pieces if necessary, divided	2 tsp vanilla extract ¼ tsp salt

- 1 Preheat the oven to 180°C/Gas Mark 4. Mix the water and the chia seeds in a large liquid measuring cup and set aside. Place the oats, half of the berries and half of the walnuts in a 23cm (9in) round baking dish.
- 2 Add the milk, maple syrup, vanilla and salt to the chia mixture and whisk until well combined. Pour the mixture into the baking dish and gently stir to incorporate.
- 3 Bake the oatmeal for 45 minutes, until slightly golden in colour. The oatmeal should be a little soft, as it will firm slightly while cooling.
- 4 Let the oatmeal cool on a rack for 20 minutes. Cut it into fifths, place in five storage containers and top each serving with the remaining berries and walnuts.
- 5 Oatmeal can be stored in the refrigerator for up to 7 days or in the freezer for up to 3 months.

15g Total fat	1.2g Saturates	0.16g Salt	23g Sugar	9g Protein
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Mini banana chip muffins

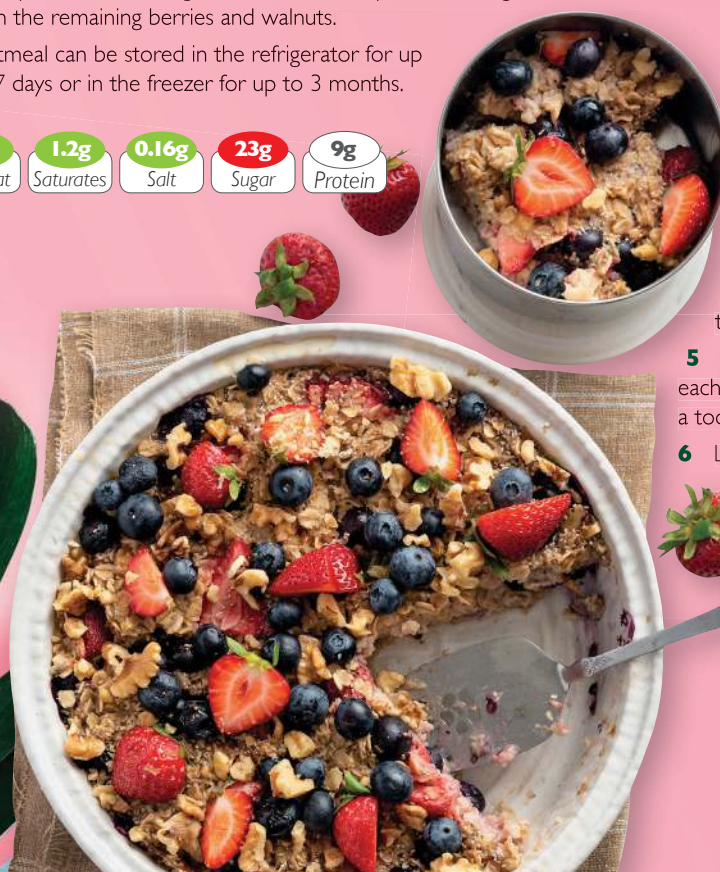
By Jackie Sobon

Makes **16** | Prep **10 mins** | Cook **25 mins** | Calories **98** (per muffin)

3 tbsp hot water	225g (1 cup) mashed very ripe banana
1 tbsp chia seeds	65g (½ cup) loosely packed brown sugar
94g (¾ cup) whole-wheat flour	2 tbsp olive oil
1 tsp ground cinnamon	1 tsp vanilla extract
1 tsp bicarbonate of soda	44g (¼ cup) dairy-free chocolate chips
¼ tsp salt	

- 1 Preheat the oven to 180°C/Gas Mark 4 and line the outer cups of a 24-hole mini-muffin pan with 16 liners.
- 2 In a medium bowl, stir together the hot water and chia seeds and set them aside to gel. In a large bowl, sift together the flour, cinnamon, bicarbonate of soda and salt.
- 3 Add the banana, sugar, olive oil and vanilla into the chia seed mixture and whisk until mostly smooth.
- 4 Add the banana mixture to the flour mixture and fold together until there are no dry pockets.
- 5 Spoon about 2 tbsp batter into each of the 16 liners, then top each muffin with a few chocolate chips. Bake for 25 minutes, or until a toothpick inserted in the centre of the muffins comes out clean.
- 6 Let cool for 10 minutes before removing from the pan. Store in the refrigerator for up to 7 days.

3g Total fat	1g Saturates	0.12g Salt	10g Sugar	1g Protein
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BOSH'S hearty, healthy favourites

Henry Firth and Ian Theasby cook up three recipes with plenty to satisfy the heartiest appetite



Hearty, herby stew

This warming dish makes for a perfect winter meal, and there's no need for any extra rice or breads as it's so filling. It is high in protein from the beans and lentils, and the huge amounts of fresh herbs add an extra healthy boost of flavour and nutrients. A serving of this will give you a good dose of vitamins C, K, and A, folic acid and iron in your diet.

By Henry Firth and Ian Theasby

Serves **2** | Prep **20 mins** | Cook **30 mins** |

Calories **590** (per serving)

- 1** Prep the ingredients. Peel and finely dice the shallots. Peel and grate the garlic. Peel and finely chop the carrots. Trim and thinly slice the celery. Pick the thyme and rosemary leaves from the sprigs and finely chop. Thinly slice the sage leaves. Slice any larger potatoes so they are all a similar size. Drain and rinse the green lentils and cannellini beans. Remove the tough stems from the cavolo nero and shred the leaves. Roughly chop the parsley. Halve the lemon.
- 2** Heat the olive oil in a stock pot over a medium heat. Add the shallots, carrots and celery and a pinch of salt to the pan and cook, stirring, for 4-5 minutes. Add the garlic and stir for 1 minute. Add the thyme and rosemary and stir for a further minute. Add the wine

There's nothing like a hearty stew to beat the winter chill

and simmer for 1 minute. Add the vegetable stock, water, bay leaf and mustard and bring to a gentle simmer. Add the new potatoes. Cook for 12-15 minutes until the potatoes are tender, then taste and season to perfection with salt and pepper.

- 3** Add the lentils and beans to the stew, along with the juice of half the lemon, and simmer for 3-4 minutes. Add the cavolo nero, sage, yeast extract and 10g of the parsley and stir for 2 minutes. Taste the stew, check the tenderness of the potatoes and season again with salt and pepper.
- 4** Serve up the stew. Ladle the stew into bowls, squeeze over lemon juice to taste, and season with salt and pepper if needed. Sprinkle with the nutritional yeast and the remaining parsley and serve immediately with crusty wholemeal bread.



3 echalion (banana) shallots (about 100g)

2 large garlic cloves

2 carrots

1 celery stick

8 sprigs of fresh thyme

2 sprigs of fresh rosemary

4 fresh sage leaves

250g (1 ¼ cups)

new potatoes

400g tin (1 ¾ cups) of green lentils in water

400g tin (1 ¾ cups) of cannellini beans in water

200g (2 cups) cavolo nero

15g (¼ cup) fresh parsley leaves

1 lemon

1 ½ tbsp olive oil

50ml (¼ cup) vegan white wine

250ml (1 cup) vegetable stock (broth)

500ml (2 cups) water

1 bay leaf

2 tsp Dijon mustard

1 tsp yeast extract (such as Marmite)

2 tbsp nutritional yeast salt and black pepper

crusty wholemeal bread, to serve

14g
Total fat

1.3g
Saturates

0.29g
Salt

14.9g
Sugar

32g
Protein



Sunny Sri Lankan curry

A big, rich Sri Lankan curry is one of our favourite dishes, but typically they are super-high in saturated fat due to the coconut milk. We've tempered this bad boy down, using reduced-fat coconut milk, water and desiccated coconut instead, but it's still big on flavour. Serve on its own or, if you're extra hungry, add a portion of brown basmati rice.

By Henry Firth and Ian Theasby

Serves 4 | Prep 20 mins | Cook 45 mins | Calories 213 (per serving)

- | | |
|---|---|
| 1 small butternut squash (about 400g (2¾ cups, cubed)) | 1 tbsp black mustard seeds |
| 2 tbsp cashews | 1 tbsp tomato purée (paste) |
| 1 tsp vegetable oil | 15 curry leaves (optional) |
| 2 large shallots | 200ml (1 cup) reduced-fat coconut milk |
| 3 large garlic cloves | 200ml (1 cup) water |
| 5cm (2in) piece of fresh ginger (about 20g) | 10g (½ cup) desiccated coconut |
| 1 fresh green bird's-eye chilli | 100g (3 cups) fresh baby spinach leaves |
| 1 red pepper | ½ a lime |
| 1 orange pepper | salt and black pepper |
| 1 tsp coconut oil | 10g (½ cup) fresh coriander (cilantro) leaves (optional) |
| 1 tsp ground turmeric | |
| 1 tbsp curry powder | |

- 1 Preheat the oven to 180°C/Gas Mark 4 and line a baking tray with parchment paper.
- 2 First, prep the squash and cashews. Trim and peel the butternut squash, halve it and scoop out the seeds. Cut the squash into 2.5cm (1in) cubes. Spread the cubes over the lined baking tray, drizzle over the vegetable oil, season with salt and pepper, put the tray in the oven and roast for 30 minutes until tender. Toast the cashews in the oven on a small baking tray at the same time for the last 5-8 minutes until golden, then roughly chop.
- 3 Now, prep the rest of your ingredients. Peel and finely dice the shallots. Peel and grate the garlic. Peel the ginger by scraping off the skin with a spoon, then grate. Rip the stem from the chilli, cut it in half lengthways and remove the seeds if you prefer, then finely dice. Trim, halve, core and dice the peppers.
- 4 Time to cook the curry! Heat the coconut oil in a large saucepan or wok over a medium heat. Add the shallots and a pinch of salt and cook, stirring, for 5-6 minutes. Add the garlic, ginger and chilli and stir for 1 minute. Add the turmeric, curry powder, mustard seeds, tomato purée and curry leaves (if using) and stir for 30 seconds. Add the peppers and stir for 1 minute. Pour the coconut milk, water and half the desiccated coconut into the pan (reserve the rest to sprinkle over the curry at the end). Stir to combine, turn up the heat and simmer for 4-5 minutes.
- 5 Add the spinach and stir to wilt. Add the roasted butternut squash cubes and fold them into the curry. Squeeze the juice from the lime into the pan and fold it into the sauce.
- 6 Taste the curry, season to perfection with salt and pepper, sprinkle with the cashews, coriander leaves (if using) and remaining desiccated coconut and serve immediately.

11g	5.7g	0.07g	5.9g	6.9g
Total fat	Saturates	Salt	Sugar	Protein

Meaty mushroom pie

This Joe Wicks-inspired pie is topped with filo pastry. It's hearty and filling, but is lower in fat, processed carbs and calories (and cooks quicker!)

Make sure your vegan meat is low in salt and saturated fat.

By Henry Firth and Ian Theasby
Serves **4** | Prep **20 mins** | Cook **50 mins** |
Calories **521** (per serving)

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 First, prep the ingredients. Peel and dice the onion. Peel and dice the carrot. Trim and thinly slice the celery. Roughly chop the mushrooms. Pick and roughly chop the thyme and rosemary leaves. Pick and roughly chop the parsley leaves. Cut the vegan meat into bite-size chunks
- 3 Now, brown the vegan meat. Warm half a tbsp of the olive oil in a large frying pan over a medium heat. Add half the vegan meat and cook, stirring, for 3-4 minutes until the chunks are browning. Transfer the browned chunks to a plate. Repeat this process with another half tbsp of the olive oil and the remaining vegan meat.
- 4 Make the pie filling. Heat the remaining half tbsp of olive oil in the frying pan over a medium heat. Add the onion and a pinch of salt and cook, stirring, for 3-4 minutes. Add the carrot and celery and stir for 2 minutes. Add the mushrooms and stir for 3-4 minutes. Add the thyme, rosemary and bay leaf and stir for 1 minute until aromatic. Add the tomato purée and stir for a further minute. Add the browned vegan meat and stir for 1 minute. Add the wine and stir for 1 minute. Add the stock, increase the heat and simmer for 10 minutes or so until most of the liquid has evaporated. Add the parsley leaves. Taste and season to perfection with salt and pepper. Tip into an 18x28cm (7x11 in) baking dish, smooth it out with the back of a spoon and then leave to cool for 5 minutes.
- 5 Make the topping. Crumple the filo pastry sheets into loose balls and cover the dish. Spray with 4 sprays of cooking spray. Bake in the oven for 20 minutes, until the pastry is crispy and beginning to darken.
- 6 5 minutes before the pie is set to come out of the oven, trim the broccoli. Put the broccoli and peas in a saucepan, cover with boiling water and allow to warm through for 3-4 minutes. Put the spinach in a colander, pour the broccoli and peas and all the hot water from the pan into the colander (this will wilt the spinach). Halve the lemon. Squeeze a little lemon juice over the greens, and season with salt and pepper.
- 7 Portion the pie onto plates and serve immediately with the greens.

1 onion

1 carrot

2 celery sticks

400g (4 cups) mixed mushrooms

10 sprigs of fresh thyme

1 sprig of fresh rosemary

20g (½ cup) fresh parsley

400g (2½ cups) vegan meat

1½ tbsp olive oil

1 bay leaf

1 tbsp tomato purée (paste)

50ml (¼ cup) vegan red wine

250ml (1 cup) vegetable stock (broth)

4 sheets of filo pastry

low-fat cooking oil spray

TO SERVE

200g (2 cups)

tenderstem broccoli

200g (1½ cups) frozen peas

200g (6 cups) fresh spinach leaves

1 lemon

salt and black pepper



The extract on pages 36-39 is taken from *BOSH! Healthy Vegan* by Henry Firth and Ian Theasby, photography by Lizzie Mayson, published by HQ, HarperCollins. (RRP £16.99.)

18g Total fat
1.3g Saturates
0.29g Salt
9.4g Sugar
31g Protein





Use up YOUR TINS

Tinned vegetables can be used to create tasty and nutritious dishes – and here's how to do it...



Sage, garlic and white wine butter beans

By Jessica Elliott Dennison

Serves **4-6** | Prep **10 mins** | Cook **45 mins** |

Calories **523** (per serving)

- 1 First, heat the oil over a medium heat in a deep, wide pan. Stir in the onion, garlic, sage leaves and stalks and bay leaves, reduce the heat to low and gently sweat for 20-25 minutes, stirring occasionally. You want the onion and garlic to take on a golden colour without burning. If they're catching, add a splash of water to loosen them.
- 2 Add the beans (including the juice from the tin), crushing a handful as you pour them in. Add the wine, salt and enough water to cover, then increase to a rapid boil. Reduce to a simmer for 20-25 minutes, then add in most of the lemon zest and taste for seasoning; depending on the acidity of your white wine, you may want to add some lemon juice from your zested lemon. As the beans are quite simple, you may find you need to be quite generous with the seasoning.
- 3 Using a fork, fish out and discard the sage stalks and bay leaves, but you can leave in if you prefer. Crush a few more beans if you'd like a slightly thicker consistency.
- 4 To assemble, ladle the beans onto plates, pop a slice of toasted sourdough on each, then generously drizzle over some oil and a bit more lemon zest.

150ml (scant $\frac{3}{4}$ cup) rapeseed (canola) or light olive oil, plus extra for finishing

4 onions, peeled and finely sliced

8 garlic cloves, peeled and finely sliced

1 large handful of sage leaves (roughly 5 stalks), leaves picked

2 bay leaves (optional)

3 x 400g tins (5 cups) of butter (lima) beans in water

500ml (2 cups) vegan white wine

3 tsp sea salt flakes, plus extra to taste

finely grated zest of 2 lemons

toasted sourdough, to serve (optional)

SUBSTITUTES

sage for oregano, rosemary, thyme

31.4g
Total fat

2.2g
Saturates

1.18g
Salt

4.6g
Sugar

7.9g
Protein



The extract on pages 40-42 is taken from *Tin Can Magic* by Jessica Elliott Dennison, photography by Matt Russell, published by Hardie Grant. (RRP £15.) This book contains non-vegan recipes.





Whipped butter bean dip

By Jessica Elliott Dennison

Serves **4-6** | Prep **10 mins** | Cook **45 mins** | Calories **523** (per serving)

400g tin (1¾ cups) of butter (lima) beans in water

2 tbsp rapeseed (canola) oil or vegetable oil, plus 100ml (scant ½ cup) for frying

½ tsp sea salt flakes, plus extra to taste

½ garlic clove, peeled and crushed

juice and grated zest of ½ a lemon

¾ tsp ground cumin

finely grated zest of ½ a lemon, to garnish

FOR THE HERBS

selection of the following:

12 sage leaves

2 sprigs of rosemary, leaves only

2 sprigs of tarragon, de-stalked

2 tbsp capers (baby capers), drained

SUBSTITUTES

butter beans for cannellini beans, chickpeas (garbanzos), borlotti beans

sage leaves for sliced garlic rosemary for lemon thyme

- 1 First, drain the butter beans, reserving 2 tbsp of the tin juice. Using a food processor or stick blender, blend with the oil, salt, garlic, lemon zest and juice.
- 2 While the processor is still blending, add the cumin to a non-stick pan over high heat. Toast for 30-60 seconds until fragrant, then add to the processor; continue blitzing until silky smooth. Taste for seasoning and don't be afraid to go heavy on the salt.
- 3 Rinse out and dry the pan, then heat 100ml (scant ½ cup) oil on high and line a plate with kitchen paper. Carefully add the herbs and capers to the hot oil, fry for 1-2 minutes until crisp then, using a slotted spoon or fish slice, carefully transfer to the kitchen paper. If the pan you are using is on the smaller side, I recommend frying the herbs in batches.
- 4 To assemble, using a spatula or the back of a spoon, spread the dip over a nice plate.
- 5 Top with the drained crispy herbs and a few splashes of the infused pan oil. Zest over the remaining lemon half to finish off.

6.1g Total fat
0.7g Saturates
0.41g Salt
0.1g Sugar
3.1g Protein



Indian-style creamed corn

By Jessica Elliott Dennison

Serves **2** | Prep **10 mins** | Cook **20 mins** | Calories **805** (per serving)

6 tbsp rapeseed (canola), light olive or coconut oil

1 onion, peeled and finely sliced

3 garlic cloves, peeled and finely sliced

2 x 340g tins (3 cups) of sweetcorn, drained

2 tsp ground coriander

1 ½ tsp ground cumin

1 tbsp curry leaves (optional)

½-1 tsp dried chilli (hot pepper) flakes, depending on how spicy you want it

1 lemon

sea salt flakes

1 large naan or 2 chapatis

a handful of coriander (cilantro) leaves

SUBSTITUTES

onion for leek

ground coriander for garam masala

lemon for lime

- 1 First, heat 4 tbsp oil over a medium heat in a wide pan. Add the onion and garlic, reduce the heat to low, then fry for 15 minutes until soft and translucent. Stir occasionally and add a splash of water if the onion is beginning to catch.
- 2 Add half the corn to a jug with a splash of water; then, using a stick blender or food processor, blitz into a rough pulp.
- 3 Add 2 tbsp oil to the onion, then add the spices and curry leaves. Stir for 1-2 minutes until fragrant, then add the creamed corn and reserved kernels. Add the zest of one lemon and the juice of half, plenty of seasoning to taste, and a splash of water to loosen if it's too thick. Cut the remaining lemon half into wedges for serving.
- 4 Meanwhile, use tongs to heat the naan bread directly over a gas flame for a few seconds until lightly charred. You can also do this in a hot pan or oven.
- 5 To assemble, divide the corn and naan between two plates. Roughly tear over the coriander and serve with a lemon wedge each.

37.9g Total fat
3.1g Saturates
0.2g Salt
17.3g Sugar
21.1g Protein



Cauliflower, sweet potato and chickpea Traybake with coriander sambal

By Jessica Elliott Dennison

Serves 4 | Prep 15 mins | Cook 40 mins | Calories 697 (per serving)



2 tbsp coconut, rapeseed (canola) or vegetable oil
2 tbsp mustard seeds
400ml tin (1½ cups) of coconut milk (ideally full-fat)
thumb-size piece of fresh ginger root, peeled and finely grated (shredded)
3 garlic cloves, peeled and crushed
2 tsp ground cumin
1½ tsp ground turmeric
1 tsp sea salt flakes, plus extra to taste
1 large cauliflower, outer leaves removed, cut into wedges through the stem
2 sweet potatoes, cut into wedges, (don't bother peeling the skin)
100g (3½ cups) spinach, washed

400g tin (1½ cups) of chickpeas (garbanzos) in water, rinsed and drained
chapatis (optional), to serve

FOR THE SAMBAL

3 tbsp coconut chips/dried shavings
a handful of coriander (cilantro) leaves
1 green chilli, deseeded
juice and finely grated zest of 1 lime
¼ tsp sea salt flakes

SUBSTITUTES

coconut flakes for toasted almonds, pumpkin seeds, cashews or sunflower seeds
sweet potato for carrot or pumpkin
chickpeas for butter beans or cannellini beans

1 First, preheat the oven to 200°C/ Gas Mark 6. Melt the coconut oil in a large, deep tray on the stove over a high heat, then add the mustard seeds and fry for 1-2 minutes, or until they begin to pop. If your stove isn't gas, this can be done in a frying pan (skillet), then transferred to the tray, or even done in the oven. Stir in the coconut milk, ginger, garlic, cumin, turmeric, salt, cauliflower and sweet potato. Transfer to the oven and roast for 40 minutes, stirring halfway through.

2 To make the sambal, blitz together the coconut chips, coriander (stalks and leaves), chilli, lime zest and juice, and salt with a few splashes of water in a food processor, until you get a rough texture. You can also do this

by chopping and mixing everything by hand.

3 Remove the tray from the oven and set aside the cauliflower and sweet potato to make space for the spinach and chickpeas. Stir until the spinach is wilted, adding a splash of water if it's a bit dry. Heat the chapatis in a warm oven or, carefully using tongs, hold over the gas flame on your cooker for a few seconds.

4 To assemble, divide the curried chickpeas among four plates, top with the roasted cauliflower and sweet potato, then spoon over the sambal.

5 Serve with the chapatis on the side for mopping up the spiced roasting juices.

38.5g	24.7g	0.96g	16.5g	17.9g
Total fat	Saturates	Salt	Sugar	Protein

Tin-based vegetable meals
are quick, easy and nutritious



On-the-go!
Lunchtime
RECIPES

Spruce up your midday meals
with a touch of colour...



Roasted squash salad with white beans, breadcrumbs, and preserved lemon

By Aran Goyoaga

Serves 6 | Prep 20 mins plus soaking | Cook 1 hr 20 mins | Calories 330 (per serving)

170g (1 cup) dried cannellini beans
1 head of garlic, halved crosswise
1 bay leaf
1kg (6 cups) butternut squash, seeded and sliced
½ a red onion, sliced 5mm (¼in) thick
2 garlic cloves, peeled
4 tbsp extra-virgin olive oil, divided
1 tsp kosher salt
1 tsp freshly ground black pepper

1 tsp ground cumin
½ tsp sumac (optional)
¼-½ tsp cayenne or piment d'espelette
2 slices of stale sourdough boules or bread of choice
2 tbsp finely chopped preserved lemon rind
1 tbsp finely chopped Italian parsley
1 tbsp red wine vinegar
microgreens or sprouts, to garnish (optional)

- 1** Place the dry beans in a medium Dutch oven. Cover with water by 5cm (2in) and refrigerate for 8-12 hours.
- 2** Drain the soaking water from the beans and discard. Add more water so the beans are covered by 2.5cm (1in). Add the head of garlic and bay leaf to the pot. Bring to a boil over medium heat. Reduce the heat to low and simmer for 45-50 minutes, or until the beans are tender but not mushy. Drain the beans. Discard the bay leaf and garlic. The beans can then be stored in the refrigerator for 1-2 days if necessary.
- 3** While the beans are cooking, preheat the oven to 200°C/Gas Mark 6. Toss the squash, onion, garlic cloves, 3 tbsp olive oil, salt, pepper, cumin, sumac and cayenne together on a baking sheet. Bake the squash for 30 minutes, or until tender and golden brown.

- 4** Place the bread in a food processor and pulse into chunky breadcrumbs. Heat the remaining tbsp olive oil in a medium sauté pan over medium heat, and add the breadcrumbs. Stir until well coated with oil and toasted, about 2 minutes. Toss in the preserved lemon and parsley.
- 5** Transfer the roasted vegetables to a platter. Top with the beans, breadcrumbs, vinegar and microgreens. Toss everything together and serve lukewarm or at room temperature.

10.3g Total fat
1.6g Saturates
0.54g Salt
5.3g Sugar
11.5g Protein



The recipes on pages 44-45 are taken from *Cannelle et Vanille* by Aran Goyoaga, published by Sasquatch Books. (RRP £30.) This book contains non-vegan recipes.



Simple asparagus and avocado soup

By Aran Goyoaga

Serves 4 | Prep 10 mins | Cook 15 mins | Calories 236 (per serving)

2 tbsp vegan butter

1 medium leek, white and very light-green parts only, finely chopped

1 tsp kosher salt, divided

454g (3½ cups) green asparagus, trimmed and cut into 1.25cm (½in) pieces

100g (3 cups) chopped greens, such as spinach, mustard greens, ramp greens or nettles

800ml (4 cups) vegetable stock (broth)

1 ripe medium avocado, peeled and pitted
juice of 1 lemon

55g (¼ cup) full-fat coconut cream

finely chopped chives, to garnish

- 1 Melt the butter in a large pot over medium heat. Add the leeks and ½ tsp of the salt. Stir and cook for 5 minutes, or until tender. Add the asparagus, greens, and the remaining ½ tsp salt. Stir the vegetables for 30 seconds, then add the stock. Cover the pot, bring to a simmer, and then cook for 5 minutes, or until all the vegetables are tender.
- 2 Transfer the soup to a blender (in batches if needed), and add the avocado. Purée until smooth, being sure to let steam escape. Add the lemon juice, stir, then taste the soup one more time to adjust the seasoning.
- 3 Top the soup with the coconut cream and chives. Serve immediately.

7.5g Total fat
1.1g Saturates
0.48g Salt
6.4g Sugar
1.7g Protein



Roasted carrot and cashew soup

By Aran Goyoaga

Serves 6 | Prep 15 mins | Cook 40 mins | Calories 218 (per serving)

1kg (8 cups) carrots, scrubbed and cut into 5cm (2in) pieces

4 garlic cloves, peeled and crushed

1 medium shallot, quartered

3 tbsp coconut or extra-virgin olive oil, plus more for drizzling

1 tsp kosher salt

1 tsp freshly ground black pepper

1 tsp ground coriander

½ tsp ground sumac, plus more to garnish

½ tsp red pepper flakes

675ml (6 cups) vegetable stock (broth)

80g (½ cup) raw cashews, divided

115ml (½ cup) unsweetened cashew or coconut milk

2 tbsp freshly squeezed lime juice or apple cider vinegar

- 1 Preheat the oven to 200°C/Gas Mark 6. Place the carrots in a large bowl with the garlic, shallot, olive oil, salt, black pepper, coriander, sumac and red pepper flakes. Toss everything together and transfer to a baking sheet large enough for the carrots to fit in a single layer. Bake for 30-40 minutes, or until tender.
- 2 Meanwhile, heat the vegetable stock in a saucepan over low heat and keep warm.
- 3 Toast the cashews in a small dry frying pan (skillet) until fragrant, then transfer 40g (¼ cup) of them to a high-speed blender, reserving the rest for garnish. Add the cashew milk and purée.
- 4 Purée the soup in two batches if necessary, combining about half the stock, carrots and cashew purée in each batch and stirring everything together again before serving. Taste the soup and adjust the seasoning if needed. Add the lime juice, give the soup one last blend, and serve immediately while warm. Top with the remaining toasted cashews, drizzle with olive oil and sprinkle with a little sumac.

13g Total fat
6.8g Saturates
0.52g Salt
9g Sugar
4.3g Protein



Topped tahini sandwich

By Philipp Ertl from Exceedingly Vegan (www.exceedinglyvegan.com)
Serves 1 | Prep 5 mins | Cook none | Calories 548 (per serving)

FOR THE TAHINI SANDWICH SPREAD

4 tbsp good quality tahini
juice of ½ a small lime
2 tbsp cold water
a good amount of salt,
to taste

FOR THE SANDWICH AND TOPPINGS

olive bread (or any bread)
tomatoes
peppers
parsley

- 1 Mix together all the tahini sandwich spread ingredients in a bowl. Tahini is a bit funny: first it's liquid and then, when you add water and lemon juice, it thickens. Stir until it has a nice sandwich spread consistency. Also, don't be shy with the salt – tahini needs quite a lot of seasoning.
- 2 Toast some olive bread – or any other bread you like. Chop up some tomatoes and peppers (or any veggies you fancy) and finely chop up some parsley. Spread the tahini on your sandwich and add the veggie topping. Done! Your perfect lunch – or dinner – ever. It has been my dinner twice this week!

34.6g Total fat 5g Saturates 0.67g Salt 3g Sugar 16.8g Protein



Roasted butternut squash houmous

By Annabelle Randles from The Flexitarian (www.theflexitarian.co.uk)
Serves 2 | Prep 10 mins | Cook 25 mins | Calories 369 (per serving)

275g (2 cups) butternut squash, peeled and cut in 2cm (¾in) dice
olive oil
400g tin (1½ cups) of chickpeas
½ tsp ground coriander
½ tsp mild curry powder
1 tsp ground cumin

¼ tsp smoked paprika
2 garlic cloves
1 tbsp tahini
juice of 1-2 lemons
salt, to taste

TO SERVE

fresh coriander (cilantro)
smoked paprika

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Place the diced butternut squash on an oven tray, toss in olive oil and roast for 25 minutes.
- 3 Drain the chickpeas, reserving the chickpea juice in a bowl. Reserve a few chickpeas for serving.
- 4 Place the drained chickpeas in a blender; alongside the ground coriander, cumin, curry powder, smoked paprika, chopped garlic cloves and tahini. Add the roasted butternut squash (reserving a handful to top the houmous with before serving) and 3 tbsp of the chickpea juice.
- 5 Blend everything to a smooth paste. Season with lemon juice and salt. If needed, you can add more chickpea juice or water to get your preferred consistency. Transfer to a serving bowl.
- 6 Top the houmous with the reserved roasted butternut squash and chickpeas, chopped fresh coriander, a dash of smoked paprika and a drizzle of olive oil.

13.4g Total fat 1.8g Saturates 0.54g Salt 8.9g Sugar 10.8g Protein



Mushroom and thyme rolls

By National Trust (www.nationaltrust.org.uk)

Makes **6** | Prep **20 mins** | Cook **30-35 mins** | Calories **475** (per roll)

150g (1 cup, chopped) white onion
2 garlic cloves
300g (3 cups) mushrooms
400g (2 cups) chickpeas, drained (keep the water)
150g (1 cup) ground polenta
a good pinch of salt
5g ground black pepper
10g (¼ cup) dried thyme
300g sheet of vegan puff pastry

- 1** For the filling, place the onion and garlic into a food processor and blitz until very finely chopped. Remove and place into a bowl.
- 2** Place the mushrooms into the food processor and blitz until very finely chopped. Remove and place into the bowl with the onions and garlic.
- 3** Place the drained chickpeas into the food processor and blitz until roughly chopped, but some texture remains. Add them to the bowl with the mushrooms.
- 4** Add the polenta, salt and pepper and mix thoroughly.
- 5** Add the dried thyme to the mixture and combine.
- 6** For the pastry, preheat the oven to 170°C/Gas Mark 3.

- 7** Lay the pastry sheet onto a bench and cut in half lengthways.
- 8** Place half of the filling in a strip along one half of the pastry – keep the mix as even as possible all the way along.
- 9** Fold one half of the pastry over the filling, and wet the edge with a little water. Fold over the other half of the pastry and press down to seal. Repeat with the other half of the mix and pastry.
- 10** Cut into six even rolls, place onto a lined tray and score the tops with a knife. Brush the tops with the chickpea water.
- 11** Place in the oven for 30-35 minutes until golden and risen.

20.4g	5g	0.36g	2.6g	11g
Total fat	Saturates	Salt	Sugar	Protein



Garlic, olive and rosemary focaccia

By Natasha Brunetti from Plant To Table (planttotable.com)

Serves **6** | Prep **15 mins** plus proving | Cook **20 mins** |

Calories **393** (per serving)

500g (4 cups) flour, plus extra for dusting

1 tbsp sugar

1½ tsp fast-action dried yeast

300ml (1¼ cups) tepid water

3 tbsp oil, with more for the infused oil

100g (¾ cup) pitted olives – I used garlic stuffed olives

garlic powder

2 fresh rosemary sprigs

- 1 Add the flour; sugar; yeast and salt to a large mixing bowl.
- 2 Mix everything together and form a well in the middle and add the tepid water and 3 tbsp oil.
- 3 Mix together and then transfer to a floured surface. Knead for at least 10 minutes.
- 4 Transfer to a lightly oiled bowl, cover with a damp tea cloth and leave to rest for at least an hour.
- 5 When the dough is ready it will have doubled in size. Tip it out and punch the air out (very cathartic).
- 6 Oil a baking tray and then spread the dough out on it. Cover for 30 minutes and leave to rest.
- 7 After 30 minutes, poke holes in the dough 2.5cm (1 in) apart and push the olives to the bottom.
- 8 Preheat the oven to 180°C/Gas Mark 4.
- 9 Place some garlic powder; the rosemary and a little oil in a bowl and then brush them over the bread.
- 10 Bake in the oven for about 20 minutes or until lightly golden on top. Remove from the oven and serve hot.

9.4g	1.3g	0.19g	2.2g	9.3g
Total fat	Saturates	Salt	Sugar	Protein



Beetroot houmous

By The Humble Pescatarian (www.thehumblepescatarian.co.uk)

in collaboration with Buy Whole Foods Online

(www.buywholefoodsonline.co.uk)

Serves **4** | Prep **10 mins** | Cook **none** | Calories **221** (per serving)

400g tin (1¾ cups) of chickpeas, drained

2 small garlic cloves, chopped

2 tbsp tahini

juice of 1 lemon

2 tbsp olive oil

1 tbsp water

1 tsp smoked paprika

3 tbsp beetroot powder

1 tsp cumin

a pinch of sea salt

- 1 Drain the chickpeas and pop them into a large bowl. Keep a small handful to one side to decorate later.
- 2 Peel and chop the garlic before adding to the chickpeas, then add the tahini, lemon juice, oil and water. Stir well.
- 3 Add in the beetroot powder; paprika, salt and cumin, then pour into a food processor. Blitz until smooth. You may need to use a spoon or a spatula to scrape the houmous down the sides of the bowl before blitzing again.
- 4 Add in more lemon and salt if you feel the need.

12.1g	1.7g	0.31g	1.6g	5.8g
Total fat	Saturates	Salt	Sugar	Protein

THE TIDE HAS TURNED

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SOUP OF THE Day

When lunchtime looms and you want something healthy to eat, soup is the answer!

Tomato, lentil and aubergine

This hearty soup is an ideal dish for when the weather turns cold, giving you a comforting bowl of nutritious soup as a winter warmer.

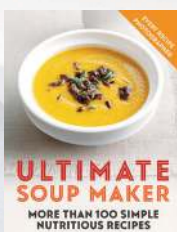
By Joy Skipper

Serves **4** | Prep **10 mins** | Cook **40 mins** |

Calories **298** (per serving)

4 tbsp olive oil, plus extra to serve (optional)	125g (½ cup) dried red lentils
1 aubergine (eggplant), sliced	400g tin (1½ cups) of chopped tomatoes
1 onion, diced	750ml (3 cups) vegetable stock (broth)
2 garlic cloves, finely chopped	salt and pepper
½ tsp smoked paprika	chopped coriander (cilantro) leaves, to garnish
1 tsp ground cumin	toasted ciabatta bread, to serve

- Heat 1 tbsp of the oil in the soup maker using the sauté function. Add one-third of the sliced aubergine and sauté on both sides for 1-2 minutes until softened and golden, turning with a wooden spatula. Remove with a slotted spoon and transfer to a plate. Repeat with the remaining aubergine slices, in batches, using another 2 tbsp of the oil.
- Add the remaining oil to the soup maker and sauté the onion for 5 minutes until softened, stirring frequently. Stir in the chopped garlic, paprika and cumin and cook for another minute.
- Stir in the lentils and tomatoes, then return the aubergine slices to the soup maker. Pour in the stock and cook on the chunky setting.
- Serve the soup as it is, or pulse it a few times, if your soup maker permits, to give the soup a thicker consistency, while still retaining some of the chunks.
- Season the soup to taste, then pour into warm bowls. Drizzle with a little extra olive oil, if liked, and sprinkle with the chopped coriander. Serve with toasted ciabatta bread.



The extract on pages 50-51 is taken from *Ultimate Soup Maker* published by Hamlyn. www.octopusbooks.co.uk (RRP £9.99.) This book contains non-vegan recipes.

14.8g Total fat	2g Saturates	0.06g Salt	9.9g Sugar	10.8g Protein
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Mexican bean

Gather round the campfire for a bowl of this spicy bean soup – add some extra chilli pepper or powder if you like it hot!

By Joy Skipper

Serves **4** | Prep **15 mins** | Cook **35 mins** | Calories **361** (per serving)

2 tbsp vegetable oil
1 large onion, diced
1 red pepper, cored, deseeded and diced
2 garlic cloves, finely chopped
30g sachet of Mexican fajita, taco or chilli con carne spice mix
400g tin (1½ cups) of kidney beans, rinsed and drained
400g tin (1½ cups) of black beans, rinsed and drained
400g tin (1½ cups) of chopped tomatoes
900ml (4 cups) vegetable stock (broth)
TO SERVE
4 tbsp vegan soured cream
25g (1 cup) vegan tortilla chips (optional)

- 1 Heat the oil in the soup maker using the sauté function. Add the diced onion and red pepper and then sauté for 5 minutes until they are softened, stirring frequently with a wooden spatula. Next, add the garlic and spice mix and cook, stirring, for another 1-2 minutes.
- 2 Add the beans, chopped tomatoes and stock and stir well, then cook on the chunky setting.
- 3 If your model requires, turn the soup maker off and on again to activate the blender function. Pulse a few times to give the soup a thicker consistency, while still retaining some whole beans.
- 4 Serve the soup in warm bowls, drizzled with the soured cream and topped with the tortilla chips, if liked.

12.9g Total fat
2.2g Saturates
0.9g Salt
7.7g Sugar
14.8g Protein

Pea, potato and rocket

It's green, it's great and it's easy to make, the perfect demonstration that cooking doesn't have to be complicated to be good.

By Joy Skipper

Serves **4-6** | Prep **15 mins** | Cook **40 mins** | Calories **216** (per serving)

3 tbsp extra-virgin olive oil, plus extra to serve
1 onion, diced
2 garlic cloves, finely chopped
2 tsp finely chopped thyme
250g (1 cup) potatoes, peeled and diced
500g (3 ½ cups) frozen or fresh shelled peas
1 litre (4 cups) vegetable stock (broth)
100g (5 cups) rocket (arugula) leaves, roughly chopped
juice of 1 lemon
salt and pepper

- 1 Heat the oil in the soup maker using the sauté function. Add the onion, garlic and thyme and sauté for 5 minutes until the onion is softened, stirring frequently with a wooden spatula. Add the potatoes and cook for another 5 minutes, stirring frequently.
- 2 Stir in the peas and vegetable stock, then cook on the smooth setting for 10 minutes. Add the rocket and the lemon juice and continue to cook on smooth setting.
- 3 Season the soup to taste, then serve in warm bowls, drizzled with a little extra olive oil.

9.3g Total fat
1.4g Saturates
0.05g Salt
9g Sugar
7.8g Protein

Jack Monroe's Fast Vegan

Recreate takeaway and fast food favourites in your own kitchen the vegan way!

The Jack Reuben

I've eaten a lot of salt beef sandwiches in my life: fat heavy numbers from Baker Street cafés that I could barely get my sizeable jaw around, midnight bagels in taxis passing through Brick Lane, New York food trucks, and supermarket pretenders that didn't quite hit the spot, but were better than not having one at all. My life would not be complete without this, the undisputed king of all sandwiches, so I set about trying to create a vegan version that would be just as delicious in its own right, while staying as faithful as possible to the original. This took a few tries; I marinated in beer, in powdered mushroom stock, in dark hoppy ales and Bisto granules, before I decided to just let the flavours speak for themselves and stop trying to imitate the actual beef. The result is crisp but tender, dry enough, but with a juicy bite and a tangy, salty, peppery familiarity, something that's equally at home in a toasted white bagel as a hunk of dark, sweet rye bread.

By Jack Monroe

Serves **2** | Prep **10 mins** plus marinating | Cook **20 mins** |

Calories **632** (per serving)

400g tin (1½ cups) of jackfruit in brine – I like Summer Pride

1 cooked small red beetroot

1 tsp vinegar – any clear kind

½ tsp smoked paprika

1 tsp each of salt and black pepper

2 tbsp light cooking oil, plus extra for frying

FOR THE DRESSING

1 tsp finely chopped dill pickle

1 tsp finely chopped onion



2 tbsp vegan mayo
1 tsp vegan horseradish, if it's available, or English mustard
2 tbsp ketchup
a dash of hot sauce

TO SERVE

2 bagels, sliced, or 4 slices of rye bread
sauerkraut
dill pickles, thinly sliced
2 slices of smoked vegan 'cheese'

- 1 First drain the jackfruit through a fine-mesh sieve. Squeeze the excess liquid using your hands to push it against the sieve, until the fruit feels fairly dry, then pop it into a large mixing bowl.
- 2 Finely grate the beetroot over the top. Add the vinegar, salt and pepper, paprika and oil. Break up the jackfruit with a fork or spoon into tiny shreds so the marinade soaks right in. Leave for an hour in the fridge.
- 3 Meanwhile, make the dressing. Place the dill pickle in a small bowl with the onion. Add the mayo, ketchup, horseradish or mustard and hot sauce, and stir well to combine. Refrigerate until needed.
- 4 When the jackfruit is well marinated, tip it into a large non-stick frying pan. I prefer to do mine in a wok, but that's because I like the space to shove it all around a bit. A normal frying pan will do just fine. Add a splash of oil and cook on high heat for a few minutes until it starts to sizzle, then reduce to a medium heat and cook for 15-20 minutes more, stirring occasionally to disturb it. You want the jackfruit to be slightly crisp at some of its edges, with a dry-but-juicy texture to imitate the salt beef.
- 5 Toast the bread – whether a bagel or rye bread – lightly on both sides. Now you need to move quickly. Smother the base layer with your jackfruit. Pile it high. Add sauerkraut, pickles and 'cheese'. Top with dressing. Pop the other slice on top. Halve it if you please – I prefer not to. Devour, over a plate, to catch all that will inevitably plop out the other side as soon as you take a bite. If it's not leaking, it's not full enough. There is no gracious way to eat this, you just have to get on with it! And enjoy.

This sandwich is eaten messy, so prepare to get stuck into a crisp and tender juicy bite

21g	1.9g	2.15g	12.5g	14.9g
Total fat	Saturates	Salt	Sugar	Protein



Mock duck wraps

These are a riff on hoisin duck wraps sold in my local shop, which are themselves probably based on traditional Chinese crispy duck wraps from the takeaway over the road. In the culinary world we do all borrow from one another, and translate our own experiences into slightly different recipes. Hoisin duck would traditionally be served in steamed buns, rice paper wraps or filo pastry spring rolls, so use those if you can.

By Jack Monroe

Serves 2 | Prep 15 mins plus marinating | Cook 20 mins | Calories 340 (per serving)

400g tin (1½ cups) of jackfruit in brine – I like Summer Pride

1 tsp oil (sesame is best, but any will do), plus extra for frying

½ tsp Chinese five spice powder

5 tbsp hoisin or teriyaki sauce

2 fat garlic cloves, peeled and grated

2cm (¾in) piece of fresh root ginger, peeled and grated

½ tsp Szechuan peppercorns, crushed

2 tbsp vegan mayo

2 floury tortilla wraps or 4-6 rice paper wraps, if available

½ a cucumber, very finely sliced into matchsticks

a couple of spring onions (scallions), or a small amount of red or white onions, very finely sliced into thin strips

- 1 Drain the jackfruit and squeeze firmly between your hands over the sink to squeeze out excess liquid. Shred it into a mixing bowl with your fingertips, taking care to separate as much of the jackfruit as possible into small pieces.
- 2 In a small bowl, combine the oil, five spice powder and 3 tbsp hoisin or teriyaki sauce. Stir in the grated garlic, ginger and crushed peppercorns. Whisk well to combine the ingredients, then pour the mixture over the jackfruit. Mix well to coat, and allow it to marinate for an hour in the fridge. If you are in a rush, you can skip this step, but it does give a deeper, richer flavour as it permeates the whole fruit.
- 3 Add a splash of oil to a large frying pan or wok, and heat for a moment. Add the jackfruit and cook on a high heat for 5 minutes, then reduce the heat to low-medium and cook for a further 15 minutes, until the jackfruit has absorbed the liquid marinade and is quite dry looking. You want it almost crispy at the edges – if in doubt, taste a piece and cook for a little longer if required.
- 4 Combine the remaining 2 tbsp hoisin or teriyaki sauce with the mayo to make the sauce for the wraps. Spread over the wraps. Place the cucumber and onion strips in the centre of the wraps. Add the warm mock duck, then fold or roll up, sealing with a blob of hoisin mayo. Serve warm.

7.9g	0.7g	0.77g	13g	5.2g
Total fat	Saturates	Salt	Sugar	Protein



Breakfast muckmuffin

I started with a standard McMuffin as my point of reference – it's not where I ended up. Lentils, onions and veg gave way to a haggis-style patty. For 'cheese', I use either Follow Your Heart American Style slices, or Violife Cheddar-flavour slices.

By Jack Monroe

Serves **4-6** | Prep **20 mins** plus chilling | Cook **1 hr 20 mins** |
Calories **535** (per serving)

- 1 Finely grate or very finely dice the onions, and wash and finely grate the carrots into a large mixing bowl. Grate the mushrooms, and peel and finely chop the garlic. If you have a small bullet blender or food processor, you can speed up this part simply by roughly chopping the onion and garlic and halving the carrots, slinging them all in with the mushrooms and blitzing everything to smithereens.
- 2 Add all the vegetables to a large non-stick frying or sauté pan, and measure in the oil, nutmeg, allspice, salt and pepper. Cook on the smallest hob ring on a very low heat for 15 minutes, until the onion starts to soften but not brown at all, and stir intermittently to disturb it and prevent it sticking and burning.
- 3 Pour over the stock. Thoroughly rinse the lentils in a sieve or colander, under a cold tap, and add to the pan. Bring to the boil, then reduce to a simmer, and cook for 40 minutes until the lentils are very soft and swollen. Add the porridge oats, stuffing mix, sage and nutritional yeast, if using, and cook for 10 minutes more, stirring to combine. The oats and lentils absorb liquid, so you may need a splash more, but too much makes the patty mix too sloppy, so don't go overboard.
- 4 When the porridge oats and stuffing mix are cooked and the mixture is thick, remove from the heat and tip into a mixing bowl. Allow to cool and then transfer to the fridge to firm up for an hour, or overnight.
- 5 When the mixture is cool and firm, remove it from the fridge. Heat a little oil in a non-stick frying or sauté pan. Break off a piece with lightly floured hands, the size of an average egg. Roll it in your hands to form a ball, adding a little more flour if it sticks to your palms. You want a patty the width of the muffin, and quite thin – this helps it to crisp up and cook through on both sides, and stops the dreaded 'soft middle' that vegetarian and vegan patties can fall victim to. You will be putting two patties in each muffin for the 'double muckmuffin' experience, so don't worry if they look a little flimsy at this stage.
- 6 If cooking for a crowd, preheat the oven to 160°C/Gas Mark 3 and place a lightly greased baking tray on the middle shelf, and one on the shelf above. Fry each patty on a medium-high heat for 6 minutes on one side, and 4 minutes on the other. Remove and transfer to the oven, and repeat until all the mixture is used up.
- 7 Place the muffins on the top shelf of the oven for a few minutes to toast. Remove and assemble: bottom half of the muffin on the plate, patty, 'cheese', patty, 'cheese', ketchup, top half. Enjoy!

2 large onions
2 large carrots
10 meaty mushrooms – chestnuts, shiitakes or baby Portobellos
4 fat garlic cloves
1 tbsp light cooking oil, plus extra for frying and greasing
½ tsp grated nutmeg
½ tsp ground allspice
a few pinches of salt and a generous grind of black pepper
220ml (1 cup) vegetable stock
75g (½ cup) dried red lentils

75g (½ cup) dried brown lentils
75g (¾ cup) porridge oats
2-4 tbsp stuffing mix
1 tbsp chopped sage leaves
1 tbsp nutritional yeast (optional)
plain flour, for dusting
TO SERVE
4 white muffins, sliced in half
8 slices of vegan 'cheese'
tomato ketchup



The extract on pages 52-54 is taken from *Vegan(ish)* by Jack Monroe, published by Bluebird. (RRP £16.99.)

15.6g
Total fat

9.2g
Saturates

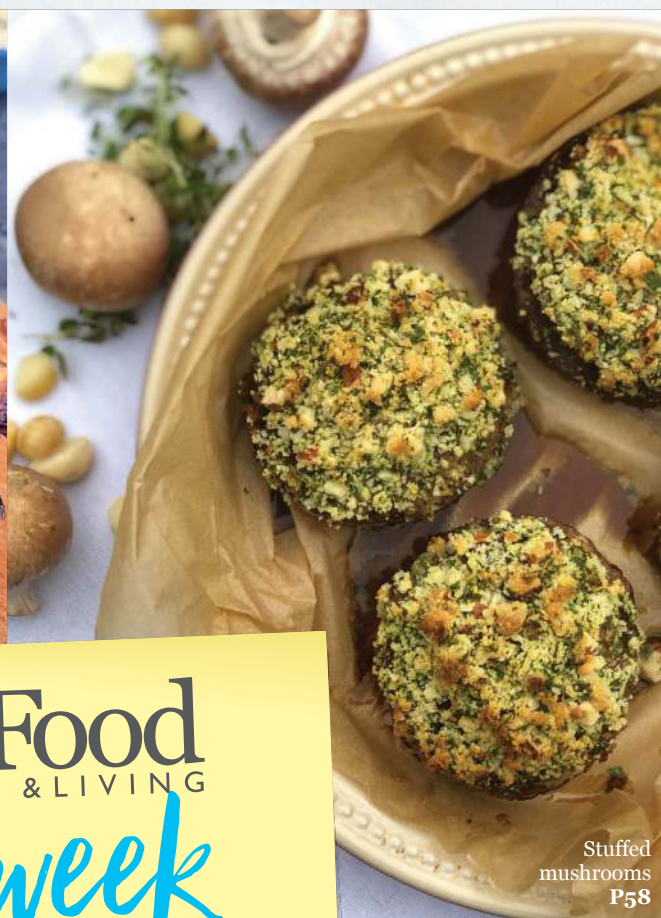
0.72g
Salt

6.9g
Sugar

19.2g
Protein



Aubergine
'bacon', lettuce
and tomato P56



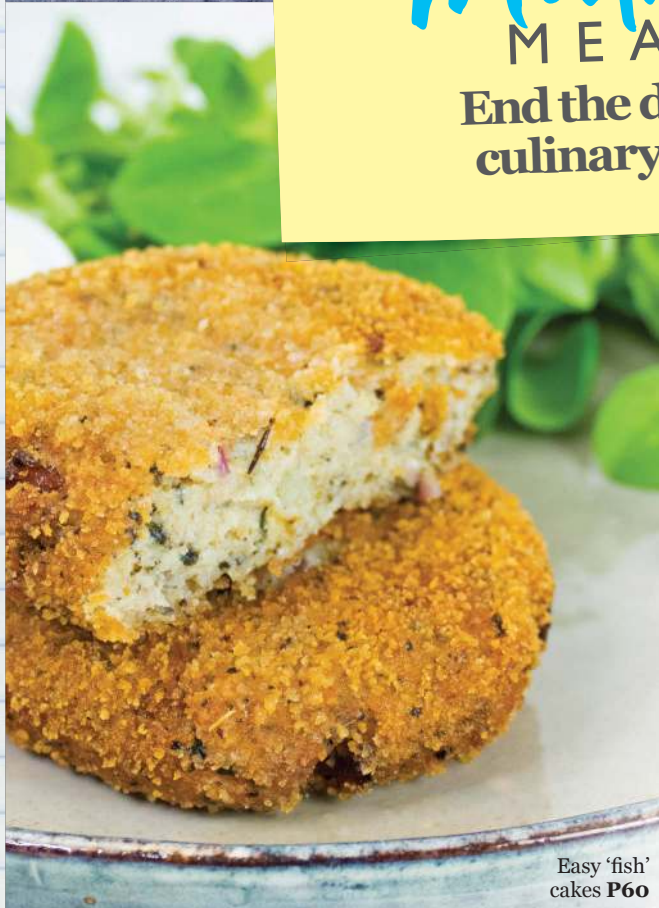
Stuffed
mushrooms
P58

Vegan Food & LIVING

Midweek

MEALS

End the day on a
culinary high...



Easy 'fish'
cakes P60



Brussels sprouts, smoked
almonds, chestnut and
pomegranate salad P56



Aubergine 'bacon', lettuce and tomato sandwich

By Tasty

Serves **4** | Prep **10 mins** | Cook **30 mins** | Calories **277** (per serving)

60ml (¼ cup) olive oil
3 tbsp tamari or coconut aminos (or soy sauce)
2 tbsp vegan Worcestershire sauce
2 tbsp maple syrup
1 tbsp smoked paprika
1 tsp freshly ground black pepper
½ tsp garlic powder
1 medium aubergine (eggplant), ends trimmed, quartered lengthwise
flaky sea salt
8 slices of sandwich bread
vegan mayonnaise
8 slices of vine-ripe tomato
4 leaves from an iceberg or green-leaf lettuce

- 1 Preheat the oven to 180°C/Gas Mark 4. Line two rimmed baking sheets with parchment paper.
- 2 Whisk together the olive oil, tamari, Worcestershire, maple syrup, paprika, pepper and garlic powder in a medium bowl.
- 3 Using a mandoline or very sharp knife, thinly slice the aubergine lengthwise, about 1.5mm (⅛in) thick, so it resembles bacon. Add the aubergine to the bowl with the sauce and toss to coat completely. Arrange the aubergine slices on the prepared baking sheets, dividing them evenly.
- 4 Bake until the slices are golden brown and crisp, about 30 minutes. Set the baking sheets on wire racks, sprinkle the aubergine with flaky sea salt, and let cool for 5 minutes.
- 5 Toast the sandwich bread, if you like, and spread one side of each with as much mayonnaise as you like. Place two tomato slices and a lettuce leaf on each of four slices of the bread. Top each with one-quarter of the aubergine bacon and another slice of bread, mayonnaise-side down. Wrap the sandwiches in foil and serve.

17.1g Total fat
2.2g Saturates
1.1g Salt
13.7g Sugar
4.8g Protein

Brussels sprouts, smoked almonds, chestnut and pomegranate salad

By Annabel Wray and Victoria Knight from Hakuna Foods (www.hakunafoods.co.uk)

Serves **4-6** | Prep **15 mins** | Cook **none** |

Calories **500** (per serving)

300g (3 cups) Brussels sprouts

85g (¾ cup) smoked almonds, we use Dormans

120g (1 cup) whole cooked chestnuts, roughly chopped

100g (¾ cup) pomegranate seeds

30g (½ cup) parsley

FOR THE DRESSING

2 tbsp sherry vinegar

12 tbsp olive oil

juice of 2 clementines

1 tsp sweet smoked paprika

salt and pepper

- 1 Begin by making the dressing, whisk all ingredients together and set aside.
- 2 Finely shred the Brussels sprouts, either using a very sharp knife or a mandoline and place in a bowl.
- 3 Add the smoked almonds, cooked chestnuts, parsley and dressing. Toss to combine and then scatter pomegranate seeds on top. Serve immediately.



43.5g Total fat
5.6g Saturates
0.15g Salt
6.3g Sugar
6.8g Protein



This recipe and the aubergine 'bacon' on page 56 are taken from *Tasty: Every Day*, photography by Lauren Volo, published by Ebury Press. (RRP £20.) This book contains non-vegan recipes.



Black peppered tofu rice bowl

By Tasty

Serves **4** | Prep **15 mins** plus soaking | Cook **15 mins** | Calories **479** (per serving)

400g (1½ cups) extra-firm tofu, drained and cut into 2.5cm (1in) cubes

1 tbsp kosher salt, plus more as needed

3 tbsp vegetable oil

350g (2½ cups) green beans, trimmed and halved

1 tbsp freshly ground black pepper, plus more as needed

1 tsp sugar

3 garlic cloves, minced

2 large spring onions (scallions), cut into 1.25cm (½in) pieces

1 serrano chilli, seeded (if desired) and thinly sliced

750g (3 cups) cooked white rice

8 cremini mushrooms, cleaned and very thinly shaved

fresh coriander (cilantro) leaves, to garnish

1 Place the tofu in a large bowl and sprinkle evenly with the salt. Add boiling water to cover the tofu, then stir gently until the salt has dissolved. Let the tofu soak for 15 minutes. Drain the tofu and press it between layers of paper towels until there's no excess moisture.

2 While the tofu soaks, heat the oil in a wok or large frying pan (skillet) over medium-high heat. Add the green beans, season with salt and toss to coat with the oil. Cook, undisturbed, until the beans are lightly charred on the bottom, about 2 minutes, then stir. Cook until the beans are just tender, about 2 minutes more. Using a pair of tongs, transfer the beans to paper towels to drain.

3 Return the wok to high heat. Add the tofu to the oil left in the wok and cook, tossing occasionally, until light golden brown, about 5 minutes. Reduce the heat to medium-high, add the pepper, sugar, garlic, spring onions, and chilli, and cook, tossing often, until the spices are fragrant and the tofu is golden brown and crisp, 2-3 minutes more.

4 Divide the rice among four plates and top with the hot tofu. Place the green beans and shaved mushrooms next to the tofu, sprinkle with coriander, and serve.





Stuffed mushrooms

By Annabel Wray and Victoria Knight from Hakuna Foods
(www.hakunafoods.co.uk)

Serves **4** | Prep **25 mins** plus soaking | Cook **1 hr 30 mins** |
Calories **440** (per serving)

FOR THE MUSHROOMS

4 large Portobello mushrooms

FOR THE STUFFING

2 tbsp fresh thyme, chopped

6 banana shallots, peeled and finely sliced

2 garlic cloves, thinly sliced

100g (¾ cup) cooked vacuum-packed chestnuts, roughly chopped

30g (2 cups) dried porcini mushrooms, covered in 400ml (1¼ cups) boiling water and left for 10-20 minutes to rehydrate

2 tbsp olive oil

50g (½ cup) spelt

1 vegetable stock pot

finely grated zest of ½ lemon

salt and pepper

FOR THE TOPPING

50g (½ cup) macadamia nuts

20g (1 cup) flat leaf parsley, roughly chopped

½ a garlic clove, grated

finely grated zest of 1 lemon

40g (½ cup) ground almonds

25g (¼ cup) whole almonds

2 tsp olive oil

salt and pepper

- 1 Preheat the oven to 180°C/Gas Mark 4. In a large baking tray, add the whole almonds and macadamia nuts and bake for 6-8 minutes, being sure to watch carefully so they don't burn! Remove from the oven and set aside to cool.
- 2 Place the spelt in a saucepan. Take the liquid from the soaked mushrooms by draining them over a sieve into the saucepan, reserving the mushrooms for later. Add the vegetable stock and place on a medium heat for 40-45 minutes or until the spelt is soft. If needed, add more water during cooking. Once cooked, drain any excess water and set aside to cool slightly.
- 3 Place the macadamia and almonds into a food processor with the garlic, olive oil, parsley, ground almonds, lemon zest, salt and pepper. Blitz for a few seconds to make a course breadcrumb texture – do not make the mix too fine. Tip the mixture into a large bowl and set aside.
- 4 Next make the stuffing. In a medium saucepan, add the oil, shallots and a pinch of salt and gently sweat on a medium to low heat for 8 minutes until soft and sweet, making sure not to brown. Add the sliced garlic, chestnuts, thyme and reserved porcini mushrooms. Cook for a further 3-4 minutes, then add the cooked spelt, lemon zest and season with salt and pepper to taste. Tip this mix into the food processor bowl (no need to wash the bowl, just give it a dust out) and blitz for a few seconds to make a course stuffing.
- 5 To top the mushrooms, use a rubber spatula to scoop some stuffing mix up and spread into the underside of the mushroom, filling all the gaps, then add a little extra so it is slightly domed. Repeat with the remaining mushrooms.
- 6 Top the mushrooms with the nut topping mix. Try to get as much as you can on each mushroom, press firmly to pack the mix down. Carefully lift the mushrooms back into the lined baking sheet and place on a shelf in the middle of the oven for 35-40 minutes until the mushrooms are cooked all the way through and the top is golden brown.

26.2g
Total fat

3.8g
Saturates

0.48g
Salt

6.9g
Sugar

13.5g
Protein

Cauliflower and cashew pizza

By Meridian (www.meridianfoods.co.uk)

Makes 1 pizza | Prep 10 mins | Cook 35 mins |

Calories 461 (per pizza)

½ a medium cauliflower

2 tbsp Meridian Smooth Cashew Butter

¼ tsp dried oregano

¼ tsp ground garlic powder

5 tbsp of your choice of tomato sauce
pizza topping

150g jar (¾ cup) of antipasti
roast vegetables

a few basil leaves and scatterings of
vegan cheese, to serve

- 1 Preheat the oven to 200°C/Gas Mark 6. Whizz the cauliflower florets in a blender until they resemble rice. Tip the cauliflower into a muslin or thin tea towel and squeeze to extract as much water as possible.
- 2 Return to the blender; add the cashew butter, oregano and garlic powder. Season and blend again until they are combined into a dough.
- 3 Line an oven tray with non-stick baking paper. Tip the dough onto the tray and shape it into a circle approximately 20cm (8in) wide. Bake in the oven for 30 minutes. Carefully run a palette knife under the base to loosen from the greaseproof paper.
- 4 Spread the base with the tomato sauce and return the pizza to the oven for a further 2 minutes. Drain the antipasti vegetables from their oil and quickly pat dry with some kitchen roll. Scatter the vegetables over the pizza along with a few basil leaves and some vegan cheese.



29.4g Total fat 4.6g Saturates 1.31g Salt 14.9g Sugar 18.5g Protein



This recipe is taken from *Tasty: Every Day*, photography by Lauren Volo, published by Ebury Press. (RRP £20.) This book contains non-vegan recipes.

Mediterranean flatbread

By Tasty

Serves 4 | Prep 5 mins | Cook 20 mins | Calories 446 (per serving)

1 ½ tbsp olive oil
230g (8 cups) kale leaves, chopped
kosher salt
35g (¼ cup) pine nuts
4 garlic cloves, minced
crushed red pepper flakes
75g (⅓ cup) thinly sliced sun-dried tomatoes in oil, drained, plus 4 tsp oil from the jar
freshly ground black pepper
4 store-bought flatbreads or pocketless pitas
180g (¾ cup) houmous

- 1 Heat 1 tbsp of the olive oil in a large frying pan (skillet) over medium heat. Add the kale, season with salt and cook, stirring, until half wilted, about 4 minutes. Next, add 1 tbsp water and cook until the kale is fully wilted, about 4 minutes more.

- 2 Push the kale to the edge of the pan and pour the remaining ½ tbsp olive oil into the centre of the skillet. Add the pine nuts, garlic and red pepper flakes to the oil and cook, stirring, until the garlic is fragrant and the pine nuts are toasted, about 2 minutes. Add the sun-dried tomatoes and cook, stirring to combine with the kale and aromatics, until the kale is fully wilted, about 3 minutes more. Remove the pan from the heat and season with salt and black pepper.
- 3 While the kale is cooking, preheat the grill (broiler) to high.
- 4 Place the flatbreads on a baking sheet and brush each with 1 tsp of the oil from the jar of sun-dried tomatoes. Grill, flipping halfway through, until golden brown and toasted on both sides, about 4 minutes.
- 5 Transfer the flatbreads to a cutting board and spread 3 tbsp houmous over each. Divide the kale mixture among the flatbreads, cut each of them into four pieces, and serve.

29.4g Total fat 2.3g Saturates 0.67g Salt 7.4g Sugar 12.8g Protein



Easy 'fish' cakes

By Philipp Ertl from Exceedingly Vegan (www.exceedinglyvegan.com)
 Makes 10 | Prep 15 mins | Cook 15 mins | Calories 151 (per cake)

FOR THE FISH CAKES

2½ sushi nori sheets
 350g (1¼ cups) firm silken tofu
 250g (1 cup) boiled potatoes
 100g (2 cups) breadcrumbs, plus more to cover
 ½ an onion, finely chopped
 1½ tsp mixed herbs
 1 tsp minced garlic
 1-1½ tsp salt

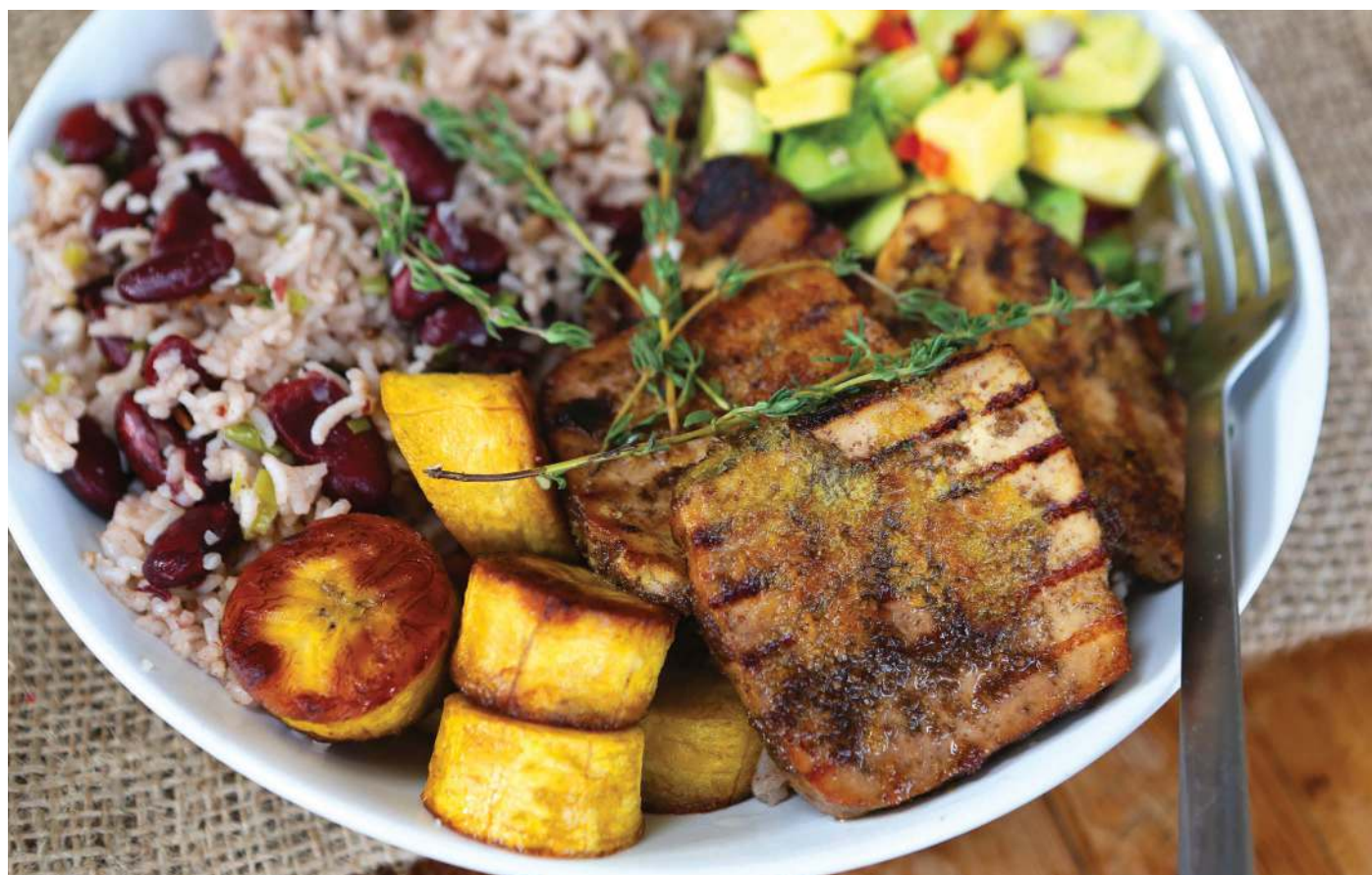
black pepper, to taste

FOR THE CASHEW GARLIC CREME

115g (¼ cup) cashew nuts
 120ml (½ cup) water
 2 tbsp lemon juice
 ½ tsp salt
 1 tsp minced garlic

- 1 Boil 250g potatoes – best to use salad potatoes, then you don't need to peel the skin. Let them cool down – this dish works amazingly well with leftover potatoes.
- 2 Crumple the sheets of nori and put them into a smoothie blender. Blend until they turn into a powder.
- 3 Transfer the powder into a large bowl, then add all the other ingredients to the bowl as well. I prefer my food to be very flavoursome, so I used 1½ tsp salt, but you can reduce it to 1 tsp if you aren't too keen on salt. Also, I used firm silken tofu, which you can get in most supermarkets now. You can also use a normal tofu, but I found silken tofu was much easier to mix (and it's more moist, so if you use any other tofu you may need to add a bit of water and the flavour might differ). Also make sure you drain the water from the silken tofu package first before you add the tofu.
- 4 Mix all the ingredients together until you get a smooth dough. If it's too dry, add a bit of water. If too wet, add some more breadcrumbs.
- 5 Form flat patties and then cover them in breadcrumbs. The patties are wet enough for the breadcrumbs to stick on them.
- 6 Heat up oil in a pan. Fry the 'fish' cakes for a few minutes until they are golden brown.
- 7 To make the cashew garlic creme, add all the ingredients to the blender you used before for the sushi sheets (give it a quick rinse first, so the creme doesn't have a seafood taste). Blend for about 1 minute, or until completely smooth – you don't need to soak the cashews before unless you have a bad blender.
- 8 Serve with a refreshing green salad and a slice of lemon. Don't forget to drizzle some lemon juice on top, it will really ramp up the flavour of these delicious 'fish' cakes.





Jerk tofu with rice and peas

By Maryanne Hall for Viva!s Vegan Recipe Club (www.veganrecipeclub.org.uk)

Serves 4 | Prep 15 mins plus marinating | Cook 15 mins | Calories 732 (per serving)

FOR THE TOFU

600g (3 cups) tofu
(approximately, it doesn't matter if it's a bit more or less), sliced around 5mm (¼in) thick, drained and pressed (or pat with kitchen roll or clean tea towel to remove water)
soy sauce (not needed until the frying stage)
nutritional yeast (not needed until the frying stage)

FOR THE MARINADE

2-3 garlic cloves, peeled
½ an onion, peeled and roughly chopped
a thumbnail of ginger, peeled
a bunch of spring onions (scallions), ends removed
juice of 1 lime
2 tbsp soy sauce

2 tbsp vegetable oil

2-3 tbsp brown sugar

2 tsp allspice

¼ tsp cinnamon (optional)

FOR THE RICE AND PEAS

300g (1½ cups) basmati rice

400g tin (1¼ cups) of coconut milk

450ml (2 cups) cold water

¼ tsp ground allspice

2 sprigs of thyme

1 tin of kidney beans, drained and rinsed

½ tsp salt

a bunch of spring onions (scallions), ends removed and finely sliced

FOR THE JERK MARINADE

1 Blitz all the ingredients in a high powered blender or food processor until smooth. Don't be tempted to add any water as the sauce needs to be thick.

2 Try the marinade and then add more sugar, soy sauce or lime juice if necessary, until you have got the flavours balanced.

3 Cover the sliced tofu in the marinade, making sure to cover both sides, and rub it in.

4 Leave in the fridge for a minimum of an hour ideally.

FOR THE RICE AND PEAS

5 Put the rice in a medium size saucepan, then rinse in cold water.

6 Add all of the ingredients to the pan apart from the kidney beans.

7 Put the lid on the pan, bring to the boil and then simmer for 10 minutes.

8 Add the kidney beans after the 10 minutes and then simmer for another 5 minutes with the lid off.

FOR FRYING THE TOFU

9 While the rice is cooking, heat some oil in a large frying pan on medium heat and then add the marinated tofu slices to the pan.

10 Drizzle over a little soy sauce and a sprinkling of nutritional yeast.

11 Fry on both sides until golden.

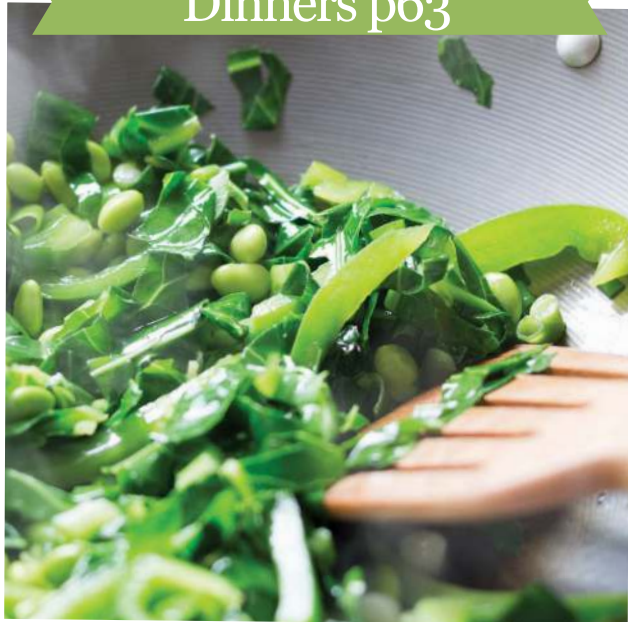
12 Serve with the rice and peas, mango salsa, fresh thyme leaves and fried plantain (fry slices of ripe plantain on either side in a little oil and salt).



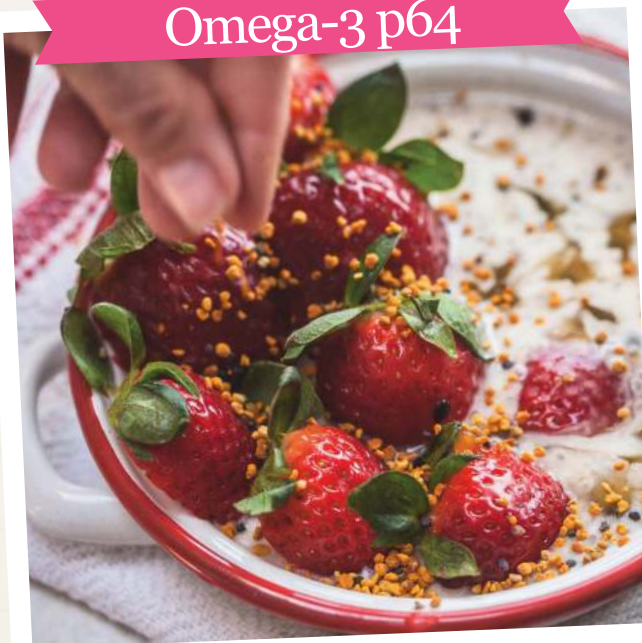
Nutrition SOS

Make sure you're meeting your nutritional needs with our section dedicated to getting all the good stuff into you...

Dinners p63



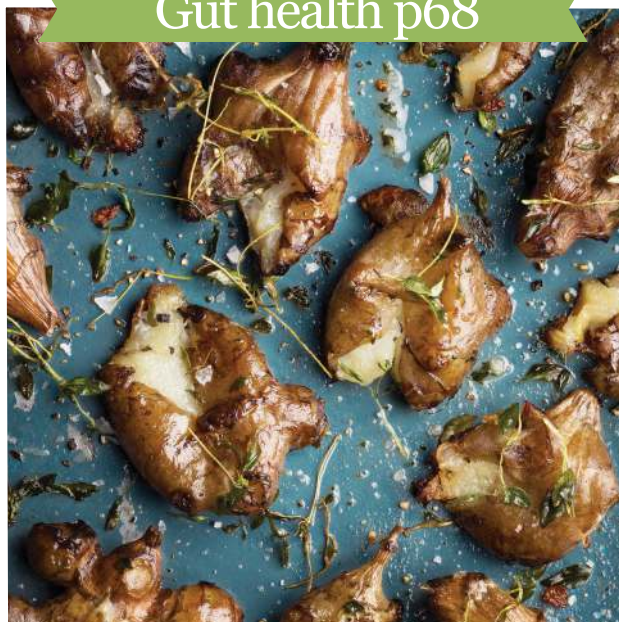
Omega-3 p64



Challenges p66



Gut health p68



PLANT-BASED DINNERS:

Healthy ways to finish off the day

Heather Russell guides you to the easiest ways to get nutritious dinners without all the stress

It's sometimes a struggle to find time for food preparation, but planning ahead can really help. Whether you're a seasoned vegan or curious about plant-based nutrition, this month's tips are all about making nutritious choices easier in the evening.

Meal planning

If you've got a rough idea of what you fancy cooking for dinner, take a moment to consider the nutrition side of things. **Ask yourself these three questions:**

- Does the meal contain at least two 80g/handful servings of fruit and vegetables per person?
- Is it possible to incorporate a whole grain option like brown rice or whole wheat pasta?
- Have you included at least one good source of protein, such as beans, peas, lentils, tofu?

Once you've selected a balanced meal, there are lots of simple ways

of boosting the nutritional profile.

Here are a few examples:

- Top a pea and mushroom risotto with some baked broccoli in order to add vitamin C, which boosts your iron absorption.
- Add leafy greens to pasta by shredding some kale or spring greens and adding them to the pan a few minutes before it's done, which will provide a rich source of vitamin K and carotenoids.
- Grate carrot into tomato-based sauces for another good source of carotenoids, which your body converts into vitamin A.

Delicious desserts

If you've got time for a bit of extra preparation, adding a fruit-based dessert or a small glass of smoothie is a delicious way to increase nutrient intake. **Here are easy options:**

- Bake a mix of fruit and spices and combine with a fortified yoghurt alternative for a calcium boost.

- For a more indulgent choice, search online for a chocolate banana pudding recipe or serve chunks of really dark chocolate and frozen grapes to nibble on after dinner.

Busy evenings

If you're short on time, it can be useful to embrace the convenience of frozen and tinned fruit and vegetables. Even something as simple as frozen chopped onion could save you a few minutes.

If you know that some evenings are too busy for cooking from scratch, identify time to spend batch cooking every week. Also, consider shopping online to make it easy to stock your kitchen with healthy options.

Recipes for thriving

If you're feeling inspired to experiment in the kitchen, check out the recipes at vegansociety.com/thriving. You'll find lots of tasty and balanced dinner options.

Take-away tips

- When planning a meal, ensure that it contains at least two servings of fruit and vegetables and a source of good quality protein, and incorporate a whole grain option when possible.
- If you have got enough time available in the evening, boost your nutrient intake by adding a fruit-based dessert or a small glass of smoothie to your meal.
- Batch cooking, online shopping and frozen and tinned fruit and vegetables can all help you to maintain your nutritional intakes during a busy week.

For more vegan-friendly information about nutrition, check out the resources available at vegansociety.com/nutrition, including the free VNutrition app. ♥



HEATHER RUSSELL

Heather Russell is passionate about eating well and keeping fit. She trained to be a dietitian to combine her love of science with a desire to help people, and she loves food! She worked in the NHS from 2010-16, and is now using her dietetic skills to support the work of The Vegan Society. www.vegansociety.com



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FUNCTION

Dr Justine Butler demystifies the confusion about omega-3 and how to get it in your diet

Everyone knows that saturated fats – those in meat, cheese, butter, pies and biscuits – are ‘bad’, while unsaturated fats in nuts and seeds are ‘good’. But are some of the good ones better than others and where can you find them?

Fatty acids are the building blocks of fats and those described as ‘good’ fall in two groups – monounsaturated and polyunsaturated. Monounsaturated include omega-7 and omega-9 fats, found in macadamia nut and olive oils, for example. Our bodies

can make these, so they are not considered ‘essential’ in the diet, but having a direct source of them does have health benefits.

The two main classes of polyunsaturated fats are the omega-3 and omega-6 fatty acids. ALA (alpha linolenic acid) is an omega-3 fat found in flaxseed oil, soya bean oil, rapeseed oil and nuts – especially walnuts. ALA is an essential fatty acid that our bodies can’t make, so we need to obtain it from our food.

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are what’s called ‘longer-chain’ omega-3s, they’re found in oily fish such as sardines, salmon and mackerel. However, EPA and DHA can also be produced in the body from ALA. It sounds complicated, but all we need to do is make sure our diets provide a moderate supply of healthy nuts, seeds and some plant oils!

Studies show that diets rich in ALA offer a range of health benefits, including lowering

the risk of heart disease and dementia, improving memory, and it may even help our eyesight. However, it’s unclear whether these benefits are derived directly from ALA or from the long-chain fatty acids created in the body from ALA – EPA and DHA. The liver and neuronal cells of the brain convert ALA into these other omega-3 fats, which are required for healthy brain function among other things.

The rate at which ALA is converted into these longer-chain fatty acids is notoriously low, with estimates that no more than one per cent of ALA is converted and less than 0.1 per cent used to make DHA. The rest is used by tissues, such as the heart and other muscles, for energy or it is recycled and used to make other fatty acids, such as cholesterol and amino acids (the building blocks of protein).

The enzymes our bodies use to convert ALA to EPA and DHA are the same ones used to convert ALA into its longer-chain omega-6 fatty acids. This creates competition between the two essential fatty acids so a high intake of one can impact the levels of the other. For this reason, it’s important to have a good balance of omega-3 and omega-6 in the diet.

Feeding your brain

The omega-3 fat DHA plays a vital role in the brain, with very high amounts found in the membranes of brain cells. It is especially important in the early development of the brain in the embryo and fetus. DHA accumulates in the foetal brain during the last trimester and the first 6-10 months after birth when the brain and vision are developing rapidly. During this time, an infant is dependent on the fatty acids either in their infant formula or their mother’s breast milk, which will vary depending on her diet. Reduced





levels of DHA are seen in the brain cells of individuals with neurodegenerative diseases such as Alzheimer's, suggesting there is still a lot that is not understood about DHA's role.

EPA and DHA can also be obtained directly from some types of algae and vegan algae-based omega-3 supplements are available. Fish don't produce their own omega-3, but obtain it from these algae in their diet!

The algae used for omega-3 supplements are usually grown in controlled conditions away from the sea so that it doesn't interfere with the marine ecosystem and doesn't impact on fish stocks or their natural food source. This means it is a more environmentally-friendly choice than fish oil and is also free from the pollutants, polychlorinated biphenyls, dioxins and mercury that can be found in fish and fish products.

Fish don't produce omega-3, they get it from the algae in their diet!

How much do we need?

In the UK, there is no specific recommended amount for omega-3s for the general population, instead we are mostly warned to cut down on the 'bad' saturated fats found in meat, dairy and processed foods. The World Health Organisation says our omega-3 intake should make up 1-2 per cent of our total energy intake for the day. For most women, that means 2.0-4.4 grams of ALA a day and for men, 2.5-5.5 grams.

Try to include at least one of the following each day:

Food	One daily portion	grams of ALA
Flaxseed (linseed) oil	2 tsp	7.5
Ground flaxseed	2 tbsp	3.2
Rapeseed oil	2 tbsp	2.5
Hempseed oil	1 tbsp	3.1
Hempseed	2 tbsp	1.7
Walnuts	8 halves (28g)	2.5

The Scientific Advisory Committee on Nutrition in the UK recommends 500 milligrams of long-chain polyunsaturated fatty acids (EPA and DHA) per day. It's hard to say how much ALA you need to reach this target as it depends on how well your body converts it. (See the table at the bottom of the page.)

Heart health

Many studies have suggested that omega-3 fats have multiple beneficial effects on heart health. Having plenty in your diet may reduce the risk of heart problems such as arrhythmia, heart attacks, ischaemic heart disease and other cardiovascular diseases by altering the cell membrane of heart cells. There are also studies to suggest that diets high in omega-3 can reduce the risk of developing fatty plaques (atherosclerosis) on the inside of blood vessels, which increase the risk of heart attack, stroke, blood clots and high blood pressure.

While these results are promising, more research is needed to be sure of the effect of omega-3 on the cardiovascular system.

Anti-inflammatory effects

Many diseases have an inflammatory aspect, including rheumatoid arthritis, asthma, irritable bowel syndrome, Crohn's disease, ulcerative colitis, atherosclerosis, obesity and autoimmune disease. Chemical messengers called cytokines tell the body that it needs to mount an inflammatory response to protect itself. This is usually in response to bacteria, viruses or injury, but sometimes there is no obvious cause, such as in the case of many autoimmune diseases. Studies have shown that EPA and DHA are able to block these chemical messengers and may be beneficial in reducing the inflammation of various diseases.

Final word

Omega-3 is essential in the diet, whether you choose to have a food source of ALA or add direct sources of EPA and DHA from algae supplements. Having a diet high in omega-3s may help protect against cardiovascular disease, inflammatory diseases and even neurodegenerative diseases such as Alzheimer's. ♥

Viva!
HEALTH

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Viva!Health is part of vegan charity Viva! It monitors scientific research linking diet to health and provides accurate information on which to make informed choices about the food you eat. www.vivahealth.org.uk

The path to Veganism:

Stories of struggle and resolution



Deciding to become vegan can throw up some huge challenges to be overcome as well as yielding extraordinary benefits. Here, *Veganuary* (www.veganuary.com) meets four vegans

who had their own problems to deal with, and we see how changing their diet ended up completely changing their lives. These stories show that no matter what the challenges, you can meet them.



OVERCOMING ATHLETIC BARRIERS

Lisa Gawthorne had been vegetarian since the age of 6. She grew to become a committed and talented athlete and yet it was when she went vegan in 2003 – a decision she made for ethical reasons – that her training and her performance really switched up a gear.

“I noticed immediately that I had more energy, better sleep, improved skin, and better recovery in between workouts, and it gave me the impetus and energy to start training functionally.”

With every year that passes, Lisa gets fitter, stronger and faster. In 2007, she was running 10k races in 50 minutes; by 2019, she was

crossing the line in under 39.

“I now lift heavier weights than I have ever lifted, I am running and cycling faster than ever before, and I am recovering so much quicker in between sessions. Some of this is down to my focused commitment to following training plans, but it has definitely been complemented and boosted by the vegan way of life and eating clean and green.”

It seems the sky is the limit for Lisa, who is on Team GB for her age group in the sport of duathlon. For the last three years she has competed in both the European and World Sprint Duathlon Championships in Canada, Spain, Denmark and Finland. Has she plateaued yet? Not a chance.

OVERCOMING GENERATIONS OF TRADITION

Animal lover Renee King-Sonnen married a fourth-generation Texan rancher in 2007. To help her become “a good rancher’s wife”, her husband suggested she take care of a young calf, whom Renee named Rowdy Girl. Renee named all the cows at the ranch, in fact, and spent time singing to them. She loved them, but it came at a huge cost.

When the young were taken from their mothers and sent for slaughter, Renee really struggled. “The mamas wailing for a week and the absence of their souls in the pasture haunted me,” she says. And with each separation, Renee felt worse until eventually something snapped.

“I realised I could not stand to watch the babies leave their mamas even one more time,” she says. She asked her husband if she could buy the herd from him and told him if he sold them to someone else, she would simply buy them back using his credit card!

“He thought I had lost my mind, and frankly I had, but it was my only hope,” she said. Desperate not to lose any more of the animals she loved, Renee set up a crowdfunder and raised the money. Today, Renee and her former rancher husband are both vegan, and their ranch is named Rowdy Girl Sanctuary.



OVERCOMING HIS OWN CONTRADICTIONS

In 2009, Navy clearance diver Paul de Gelder was testing some new tracking technology when he was attacked by a shark and lost part of his right hand and leg. Inevitably, he faced months of surgery and recuperation, but the experience set him on an entirely new, very positive and unexpected path.

Paul had never really cared for sharks, and it is reasonable to assume he would think less of them after the accident. Not so. As he started speaking publicly about what had happened, Paul came to learn much more about sharks and the vital role they play in the ocean. He came to care about them deeply and to campaign to protect them, and yet he still ate meat and fish.

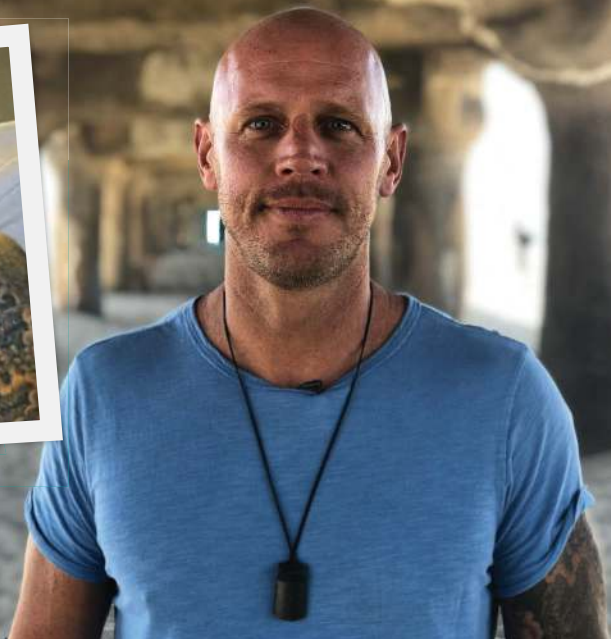
In 2014, he travelled to Zimbabwe to work with Damien Mander's anti-poaching team and was surprised to learn that his friend was vegan. He asked why, and was told that eating animals while trying to save animals made him feel like a hypocrite. That resonated with Paul. "I was trying to protect the animals and I was eating the animals, and I



really, really hate hypocrites," he says.

Very quickly, he squared that circle and announced he was going vegan. "Going plant-based initially allowed me to get very, very angry at people who eat my friends!" he laughs, echoing a stage that many people go through when they first become vegan. "People want to stop using straws to save the fish. How about you just stop eating fish to save the fish?"

He gets it. And having overcome his own contradictions, Paul says he feels much better in his soul.



OVERCOMING PAIN

Belinda White, a singer and yoga teacher from South Yorkshire, was suffering so badly with osteoarthritis and fibromyalgia that she was unable to even climb stairs without crawling on her knees. After many x-rays and extensive scans, she was given a battery of powerful painkillers, but was told things would only get worse.

"I spent my time in bed with an electric blanket on crying," she says. "If I went anywhere I was so heavily medicated that I felt out of control. The strangest part was that I felt incredibly ashamed to be so ill. I put a fake front on in public, but in private I was up all night sobbing in pain."

In 2014, Belinda watched the documentary *Vegucated*, and the slaughter footage traumatised her. She became vegan to protect animals and it changed her outlook. "I was a new vegan, so I focused on

being as healthy as possible, ensuring I ate whole foods and not processed. I made smoothies and ate masses of fruits and veg. I practiced healing meditations and positive affirmations. I expected improvement to happen over years and I was determined to invest that time."

Incredibly, the improvements came within six weeks. "It was almost like a miracle. The swelling behind my knees was gone, the pain was reduced by 90 per cent, I had energy and clarity. I was amazed by the transformation."

Now, Belinda hikes, bikes, runs and teaches yoga. On a whim, she drove to Scotland and climbed Ben Nevis, an incredible transformation for the woman who could not climb stairs. www.the333plan.co.uk 



VEGANUARY

Veganuary is a non-profit organisation that encourages people worldwide to try vegan for January and beyond. During the 2020 campaign, more than 350,000 people took our pledge to try a vegan diet. Find out more and join the movement at www.veganuary.com





Get a better GUT FEELING!

Gemma Hurditch from CNM shows you what to eat for better gut health

have been found to reduce the likelihood of antibiotic-related diarrhoea, and are useful against *clostridium difficile*, a common 'bad' bacterial infection that can manifest when 'good' bacteria are wiped out by antibiotics.

• **Other medications** – a surprising number of medications can irritate the gut. Check the medication adverse effects list. If you're suffering from such symptoms, it's important to mention them to the doctor, in case things can be adapted or substituted, and follow the guidelines below for better gut health.

• **Pesticides, herbicides and food additives** – chemical nasties can disrupt the gut and are some of the many reasons we advise a wholefood, plant-based, organic diet, wherever possible.

• **High fat diets**, including polyunsaturated fats, are associated with an increase in bowel diseases such as Crohn's and ulcerative colitis. Choose a less inflammatory fat ratio in your diet by taking more anti-inflammatory

omega-3 fats such as a micro algae omega-3 supplement, chia seeds, and linseeds (flaxseeds)

(freshly ground). Reduce omega-6, which is considered an inflammation promoter, by ditching the sunflower oil and other vegetable cooking oils. Favour olive and coconut oils in cooking and don't heat oils to smoking point.

Gut Healing 101

• **A 'weed, seed and feed' protocol** is often recommended. Poor gut health can be due to too many of the 'bad' bugs and too few of the good. We want to eliminate the bad bugs

The health and proper functioning of our digestive tract, our gut, is the cornerstone of good health. Healthy digestion allows us to get maximum nutrients from food for function and repair. A damaged gut lining will compromise our digestion and our health. Poor absorption may create a loop whereby the nutrients needed to repair are in short supply. Poor gut bacteria (dysbiosis) and leaky gut (permeable gut membrane due to disease or disorder) can create unpleasant symptoms such as bloating, inflammation and inflammatory disorders,

immune dysfunction, weight issues and mood problems. Research is constantly uncovering new ways the gut and microbiome influence our physical and mental health. Let's look at some things that can disrupt the gut and ways we may be able to minimise them:

• **Alcohol** is a gut irritant, which is one of the reasons a hangover can include nausea and vomiting. If drinking, be moderate, never drink on an empty stomach, avoid straight spirits and have plenty of water.

• **Painkillers** like NSAIDs and aspirin can damage the lining of the gut – keep this in mind when choosing your pain relief. Depending on the ailment, you may do better using herbs such as turmeric, ginger or cloves that have anti-inflammatory qualities. These natural options can help heal your gut rather than distress it. Investigate headache options

A 'weed, seed and feed' protocol can help to

remove the 'bad' bugs and help the 'good' ones

like magnesium supplements and addressing hydration. Massage and acupuncture can also work wonders for pain relief.

• **Antibiotics** – this one seems obvious, and nowadays many pharmacists will ask if you want to take probiotics alongside or after a course of antibiotics. The understanding of probiotics and their effectiveness is under continuing investigation – all probiotics are not equal. Two specific types, *lactobacillus rhamnosus* and *saccharomyces boulardii*,

(weed), introduce more of the positive ones (seed) and promote their growth (feed).

These protocols are best undertaken with a naturopathic practitioner, who can test for bugs and give you follow-up on your response to intervention. There are also various books and blogs on the topic.

- Frequently used **'weeding'** herbs include wormwood, oregano oil, Pau d'arco (lapacho) and red thyme oil. Berberine extracts are also popular and effective.

- When **re-seeding** the gut with beneficial bacterial strains, look for billions of colony-forming units (CFU) in your supplements. Research on the effectiveness and safety of probiotics is ongoing. *Lactobacillus acidophilus* and *bifidobacterium bifidum* are commonly cited beneficial species.

Good quality supplements will also tell you the strain used – for example *Lactobacillus acidophilus* NCFM, where NCFM is the strain. You can go online for specific research or search for your condition, such as irritable bowel syndrome (IBS), and the strains that have demonstrated positive effects.

- **'Probiotic' foods** are considered best for long-term gut populating, so get into fermented foods such as tempeh, miso, kombucha, sauerkraut, vegan yoghurt and water kefir. Choose products that are not pasteurised or homogenised, as these processes destroy most of the useful microorganisms. Look for products in the fridge, not on the shelf.

- **Feed the good bacteria** – prebiotic foods for this purpose include leeks, onions, Jerusalem artichokes, bananas and garlic. A warning though; some of these foods may actually be problematic for you. Food sensitivities can play a big role in gut inflammation. If you are FODMAP sensitive (Fermentable Oligosaccharides,



Disaccharides, Monosaccharides and Polyols) then you will need to choose low FODMAP alternatives, such as kiwi fruit, rhubarb and moderate servings of cabbage. Which brings us to another point:

- **Investigate food sensitivities** – FODMAPs, sulphites, salicylates, lectins, phytates and amines – there are a number of food chemicals that could be causing gut issues. The only way to find the foods responsible is to follow an elimination diet and challenge procedure carefully – this process is best done with the support of a nutritional therapist or naturopath. Try the below first:

- **Remove all gluten** – this is a common trigger for many people. Gluten increases inflammation in a sensitised gut, even for those who weren't previously sensitive. You can get lots of resources on coeliac support websites and apps. Coeliac is a specific auto-immune disease, but people can be sensitive to gluten without the auto-immune component.

Try going gluten-free for four weeks and see how you feel. Avoid highly processed gluten-free products and go for wholefood options like brown rice, quinoa and buckwheat flour.

- L-glutamine is a preferred fuel for cells that line the gut. Cabbage juice is rich in glutamine, so can help rebuild the gut and is even credited with helping repair gastric ulcers.

- Try digestive aids to take the pressure off your digestive organs and get the most from foods. Digestive enzymes such as papain from papaya and bromelain from pineapple can be useful, chamomile tea is gut soothing and a mild bitter stimulant for the liver, as well. ♥



YOUR EXPERT

Gemma Hurditch is a CNM (College of Naturopathic Medicine) lecturer. CNM trains

successful practitioners in natural therapies, online and in class with colleges across the UK and Ireland. Visit naturopathy-uk.com or call 01342 410505.



PERFECT PIZZA

Make your own fabulously tasty
and healthy pizzas from scratch



Butternut squash and cavolo nero pizza

Cavolo nero literally translates as 'black cabbage'. It's a variety of kale traditionally used in Italian cuisine, especially in Tuscany, where for centuries it has been one of the main ingredients for making minestrone and ribollita. Its slightly bitter taste marries well with the sweetness of the butternut squash and caramelised onions.

By Filippo Rosato, Tim Barclay and Stefania Evangelisti
Makes **1** pizza | Prep **20 mins** plus making the dough |
Cook **30 mins** | Calories **1,083** (per pizza)

FOR THE PIZZA

semolina flour or rice flour, for dusting
1 dough ball (see page 75)
80ml (⅓ cup) butternut squash sauce (see right)
50g (¼ cup) caramelised onions (see right)

FOR THE CAVOLO NERO

75g (⅓ cup) cavolo nero, washed
1 tbsp extra-virgin olive oil
½ a garlic clove, peeled
1 tbsp vegan white wine
a pinch of salt
a pinch of freshly ground black pepper

TO FINISH

½ tbsp sunflower oil
2½ tbsp pumpkin seeds
½ tsp coconut aminos
a pinch of fine pink Himalayan salt

FOR THE ONIONS (makes enough for 4 pizzas)

1 tbsp sunflower oil
200g (2 cups) red onions, finely sliced
a pinch of fine pink Himalayan salt
2 tbsp soft brown sugar
2 tbsp balsamic vinegar

FOR THE BUTTERNUT SQUASH SAUCE (makes enough for 4 pizzas)

1 tbsp extra-virgin olive oil
½ a shallot, finely chopped
1 butternut squash (about 300g), peeled, deseeded and cut into large cubes
1 tbsp vegan white wine
1 tsp fine pink Himalayan salt
350ml (1½ cups) rice milk (or any other plant-based milk, but avoid coconut)
a pinch of freshly ground black pepper

FOR THE CARAMELISED ONIONS

1 Heat the sunflower oil in a pan over a low heat. Add the red onions and salt and cook for 15 minutes, stirring occasionally. Once the onions are softened and become golden, stir in the sugar and vinegar.
2 Continue to cook the onions over a low heat for 5-6 minutes more, until they become sticky and caramelised.

FOR THE BUTTERNUT SAUCE

3 Heat the olive oil in a saucepan over a low heat for 30 seconds, add the shallot and let it soften for 1 minute.
4 Add the butternut cubes and cook for 1 minute, then add the wine and stir.
5 Cook on medium heat for 5 minutes, adding 240ml (1 cup) water to prevent the squash burning.
6 Once the water has reduced, add the salt and 240ml (1 cup) rice milk. Stir and cook for 4-5 minutes until the squash becomes soft, then transfer to a heatproof bowl (or food processor).
7 Add the remaining rice milk and blend, using a handheld blender (or food processor) until the mixture becomes creamy. Add the pepper and mix again.
8 Use the sauce immediately, or transfer it to an airtight container and store in the fridge for up to 3 days.

FOR THE PIZZA

9 Turn the oven to its highest heat setting, place a pizza stone on the highest shelf in the oven and leave it to heat for at least 1 hour (once the oven has reached full temperature) before baking your pizza.
10 Remove the cavolo nero stalks and thickly slice the leaves. Heat the olive

oil in a pan over a medium heat for 30 seconds. Add the garlic and cook for 30 seconds, stirring, then discard it. Add the cavolo nero and wine and cook for 1 minute, then add the salt and pepper and stir for a few seconds. Remove from the heat and set aside.

11 Generously dust the work surface with flour and flour your hands. Place the dough ball on the work surface and coat it with flour; then shape it by flattening and stretching it using your fingers to make your base (you are aiming for a flat base with slightly thicker, raised edges to make the crust). Pick the pizza base up and gently stretch it a little further over your fists without tearing it. Brush off any excess flour.
12 Sprinkle a little flour on a pizza peel and gently place the pizza base onto it. Pour the butternut squash sauce onto the centre of the base and spread it evenly using the bottom of a ladle or tablespoon, then top evenly with the caramelised onions and cavolo nero.
13 Transfer the pizza to the stone in the oven. Cook for 6-7 minutes at 240°C/Gas Mark 9, or for 5-6 minutes if the oven can reach 250°C/Gas Mark 10.
14 Meanwhile, prepare the garnish. Heat the sunflower oil in a small pan over a medium heat for 1 minute, add the pumpkin seeds and stir until they become toasted, 1-2 minutes. Add the coconut aminos and stir briefly until it has reduced. Add the salt and stir for a few seconds. Turn off the heat.
15 Once the pizza is ready, remove it from the oven using the pizza peel. Garnish with the seed mix and serve.

47.5g Total fat
7.6g Saturates
1.89g Salt
12.5g Sugar
25.4g Protein

Chicory, ricotta, olive and caper calzone

A calzone is a folded pizza that, just like the classic pizza before it, hails from Naples. Many in Italy will say that the calzone is their favourite form of pizza. It's easier to eat, less messy, and can be stuffed to the brim with delicious ingredients. Here we make a classic calzone by combining stir-fried chicory with a light and delicate ricotta, allowing the naturally salty olives and capers to be the star of the show. To give the calzone an authentic Italian twist, try swapping the chicory for scarole, a leafy Italian vegetable similar to kale and spinach, with a delicate texture and rich flavour.

By Filippo Rosato, Tim Barclay and Stefania Evangelisti

Makes 1 pizza | Prep 20 mins plus making the dough | Cook 10 mins | Calories 579 (per calzone)

FOR THE CALZONE

sunflower oil, for deep-frying
semolina flour or rice flour, for dusting
½ a dough ball (see page 75)

30g stir-fried chicory with capers, garlic and olives (see below)

30g (2 tbsp) almond ricotta (see below)

3-4 pitted black olives, halved

3 capers, drained

a pinch of freshly ground black pepper

FOR THE CHICORY

(makes enough for 4 pizzas)

400g (about 12 cups, chopped) chicory
(or scarole/escarole)

1 ½ tbsp extra-virgin olive oil

1 garlic clove, finely chopped

a pinch of dried chilli flakes

40g (¼ cup) pitted Kalamata black olives, thinly sliced

5 capers, drained and rinsed

a pinch of fine pink Himalayan salt

FOR THE ALMOND RICOTTA

(makes enough for 4 pizzas)

125g (1 cup) blanched unsalted almonds

juice of ½ a lemon

½ tsp fine pink Himalayan salt

¾ tsp apple cider vinegar

1 tbsp nutritional yeast

¼ of a garlic clove, peeled

100ml (½ cup) almond milk (with at least 5% almond content)

FOR THE STIR-FRIED CHICORY

1 Rinse the chicory thoroughly, as dirt can often sit within the leaves. Remove the leaves, then slice off the bottom parts where it pales to white.

2 Heat the olive oil in a large pan over a medium heat, add the garlic and chilli flakes and fry for 30 seconds. Add the still-wet chicory to the pan – if you can't fit it all in, let the first batch wilt a little before adding the rest.

3 Add the olives, capers and salt and sauté the mixture over a medium-high heat for 5 minutes. The chicory should be well wilted by this point, and much of the released water will have evaporated. Use as required. This will keep in an airtight container in the fridge for up to 3 days.

FOR THE ALMOND RICOTTA

4 Add all the ingredients to a high-speed blender and blend together to mix, then continue to blend for about a further minute until it creates a thick, lumpy mixture (which can be directly applied to pizzas), scraping down the sides once or twice, if necessary. You don't want it to be completely smooth though.

5 Tip the ricotta into a bowl and use as required, spreading or dolloping it onto your chosen pizza using a tablespoon or piping bag and nozzle. It will keep in an airtight container in the fridge for up to 3 days.

FOR THE CALZONE

6 Three-quarters fill a deep pan with sunflower oil (or use a deep-fat fryer) and heat the oil to a temperature of 180°C/350°F, (or until a cube of bread browns in 30 seconds).

7 Generously dust the work surface with flour and flour your hands. Place the half dough ball on the work surface and coat it with flour; then shape it by flattening and stretching it using your fingers to make your base. You are aiming for an even thickness of 2-3mm – you need to ensure it's not too thin, especially in the middle.

8 Pick the pizza base up and brush off any excess flour.

9 Sprinkle some more flour onto the work surface and then gently place the disc of dough onto it. Spoon the chicory mixture onto the centre of the dough, followed by the ricotta, olives, capers and black pepper.

10 Fold one half of the dough over the top of the filling to make a semi-circular shape, ensuring the edges meet and match the opposite side. Press the edges together with your fingertips to seal them together tightly.

11 Carefully place the calzone into the hot oil, frying it for about 30 seconds on each side until cooked and golden. Remove the calzone and place it on a kitchen paper-lined plate to remove excess oil from both sides, then serve.

28.6g	3.6g	1.81g	2.1g	19.7g
Total fat	Saturates	Salt	Sugar	Protein





Sun-dried tomato pesto and courgette pizza

By Filippo Rosato, Tim Barclay and Stefania Evangelisti

Makes 1 pizza | Prep 20 mins plus making the dough |

Cook 15 mins | Calories 1,084 (per pizza)

FOR THE PIZZA

semolina flour or rice
flour, to dust

1 dough ball (see page 75)

80ml (⅓ cup) sun-dried
tomato pesto sauce
(see right)

50-60g (¼ cup) cashew
mozzarella (see right)

FOR THE COURGETTES

60g (⅓ cup) courgettes
(zucchini), cut into 5mm
(¼in) thick slices

a pinch of fine pink
Himalayan salt

a pinch of freshly ground
black pepper

TO FINISH

a small handful of crushed
pistachio nuts

a few basil leaves or
micro herbs

a pinch of nutritional yeast

a drizzle of extra-virgin
olive oil

a drizzle of balsamic glaze

FOR THE SUN-DRIED TOMATO PESTO SAUCE

(makes enough for 4 pizzas)

160g (1½ cups) sun-dried
tomatoes in oil

3 basil leaves

330ml (1½ cups) passata

15g (2 tbsp) walnuts

1½ tbsp pine nuts

1 tsp nutritional yeast

a pinch of fine pink
Himalayan salt

FOR THE CASHEW MOZZARELLA

(makes 280g)

80g (½ cup) blanched
unsalted cashew nuts

1 tsp fine pink
Himalayan salt

100ml (½ cup) almond
milk (with at least 5%
almond content)

1 tbsp apple cider vinegar

2 tbsp nutritional yeast

½ tbsp tapioca

100ml (½ cup) flavourless
coconut oil

FOR THE PESTO SAUCE

- 1 Add the sun-dried tomatoes, basil and passata to a bowl and blend them together using a handheld blender (or use a blender or food processor).
- 2 Once the mixture is smooth, add the walnuts, pine nuts, nutritional yeast and salt, then blend again until the pesto becomes creamy.
- 3 Use the sauce immediately, or transfer it to an airtight container and store in the fridge for up to 3 days.

FOR THE CASHEW MOZZARELLA

- 4 Add all the ingredients to a high-speed blender and blend them together until smooth and combined, scraping down the sides once or twice, if necessary. Check the texture – it should be extremely smooth with no lumps.
- 5 Place a layer of clingfilm inside a shallow container and pour the mixture in. Place the container in the fridge for at least 1 hour to set and become firm. Once set, it is ready to use.

- 6 The mozzarella will keep in an airtight container in the fridge for up to 3 days. To use, slice the mozzarella and scatter over your pizza.

FOR THE PESTO AND COURGETTE PIZZA

- 1 Turn the oven to the highest temperature setting, place a pizza stone on the highest shelf in the oven and leave it to heat for at least 1 hour (once the oven has reached full temperature) before baking your pizza.
- 2 Prepare the courgettes. Preheat the grill to medium and line the rack in a grill pan with foil. Place the courgette slices in a single layer on the lined grill rack and then grill them for 2 minutes on each side.
- 3 Generously dust the work surface with flour and flour your hands. Place the dough ball on the work surface and coat it with flour; then shape it by flattening and stretching it using your fingers to make your base (you are aiming for a flat base with slightly thicker, raised edges to make the crust). Pick the pizza base up and gently stretch it a little further over your fists without tearing it. Brush off any excess flour.
- 4 Sprinkle a little flour on the pizza peel and gently place the pizza base onto it. Spoon the pesto sauce onto the centre of the base and spread it evenly using the bottom of a ladle or tablespoon, then top evenly with the grilled courgettes.
- 5 Transfer the pizza to the hot stone in the oven and cook for 6 minutes at 240°C/Gas Mark 9, or for 5 minutes if the oven can reach 250°C/Gas Mark 10.
- 6 Remove the pizza from the oven using the pizza peel. Spread the mozzarella evenly over the top of the pizza, then return it to the oven to cook for a further 1 minute.
- 7 Once the pizza is ready, take it out of the oven, scatter over the crushed pistachios, basil leaves or micro herbs and nutritional yeast, followed by a drizzle of olive oil and balsamic glaze to finish. Serve and enjoy!

Let Purezza teach you how to make your own pizza dough and you can put together unique tasty pizzas



The extract on pages 70-75 is taken from *Purezza Vegan Pizza* by Filippo Rosato, Tim Barclay and Stefania Evangelisti, photography by Faith Mason, published by Kyle Books. (RRP £18.99.)

52.6g
Total fat

21.4g
Saturates

1.47g
Salt

7g
Sugar

31.6g
Protein

Neapolitan style dough

450g (3 cups) strong white bread flour, plus extra to dust

50g (½ cup) strong wholemeal bread flour

325ml lukewarm water (22-23°C/72-73°F)

0.5g fast-action (easy-blend) dried yeast

13g (2 tsp) fine pink Himalayan salt

extra-virgin olive oil, for drizzling

- 1 In a bowl, mix the two types of flour together using a spoon, then sift the flour into another bowl to remove any lumps. In a separate bowl, combine the lukewarm water and yeast, stirring them together using a whisk. Add 325g (2¼ cups) of the flour and whisk the ingredients together until the mix becomes smooth like a cream.
- 2 Add the salt to the remaining flour and mix together with a spoon, then slowly add this to the creamy flour mixture whilst whisking.
- 3 Once the dough becomes more solid, gently knead it inside the bowl using your knuckles, palms and fingers. With your left hand, spin the bowl anti-clockwise while folding the dough in half using your right hand. Repeat until the ingredients have combined.
- 4 Remove the dough from the bowl and knead it using both hands. Fold the dough in half and then stretch it. Repeat for a few minutes, until the dough becomes uniform and all the flour is combined into the dough.
- 5 Shape the dough into a ball, then cover it with the bowl. Leave it to rest for 10 minutes, so the flour can absorb the water; so it's easier to knead later.
- 6 After 10 minutes, sprinkle a little flour onto the work surface, then remove the bowl and gently knead the dough using your fingertips and palms. Fold the dough in half and stretch it for a few minutes, until it becomes smooth and dry. Shape the dough into a ball, then cover it with the bowl and leave it to rest for 15 minutes.
- 7 Sprinkle a little flour onto the work surface, then remove the bowl and gently flatten the dough into a rectangle using your fingertips.
- 8 Pick up one side of the dough and fold it one-third of the way over the rest of the dough, then pick up the opposite side of the dough and gently stretch it over the first fold. Grab the top edge of the rectangle and fold it one-third of the way towards you, then grab the bottom edge of the dough and stretch it over the other folds. Now you will have a square.
- 9 Turn the square over and make the dough into a ball shape. Pour a drizzle of olive oil into the bowl and spread it evenly on the sides using your hands.
- 10 Place the dough into the bowl and cover it with clingfilm or a damp tea towel. Leave the dough to rest at an ambient (room) temperature of 20-23°C/68-73°F for 4 hours.
- 11 Once the dough is rested, remove it from the bowl and place on a floured surface.
- 12 Divide the dough into four pieces of 200g each. Take one piece of dough at a time and flatten it using fingertips, then grab each corner of the dough and fold it towards the centre, one by one, forming a little money pouch. Turn the dough ball over and gently apply a little pressure on it with a slightly cupped hand.
- 13 Roll the ball around under your palm a few times, until the folds have been incorporated and have disappeared.
- 14 Place the dough balls on a tray (use a tray with raised sides about 4-5cm (2in) high) and cover it with clingfilm or a damp tea towel. Leave the dough balls to mature at an ambient temperature of 20-23°C/68-73°F for 4 hours. Once matured, use or store the dough balls as required.

Enjoy with friends
**Something for
the weekend**

Fill your free days with good company
and indulgent, great-tasting meals



Cheese scones

By Applewood Vegan (www.applewoodcheese.co.uk)

Makes **5** | Prep **10 mins** | Cook **15 mins** |

Calories **315** (per scone)

125g (1 ¼ cups) grated Applewood® Vegan cheese

225g (1 ¾ cups) self-raising flour

50g (¼ cup) margarine

a pinch of salt

1 tsp paprika

60ml (¼ cup) milk alternative, plus extra to brush

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Rub the flour and margarine together until they form a breadcrumb consistency.
- 3 Add the paprika, cheese and salt, and mix.
- 4 Form a well in the middle, add the milk and mix, adding a little water if needed.
- 5 Lightly flour a surface and roll out the dough to approximately 2cm (¾in) thick.
- 6 Cut out the scones with a medium cutter and place on an oven tray. Glaze the tops with the extra milk.
- 7 Bake in the oven for 15 minutes or until golden.

14.1g Total fat
4.9g Saturates
0.37g Salt
0.7g Sugar
5.1g Protein



Sloppy Joe grilled cheese

By Everyday Vegan Food (www.everydayveganfood.com) for Follow Your Heart (followyourheart.com)

Serves **2** | Prep **5 mins** | Cook **10 mins** |

Calories **683** (per serving)

2 tsp oil

½ a white onion

350g (2 cups) vegan meat crumbles

2 tbsp vegetable stock (broth)

2½ tsp chilli powder

1 tsp paprika

1 tsp cumin

1 tsp garlic powder

3 tbsp ketchup

2 tbsp mustard

1 tbsp brown sugar

4 thick slices of bread

1 pack of Follow Your Heart Medium Cheddar Slices

- 1 To make the sloppy Joe mixture: In a large frying pan (skillet) over medium heat, heat the oil. Add the onion and cook for about 1 minute. Add the vegan crumbles and cook, stirring, for 3-4 minutes.
- 2 Stir in the vegetable stock, chilli powder, paprika, cumin, garlic powder, ketchup, mustard and brown sugar. Cook for a couple more minutes, stirring often and monitoring the heat.
- 3 Transfer the sloppy Joe mixture to a plate and wipe the frying pan clean.
- 4 Assemble into sandwiches: Butter slices of bread, spread over the Follow Your Heart cheese slices and spoon over half of the sloppy Joe mixture. Top with another handful of the grated cheese and add another slice of bread.
- 5 Cook over medium heat until the bread is golden and the cheese is melty, about 3 minutes per side. Repeat with the remaining ingredients to make two sandwiches. Serve.

43.3g Total fat
6.7g Saturates
1.22g Salt
13.8g Sugar
35g Protein



Cheese-stuffed big daddy burger

By Follow Your Heart (followyourheart.com)

Makes 5 | Prep 15 mins | Cook 15 mins per patty | Calories 575 (per burger)

200g (1 cup) ground seitan
128g (2 cups) wholewheat
breadcrumbs
2 tsp vegan
Worcestershire sauce
78ml (½ cup) barbecue
sauce, plus 1 tbsp more
for brushing burgers
1 tbsp lemon juice
1 tbsp brown rice syrup
½ tsp sea salt, plus
to taste
¼ tsp finely ground
black pepper
1 tbsp Dijon or
German mustard

10 slices of Follow Your
Heart Cheddar Slices,
each cut into 7.5cm
(3in) circles
2 tbsp neutral tasting
oil (safflower)
a generous spread of
Follow Your Heart
Vegenaise, for the buns
½ a red onion, sliced into
thin rounds
1 tomato, sliced
into rounds
3 leaves of romaine
lettuce, sliced into large
squares
5 vegan hamburger
buns, toasted

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 In a large food processor, add the seitan, breadcrumbs, Worcestershire sauce, barbecue sauce, lemon juice, brown rice syrup, sea salt, pepper and mustard. Pulse until uniform.
- 3 Scoop about 80g (½ cup) of the seitan mixture and press it into a large disc.
- 4 Place two rounds of Follow Your Heart Cheddar Slices in the centre. Enclose with seitan from the edges and re-form into a patty shape. Repeat for all the patties.

- 5 Heat a griddle over medium heat and add oil. Add the patties and cook for about 6-7 minutes per side. Brush the patties with barbecue sauce once flipped.
- 6 Toast the hamburger buns and spread Follow Your Heart Vegenaise on each bun. Add the cheese-stuffed burgers to the bun. Top with the red onion, tomato and romaine lettuce. Serve warm.

26.1g Total fat	6.9g Saturates	1.34g Salt	11.9g Sugar	16.6g Protein
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Aubergine 'sushi' rolls

By Teresa Sacramento from The Endo Vegan (theendovegan.com)

Serves **6** | Prep **15 mins** plus soaking and salting | Cook **10 mins** | Calories **301** (per serving)

FOR THE AUBERGINE

2 large dark aubergines
(eggplants), cut
lengthways into about
1cm (½in) thick slices
salt

FOR THE FILLING

120g (1 cup) sunflower
seeds, soaked for **2 hours**
and then drained

3 tbsp coconut
organic vinegar

6 tbsp extra-virgin
organic olive oil

a handful of fresh
peppermint leaves

a pinch of salt

250g (1 ¼ cups) brown
lentils, pre-cooked

TO GARNISH

fresh basil leaves

50g (2 cups) rocket
(arugula) leaves

- 1 Start by soaking the sunflower seeds for 2 hours.
- 2 Lay the aubergine slices on a plate and salt them for about 45 minutes to naturally remove the excess water out of them.
- 3 Preheat the oven to 220°C/Gas Mark 7.
- 4 Place the aubergine slices on a baking tray covered in parchment paper. Bake for 8 minutes in total, turning them midway through baking, until they're beautifully brown on both sides. They will be your 'sushi rolls', so make sure

you're extra gentle with them when handling the slices.

- 5 As for the filling, it couldn't get any simpler: just put everything in a powerful blender and blend until you get a smooth, rich consistency pâté.
- 6 It's time to assemble the rolls (my favourite part!): spread a thin layer of the pâté along the length of an aubergine slice. Take some rocket and basil leaves and place them on the middle of the slice. All you have to do now is carefully roll from one end to the other, making sure the filling doesn't come out, so don't use too much pressure.

24.5g

Total fat

2.9g

Saturates

0.03g

Salt

1.4g

Sugar

8.2g

Protein



Savoury mini doughnuts with melted cheese dip

By Teresa Sacramento from The Endo Vegan (theendovegan.com)

Serves **5** | Prep **15 mins** plus cooling/chilling | Cook **15 mins** | Calories **301** (per serving)

FOR THE DOUGHNUTS

250g (1 ½ cups) chickpeas (garbanzos), boiled
5 tbsp ground flaxseeds
3 medium-size potatoes
1 tsp turmeric (for extra anti-inflammatory aid)
1 tsp garlic powder
fresh chives
a pinch of salt
½ tbsp vegan butter

FOR THE CHEESE DIP

fresh chives, finely diced
black sesame seeds
½ tsp black pepper
½ a pack of vegan mozzarella
150ml (½ cup) almond milk
a pinch of salt

FOR THE DOUGHNUTS

- 1 Boil the potatoes in a saucepan. Once they're nearly cooked, add the chickpeas. Rinse the water; add the rest of the doughnut ingredients and mash together with the help of a fork or a mandoline.
- 2 Leave to cool off for at least 1 hour. (They get to their perfect consistency after 12 hours in the fridge, but you can use them before as well.)
- 3 Preheat the oven to 180°C/Gas Mark 4 and prepare a baking tray by laying a sheet of baking parchment, so the doughnuts don't adhere to it.
- 4 Using your hands, make little doughnut shaped pieces, about 4cm (1 ½ in) wide each and place them on the baking tray.
- 5 Bake in the oven for 15 minutes.
- 6 Alternatively, if you have a doughnut maker, you can use that, cooking the dough for about 4 minutes.

FOR THE CHEESE DIP

- 7 Place the milk together with the mozzarella, salt and black pepper in a medium saucepan and use a medium heat to start cooking the melted cheese dip.
- 8 Give it a good stir every couple of minutes at first.
- 9 Once the milk gets warmer and warmer, stir the mixture non-stop until the cheese has completely melted and you get a rich, smooth and silky dip. This mozzarella cheese melts beautifully, creating absolutely no lumps whatsoever!
- 10 Turn off the heat and serve the dip in your favourite dip bowl. Add the finely diced fresh chives and the black sesame seeds on top.





This recipe and the cauliflower steaks on page 83 are taken from *The Vegetarian Cookbook*, published by DK. (RRP £12.99) DK.com This book contains non-vegan recipes.

Chinese rolls

By DK

Makes **24** | Prep **30 mins** plus chilling | Cook **none** | Calories **259** (per 4 rolls)

24 rice paper wrappers, about 22cm (8½in)
a large handful of mixed leaves
200g (2 cups) beansprouts
2 red peppers, deseeded and sliced into fine strips
2 carrots, peeled and sliced into fine strips
a bunch of spring onions (scallions), trimmed, halved, and finely sliced lengthways
1 cucumber, halved lengthways, seeds removed and sliced into fine strips

a handful of fresh basil leaves
a handful of fresh mint leaves

FOR THE SAUCE

4 tbsp dark soy sauce
2 garlic cloves, finely chopped
1 small red chilli, finely chopped
1 tbsp finely chopped fresh ginger
2 tsp golden caster sugar
juice of 1 lime

- 1 Fill a large bowl with cold water and add the rice paper wrappers one at a time.
- 2 Pat with your hands until they start to feel just pliable; don't soak too long or they will tear. Place the paper wrappers on a damp, clean tea towel.
- 3 Top each wrapper with a few leaves first, then top with some of the beansprouts, peppers, carrots, spring onions and cucumber. Sprinkle over a few herbs.
- 4 Bring the bottom of the wrapper up over the filling and roll tightly.
- 5 Fold the edges in and continue rolling until it is good and tight. Repeat with all of the remaining rice paper wrappers.
- 6 Put all the ingredients for the dipping sauce into a bowl, mix well and serve with the rolls. When ready to serve, carefully slice each roll in half and arrange on a large plate with the dipping sauce.

1.6g Total fat	0.3g Saturates	0.81g Salt	10.5g Sugar	5.3g Protein
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Cauliflower steaks

By DK

Serves **4** | Prep **10 mins** | Cook **30 mins** |

Calories **424** (per serving)

2 large whole cauliflowers, outer leaves removed | **1 red chilli, deseeded and finely chopped**
3 tbsp olive oil | **a handful of flat-leaf parsley, leaves only, finely chopped**
sea salt and freshly ground black pepper | **3 tsp capers, chopped**
2 tsp turmeric | **6 potatoes, peeled and cubed, to serve**
finely grated zest of 1 lemon | **2-3 rosemary stalks, leaves removed, to serve**

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Put the potatoes and rosemary in a large roasting tin. Drizzle over 1 tbsp oil and season well.
- 3 Use your hands to help coat the potatoes and spread them out in the tin. Roast for 25-30 minutes or until tender.
- 4 Sit the cauliflowers on a board with the stems facing up, then carefully slice vertically into even sized steaks. You should get 3-4 per cauliflower. Use all the smaller pieces around the edges too.
- 5 Mix 2 tbsp of the oil, some seasoning, the turmeric, lemon zest and half the chilli in a medium bowl. Use a pastry brush to coat all of the cauliflower steaks with the mixture.
- 6 Heat a griddle pan to hot, then add the cauliflower, in batches. Carefully cook the steaks for 4-5 minutes, then turn over and cook for another 4-5 minutes or until the cauliflower is charred and just tender.
- 7 Put the steaks on serving plates and scatter over parsley, capers and the remaining chilli before serving. Serve with the potatoes.

11.4g Total fat | **1.7g** Saturates | **0.27g** Salt | **13.8g** Sugar | **14.1g** Protein



Stem ginger chocolate truffles

By Meera Sodha

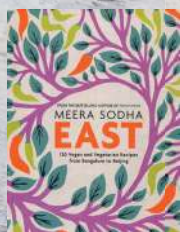
Makes **25** | Prep **10 mins** plus chilling | Cook **5 mins** |

Calories **116** (per truffle)

300g (1½ cups, chips) vegan dark chocolate (70%)
65g (¼ cup) flavourless coconut oil
80g (½ cup) almond butter
4 tbsp stem ginger syrup
65g (¼ cup) stem ginger, chopped
60g (¼ cup) crystallized ginger, roughly chopped

- 1 Line a 22cm (9in) square tin with greaseproof paper. Roughly chop the chocolate into bite-size pieces and put it into a large heatproof bowl.
- 2 Place the coconut oil, almond butter, stem ginger syrup and chopped stem ginger in a small pan over a low heat. When everything has melted (the almond butter may stay clumped up, but don't worry about this), pour it over the chocolate and stir with a fork to mix, breaking up any lumps of butter.
- 3 Pour the chocolate mixture into the prepared tin, gently shake to distribute evenly and sprinkle over the crystallized ginger. Leave somewhere cool to set – or pop into the fridge, but take out 10 minutes before serving so it softens slightly. Cut into 25 squares when set.

7.4g Total fat | **5g** Saturates | **0.01g** Salt | **8.6g** Sugar | **1g** Protein



This recipe and the truffles on page 83 are taken from *East: 120 Vegan and Vegetarian Recipes from Bangalore to Beijing* by Meera Sodha, published by Fig Tree. (RRP £20.) This book contains non-vegan recipes.

Winter pilau with beetroot, cauliflower and coriander chutney

By Meera Sodha

Serves 4 | Prep 25 mins | Cook 40 mins | Calories 665 (per serving)

300g (1½ cups) basmati rice
600g (6 cups) cauliflower (½ a large one), broken into bite-size florets
400g (2½ cups) raw beetroot, peeled and cut into wedges
300g (2 cups) swede (½ a small one), peeled and cut into 1x3cm (½x1½in) slices
2½ tsp garam masala
rapeseed oil
salt
400ml tin (1¾ cups) of coconut milk

6 garlic cloves, roughly chopped
2cm (¾in) ginger, peeled
2 green finger chillies
1 tsp ground turmeric
1 large onion, finely sliced
100g (5 cups) fresh coriander (cilantro)
1 tbsp lemon juice
1 tsp caster sugar
2 handfuls of pomegranate seeds, to top

- 1 Preheat the oven to 220°C/Gas Mark 7. Wash the rice in a few changes of cold water until the water runs clear; then leave to soak in cold water.
- 2 Put the cauliflower on a baking tray in a single layer and put the beetroot and swede on another baking sheet in a single layer. In a small bowl, mix the garam masala, 5 tbsp rapeseed oil and ¾ tsp salt, then drizzle over the veg on both trays and toss to coat. Roast for 25-30 minutes until tender and caramelized in places (the swede and beetroot may need a little longer).
- 3 While the vegetables are cooking, make the sauce for the rice. Put 300ml (1¼ cups) coconut milk into a blender with the garlic, ginger, 1 chilli, the turmeric and ¾ tsp salt, then blitz smooth.
- 4 In a large frying pan with a tight-fitting lid, heat 2 tbsp oil on a medium heat. Fry the onion for 10 minutes and then add the coconut sauce and cook for another 8 minutes, stirring frequently. Add the drained rice with 400ml (1¾ cups) freshly boiled water; and bring to the boil. Put on the lid, turn the heat down to a whisper and leave to cook for 20 minutes, until the rice is cooked through. Take off the heat, fold through the roasted vegetables, pop the lid back on and leave to steam for 10 minutes.
- 5 While the rice is steaming, make the chutney. Add the remaining 100ml (½ cup) coconut milk, the coriander, the chilli, lemon juice, sugar and ½ tsp salt. Blend smooth, then scrape into a serving bowl. Transfer the rice to a platter; sprinkle with the pomegranate seeds and serve with the bowl of chutney alongside.

25.5g Total fat
21.7g Saturates
0.22g Salt
23.7g Sugar
14.9g Protein



5-minute date caramel

By Annabelle Randles from The Flexitarian (www.theflexitarian.co.uk)
 Makes about **300g (1 ¼ cups)** | Prep **5 mins** | Cook **none** |
 Calories **192** (per 100g)

175g (1 cup) pitted moist dates – Medjool are best but others work too

125ml (½ cup) dairy-free milk

½ tsp vanilla extract

½ tsp Himalayan salt (or regular salt)

- 1 Place the dates in a blender with the milk. Whizz until smooth. Mix in the vanilla extract and salt. Whizz again.
- 2 Transfer to an airtight container and store in the fridge.

0.8g Total fat	0.1g Saturates	0.41g Salt	39.3g Sugar	3.5g Protein
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Turmeric roasted cauliflower

By Annabelle Randles from The Flexitarian (www.theflexitarian.co.uk)
 Serves **2-4** | Prep **10 mins** | Cook **25 mins** |
 Calories **463** (per serving)

800g (8 cups) cauliflower

1 red onion

4 tbsp melted coconut oil

1 tsp turmeric

¼ tsp chilli powder

½ tsp ground coriander

½ tsp ground cumin

½ tsp salt

2 garlic cloves

2 handfuls of cashews

400g tin (1 ¾ cups) of chickpeas

a small bunch of fresh coriander (cilantro)

red chilli pepper, to taste

- 1 Preheat the oven to 220°C/Gas Mark 7.
- 2 Cut the cauliflower florets into medium size. Cut the red onion into thin slices.
- 3 Spread the cauliflower florets and onion on a baking tray.
- 4 In a bowl, mix together the melted coconut oil, turmeric, chilli powder, ground coriander, ground cumin, salt and crushed garlic cloves.
- 5 Pour the mixture over the cauliflower florets and red onion. Toss together until the vegetables are coated.
- 6 Roast in the oven for 20-25 minutes until golden. Add the cashews and drained chickpeas to the oven tray and roast all together for a further 5 minutes.
- 7 Transfer to a serving dish. Toss in chopped fresh coriander and chilli. Serve straight away.

27.6g Total fat	17.4g Saturates	0.78g Salt	8.9g Sugar	13.7g Protein
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ISLAND COOKING

**Whisk your tastebuds
away to Mauritius and the
Indian ocean with
three irresistible recipes**



Creamy sweet potato soup

The flavours in this heartwarming soup are a match made in the tropics. The cayenne pepper offers pleasing heat, the ginger adds a note of spice and the coconut milk lends mellow creaminess, but the sweet potato is the star of the show. It's an important crop in Comoros; the island's native potatoes are 'Katuna' (with red skin and yellow flesh) and 'Zora' (with yellow skin and white flesh). They are boiled, mashed, fried and ground into a flour to make cakes and even used to break fasting during the religious month of Ramadan.

By Selina Periapillai

Serves **2** | Prep **10 mins** | Cook **25 mins** | Calories **722** (per serving)

The extract on pages 86-87 is taken from *The Island Kitchen* by Selina Periapillai, photography by Yuki Sugiura, published by Bloomsbury Publishing. (RRP £26.)



- | | |
|---|---|
| 2 tbsp coconut oil | ¼ tsp cayenne pepper |
| 1 onion, diced | 1 tsp sea salt |
| 2 garlic cloves, finely chopped | freshly ground black pepper |
| 2.5cm (1in) piece of fresh root ginger, peeled and finely grated | 200ml (1 cup) coconut milk |
| 2 large sweet potatoes, peeled, cut into 4cm (1½in) chunks (550g (4 cups)) | TO SERVE |
| 1 large ripe tomato, roughly chopped | 1 lime, cut into thin wheels or wedges |
| | mint and coriander (cilantro) leaves |

- 1 Heat the coconut oil in a deep saucepan over medium heat and fry the onion and garlic in the pan for 5 minutes, stirring frequently to prevent them sticking to the bottom.
- 2 Add the grated ginger, sweet potato, tomato, cayenne pepper, salt and some black pepper. Give it a good stir to ensure everything is mixed well. Pour in 500ml (2 cups) water; bring to the boil, then cover with the lid and simmer for 15-20 minutes until the sweet potato is soft and tender.
- 3 Place the pan contents in a blender and whizz until smooth. Pour back into the pan on a low simmer; add three-quarters of the coconut milk and stir gently. Check for seasoning to see if more salt or pepper is needed.
- 4 Serve in bowls, with a drizzle of the remaining coconut milk, laying a few lime wheels on top. Scatter over mint and coriander leaves to garnish. Serve with some crusty bread.

38.6g Total fat	33.3g Saturates	0.98g Salt	9.7g Sugar	8.2g Protein
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Chilli dhal fritters

These crunchy, spicy lentil balls, similar to falafel or Indian 'vada', are one of the most popular street food snacks, or 'gajacks', in Mauritius. Yellow split peas are soaked in water overnight so they plump up and are easier to crush. They are spiked with plenty of green chillies and coriander before being rolled into balls and deep fried.

By Selina Periapillai

Makes **25 balls** | Prep **15 mins** plus soaking | Cook **5 mins** per batch |

Calories **187** (per 5 balls)

200g (1 cup) yellow split peas **2-3 green chillies, finely chopped**
3 spring onions (scallions), finely chopped **1 tsp salt**
2 tbsp finely chopped coriander (cilantro) **freshly ground black pepper**
1 litre (4 cups) vegetable oil, for deep frying

- 1 Place the split peas in a large bowl and cover with cold water. Leave to sit overnight and soak.
- 2 The peas should have puffed up slightly and the water reduced by the next morning. Drain them well and tip into a food processor. Blitz until the peas are a coarse paste and clump together. Tip the crushed peas into a large mixing bowl and add all the other ingredients apart from the oil. Combine well with a spoon.
- 3 Take a tbsp of the mixture in your hands and, pressing firmly, form into a golf ball size, each weighing about 25g – you should get 25 balls. Repeat with the remaining mixture and place them on a plate ready to be fried.
- 4 Pour the vegetable oil into a deep, heavy-based saucepan or deep fat fryer and heat to 180°C/350°F. You can tell when the oil is the right temperature by dropping a small cube of bread into the oil. If it browns evenly in 30 seconds then it is ready. When the oil is hot enough, carefully drop in the balls, about 4-5 at a time, to prevent overcrowding.
- 5 The fritters should sizzle in the oil. Using a fork or a slotted spoon, gently move them around so they colour evenly. It will take a couple of minutes until they are golden brown and cooked through. If they brown too quickly, reduce the heat slightly to make sure they cook inside.
- 6 Drain on a wire rack with kitchen paper underneath to catch excess oil. Serve with chilli chutney or crushed into a crusty white baguette.

8.8g

Total fat

1.6g

Saturates

0.47g

Salt

0.7g

Sugar

6.8g

Protein



Banana fritters with rose water

These fritters are made from ripe or over-ripe bananas mashed with sugar, flour, coconut and rose water, which are then deep fried into dark brown, flavoursome bitefuls. I love the Persian twist with the floral elixir of rose water that Maldivians frequently add to desserts – but do be careful when using it as only a hint is needed. Serve them warm as they are, or alongside some vanilla ice cream.

By Selina Periapillai

Makes **15 fritters** | Prep **20 mins** | Cook **5 mins** per batch |

Calories **283** (per 3 fritters)

2 large, ripe bananas (300g (1 cup)), mashed **150g (1 cup) plain flour**
50g (¼ cup) caster sugar **1 tsp baking powder**
1 tsp rose water **1 litre (4 cups) vegetable oil, for deep frying**
40g (½ cup) freshly grated coconut or desiccated, unsweetened coconut **icing (confectioner's) sugar (optional)**

- 1 In a large bowl, combine the bananas with the sugar and mix well. Add the rosewater and coconut and fold in the flour and baking powder.
- 2 Heat the oil in a deep, heavy-based pan or deep fat fryer to 170°C/340°F. You can test this using a cooking thermometer or; alternatively, drop a 3cm (1¼ in) bread cube into the oil. If it takes about 60 seconds to brown, the oil is ready (take great care when doing this).
- 3 Take a tbsp of the mixture and gently drop it into the oil. Fry the banana fritters in batches to ensure thorough and even cooking – they will cook in around 2-3 minutes.
- 4 Using a fork, gently flip over the fritters so they go a lovely golden brown all over. Remove with a slotted spoon, drain on kitchen paper; and serve immediately with some icing sugar dusted on top, if you like.

8.6g

Total fat

3.6g

Saturates

0.01g

Salt

19.4g

Sugar

4g

Protein

Best ever VEGAN baking hacks

with
Sara Kidd



Photo © Melissa Katherine

Sara Kidd joins us every month to share her essential advice for making your bakes rise to the occasion

How to choose the best oil for your baking

If you bake a lot of my recipes you will find that I generally use oil as my fat component rather than vegan butter. This makes the recipe as simple as possible, using the fewest tools. Almost all my cakes use only a mixing bowl and a whisk to bring the ingredients together. The type of oil you use can affect the outcome of the bake, budget and flavour. Here is a quick insight into choosing the right oil...

SARA KIDD



sarakidd.com



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Vegan Baking
FB Group:

<https://bit.ly/2rWrWc2>

For more recipes, tips

and resources go to my

website www.sarakidd.com



HEALTH-CONSCIOUS: If you're health-conscious, avoid highly processed oils such as non-organic canola/rapeseed and sunflower oil that are mass-produced. Most of these oils use toxic solvents during the extraction process and come from heavily sprayed crops. Most are packaged in a clear plastic bottle, which can allow fat-soluble chemicals to leach into the oil. Canola oil is the most popular baking oil, as it's stable at high temperatures, is cost-effective and has a natural flavour. Choose organic where possible.

AIRTIGHT: Look for oils in airtight, dark glass bottles. Oils can oxidise and turn rancid once exposed to air, light and heat. Always store oils in a dark place away from sunlight and, if you're using them for longer than 30 days, store them in the fridge to prolong their lifespan. The oil should smell fresh, if not, it has gone rancid and is no longer good to use. Consuming rancid oils can be linked to heart disease and other illnesses.

NEUTRAL FLAVOUR: When baking, I generally recommend using neutral flavoured oil, such as an organic extra-virgin olive or grapeseed oil. An exception is when you want the oil to contribute to the flavour of the bake, such as coconut, sesame or macadamia oil. Nut and seed oils, like walnut and avocado, are generally cold-pressed and have a distinctive flavour. These types of oils can go rancid quickly and are recommended as a finishing oil rather than a main ingredient.



FAT RATIOS: Without getting too technical, there are three types of fat ratios found in oil that can be defined as: saturated, monounsaturated and polyunsaturated. Saturated is solid at room temperature, such as coconut oil; monounsaturated is liquid at room temperature, such as sunflower oil; and polyunsaturated is liquid at room temperature but more stable than saturated oils and doesn't go rancid as quickly, such as canola oil.





Wonderful wacky chocolate cake

By Sara Kidd (sarakidd.com)

Serves **12** | Prep **20 mins** | Cook **50 mins** | Calories **245** (per serving)

DRY INGREDIENTS

175g (1 ¼ cups) plain (all-purpose) flour

40g (¼ cup) cornflour (cornstarch)

225g (1 cup) white sugar

75g (¾ cup) cocoa powder

1 ¼ tsp baking powder

½ tsp bicarbonate of (baking) soda

¼ tsp salt

WET INGREDIENTS

240ml (1 cup) soy milk

1 tbsp white vinegar

120ml (½ cup) vegetable oil

120ml (½ cup) warm water

2 tsp vanilla extract

1 Preheat the oven to 180°C/ Gas Mark 4. Brush a 20cm (8in) non-stick ring cake tin with a small amount of oil and gently dust with a small amount of cocoa powder. Tap the tin upside down to release any excess cocoa powder.

2 Sieve all the dry ingredients into a large mixing bowl and mix together.

3 Measure out the soy milk and vinegar and mix together; it will become thick and turn into buttermilk. Add the oil, water and vanilla and mix well.

4 Make a well in the flour and pour in the wet ingredients. Gently mix together with a whisk until just combined. It doesn't matter if it's lumpy. Don't over-mix.

5 Pour the batter into the cake tin and gently tap on the bench to release any air bubbles. Put into the oven. Bake for 45-50 minutes on the middle rack or until a toothpick inserted into the cake middle comes out clean.

6 Let cool for 10 minutes, then gently tip the cake out onto a cooling rack to completely cool.

7 Once cooled, ice with vegan chocolate buttercream.

10.7g

Total fat

2.4g

Saturates

0.12g

Salt

19.9g

Sugar

3.6g

Protein

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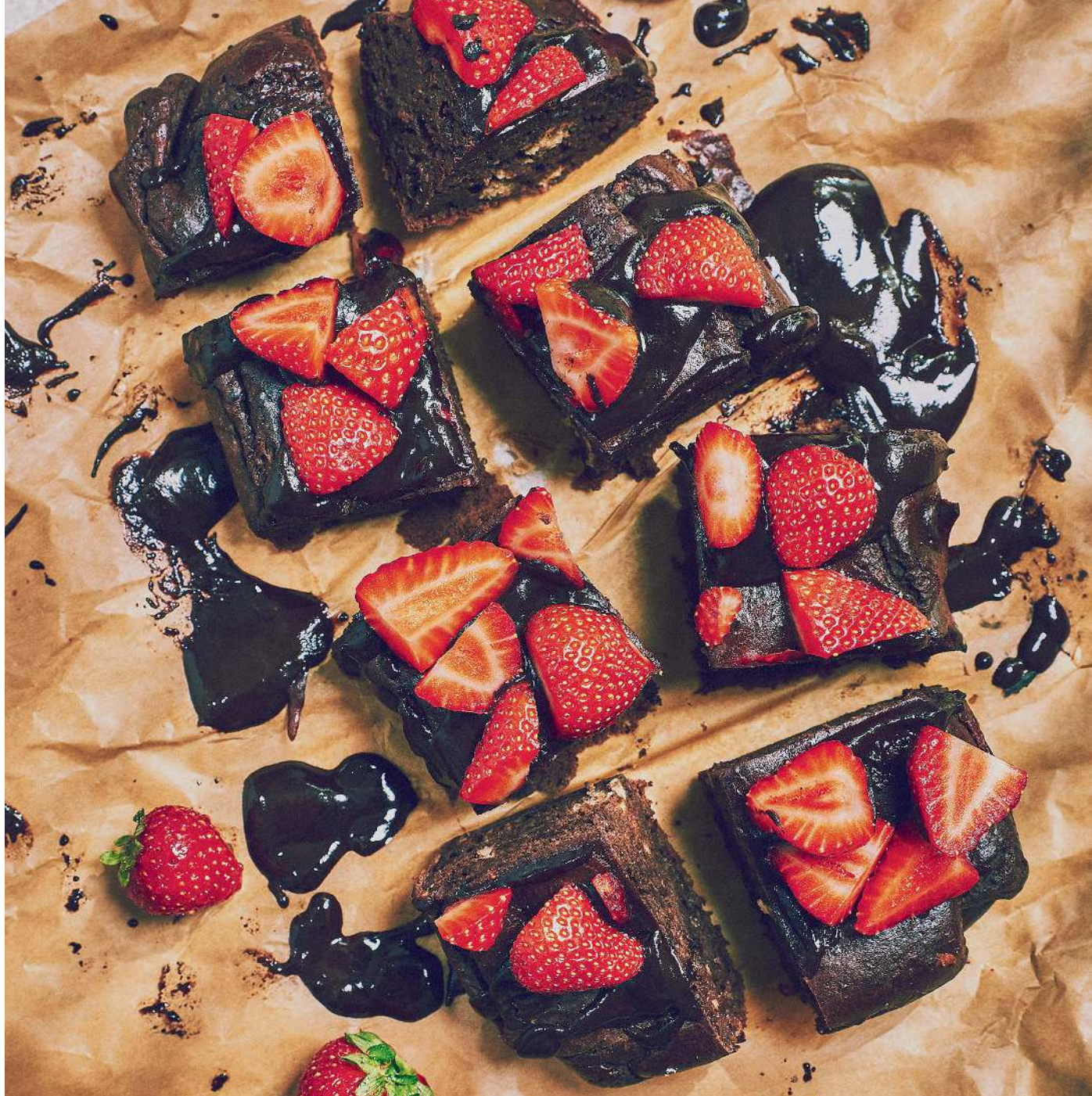
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Plus! nutritional advice, travel guides, new vegan tips and tricks and much more...

Sweet treats!
Dessert
RECIPES

Add the perfect finishing touch to a midweek dinner or just enjoy a tasty afternoon pick me up...



Chocolate and strawberry loaf

By Stefanie Moir

Serves 8 | Prep 10 mins | Cook 30 mins | Calories 243 (per serving)

230ml (1 cup) almond milk
1 tsp vinegar
120g (1 cup) plain flour
90g (¾ cup) coconut sugar
60g (¼ cup) mashed banana
40g (½ cup) cacao powder
½ tsp baking powder
½ tsp salt

FOR THE GANACHE
90g (1 cup) cacao powder
60ml (¼ cup) melted coconut oil
60ml (¼ cup) pure maple syrup
200g (1 cup) fresh strawberries (or any fresh berries of your choice)

- 1** Preheat the oven to 180°C/Gas Mark 4 and line a loaf tin with baking paper.
- 2** Mix together the almond milk, vinegar and mashed banana in a bowl.
- 3** In a separate bowl, combine the flour, cacao powder, baking powder, salt and coconut sugar.
- 4** Add the wet mixture to the dry and stir until fully combined to form the cake batter.
- 5** Pour the cake mixture into the lined tin and bake for 25-30 minutes or until a knife inserted into the centre comes out clean.
- 6** While the cake cooks, melt together the ganache ingredients in a saucepan or in the microwave.
- 7** Remove the cake from the oven. Leave to cool for a few minutes in the tin and turn out onto a wire rack to cool fully.
- 8** Transfer the cake to a plate or cake stand before pouring over the ganache and topping it off with the fresh strawberries.
- 9** Place in the fridge.





Tofu chocolate mousse

By Stefanie Moir

Serves **3** | Prep **10 mins** plus chilling | Cook **none** |

Calories **291** (per serving)

300g (1 ½ cups) silken tofu **80g (⅓ cup) maple syrup**

100g (½ cup) vegan-friendly chocolate

1 tsp vanilla extract
a pinch of sea salt

- 1 First melt the chocolate in a bowl over a pan of boiling water or in the microwave.
- 2 Drain and remove excess moisture from the tofu.
- 3 Add the tofu, maple syrup, vanilla and salt to a food processor and combine until smooth, then add in the melted chocolate and pulse until well combined.
- 4 Pour the mixture into ramekin-style dishes, filling up around a quarter of the dish and place in the fridge to set.
- 5 To serve, top with vegan whipped cream and chocolate shavings – optional!

11.6g Total fat **6g** Saturates **0.12g** Salt **17.3g** Sugar **9.1g** Protein



Almond and sea salt black bean brownies

By Stefanie Moir

Makes **10** | Prep **10 mins** plus chilling | Cook **1 hr** |

Calories **322** (per brownie)

65g (½ cup) almond flour or ground almonds

4 tsp coconut oil

1 tin of black beans, drained and rinsed

150g (1 cup) coconut sugar

60ml (¼ cup) almond milk

90g (1 cup) raw cacao powder

60g (½ cup) vegan chocolate protein powder or use 60g (½ cup) flour

60g (¼ cup) almond butter

FOR THE TOPPINGS

200g (1 cup) vegan dark chocolate

a handful of almonds

1 tsp sea salt

- 1 Preheat the oven to 160°C/Gas Mark 3 and grease or line a rectangular baking tin with baking paper.
- 2 Blend the brownie ingredients together in a blender until a smooth batter is formed.
- 3 Pour the brownie mixture into the lined tin and cook in the oven for 1 hour. Check the brownies are cooked by inserting a thin-bladed knife into the centre of the tin. If the knife comes out clean, they are ready.
- 4 While the brownies cool, melt the chocolate in a bowl over a pan of boiling water or in the microwave. Pour the melted chocolate over the brownies, then scatter over the almonds and sea salt.
- 5 Pop the tin in the fridge for at least an hour, overnight if possible, then remove and cut into squares.

13.2g Total fat **5.7g** Saturates **0.26g** Salt **15.8g** Sugar **10.6g** Protein

The recipes on pages 92-94 are taken from *Naturally Stefanie* by Stefanie Moir, published by Black & White Publishing. (RRP £16.99.)





Chocolate caramel slices

By Stefanie Moir

Makes 10 | Prep 15 mins plus chilling | Cook none | Calories 248 (per serving)

350g (2 cups) dates, pitted
100g (½ cup) vegan chocolate
100ml (½ cup) water
50g (½ cup) vegan vanilla protein powder
or substitute with 50g (½ cup) oats
2 tbsp almond butter
60g (½ cup) oats
60g (½ cup) desiccated coconut
1 tsp vanilla extract
sea salt, to taste

- 1 Start by blending 150g (scant 1 cup) of the dates, the protein powder, oats and coconut in a blender or food processor to form a sticky, crumbly mix.
- 2 Transfer the mixture to a lined baking tin and press it evenly across the base of the tin to form the biscuit-like base layer of the slices.
- 3 Place in the fridge to set while you make the caramel.
- 4 Use a blender or processor to blend together the rest of the dates, vanilla extract, water and almond butter.
- 5 Remove the baking tin from the fridge and spread the caramel over the biscuit-like base, then place the tray in the freezer for 15 minutes.
- 6 While the caramel is setting, melt the chocolate, either in a bowl set over boiling water on the hob or in the microwave.
- 7 Remove the tray from the freezer and pour the melted chocolate over the caramel, then top with a sprinkle of sea salt.
- 8 Return to the fridge until the caramel slices are fully set.
- 9 Cut into 10 equal squares and serve with tea or coffee for a perfect afternoon pick-me-up.

9.4g	5.3g	0.09g	22.9g	6.1g
Total fat	Saturates	Salt	Sugar	Protein



Oreo fudge

By The Humble Pescatarian (www.thehumblepescatarian.co.uk and @thehumblepescatarian)

Serves **15** | Prep **20 mins** plus freezing | Cook **40 mins** | Calories **290** (per serving)

150g (⅔ cup) dairy-free butter
150g (⅔ cup) caster (superfine) sugar
190g (1 ⅓ cups) plain flour
2 packets of Oreo cookies
210g (1 cup) organic condensed coconut milk (I used Biona)

- 1** Preheat the oven to 180°C and line a 20cm (8in) square baking tin with baking parchment.
- 2** On a separate tray, sprinkle the plain flour until evenly spread out. Put into the oven for 10-12 minutes.
- 3** In a bowl, add in the butter (which should be at room temperature) and sugar and beat until creamy.
- 4** Once creamy, mix in the flour before adding in your crushed Oreos and organic coconut condensed milk.
- 5** Once fully combined, pour the fudge mix into the prepared baking tin and spread out using a spoon. I try to keep a couple of broken-up pieces of Oreo to stick on the top, as well as some beautiful rose petals. Pop into the freezer for around 15 minutes.
- 6** You might end up with quite a lot, but this fudge can last a while in the freezer. Best eaten if kept in the fridge within 5 days.

16.6g Total fat	5.3g Saturates	0.1g Salt	18.3g Sugar	2.2g Protein
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Cherry chocolate tart

By The Humble Pescatarian (www.thehumblepescatarian.co.uk and @thehumblepescatarian)

Serves 8 | Prep 20 mins plus chilling | Cook 10 mins | Calories 545 (per serving)

300g (3 cups, crumbs) digestive biscuits

7 tbsp sunflower spread, melted

1 tin of coconut cream, cream only (I used Biona)

250g (1 ½ cups) vegan Belgian plain chocolate buttons

90g (½ cup) Divine 85% Dark Chocolate

4 tbsp Coxy's Morello Gin Liqueur

15 raspberries, to decorate

2 sprinkles of Lakeland Freeze Dried Strawberry Pieces

- 1** Line a tart tin with parchment paper.
- 2** Put the biscuits into a processor or blender and whizz until crumbled. If you don't have a blender/processor, then put your biscuits into a sandwich bag and roll with a rolling pin until crumbly. Once crumbled, put the biscuits into a bowl.
- 3** Melt the spread, add it to the biscuits and mix until it looks like wet sand. It should be gently damp to the touch.
- 4** Fill your tart tin with the biscuits and press up to the edges until firm. Place in the freezer for 20 minutes while you make the chocolate filling.
- 5** In a saucepan, melt the coconut cream (cream only) over a gentle heat, then leave to the side.
- 6** Boil water and use a glass bowl to melt the Divine 85% Dark Chocolate and then the Belgian plain chocolate buttons before adding the coconut cream. Only then should you add the Morello Gin Liqueur.
- 7** Once mixed, remove the biscuit base from the freezer and fill the tart before decorating with raspberries and a sprinkle of strawberry pieces.
- 8** Place in the freezer for about 1 hour before serving.





Malabi – cardamom, rose and pistachio custard

By Niki Webster

Serves 4 | Prep 10 mins plus chilling | Cook 5 mins | Calories 271 (per serving)

500ml (2 cups) almond or drinking coconut milk
150g (½ cup) coconut cream
2 tsp vanilla extract
20 cardamom pods, lightly crushed and husks removed
1 tsp rose water
4 tbsp maple syrup
3 tbsp cornflour
4 tbsp crushed pistachios, to serve

- 1** Put all the ingredients except the cornflour and pistachios in a saucepan over a medium heat and stir to combine. Simmer for 2-3 minutes, stirring continuously.
- 2** Add the cornflour to a small bowl along with 2 tbsp water to form a smooth paste, making sure that there are no lumps.
- 3** Now add the cornflour mix to the pan, turn up the heat to medium-high and stir continuously to avoid lumps forming. Bring the mixture briefly to the boil, then reduce the heat to low. Continue to stir until thickened, then remove from the heat.
- 4** Strain the mixture through a sieve into a large bowl to remove the cardamom seeds and any lumps. Now pour the creamy mix into four glasses. Allow to cool a little, then pop in the refrigerator overnight to set.
- 5** Serve topped with the crushed pistachios.

10.4g	6.2g	0.13g	31.8g	2.7g
Total fat	Saturates	Salt	Sugar	Protein

The recipes on pages 97-98 and the chocolate, peanut butter and chickpea fridge bars on page 99 are taken from *Rebel Recipes* by Niki Webster, photography by Kris Kirkham, published by Bloomsbury (RRP £26.)



Caramelised banana peanut butter crumble with cardamom custard

By Niki Webster

Serves **8-10** | Prep **20 mins** | Cook **30 mins** | Calories **494** (per serving)

100g (1 cup) ground almonds
50g (½ cup) jumbo oats
3 tbsp rice flour
2 tbsp ground flaxseeds
3 tbsp sunflower seeds
1 tsp ground allspice
1 tsp ground cinnamon
½ tsp ground cardamom
a pinch of ground nutmeg
½ tsp sea salt flakes
1 tsp baking powder
6 tbsp good-quality peanut butter
6 tbsp maple syrup
1 tsp almond extract
1 tsp vanilla extract

FOR THE BANANAS

2 tbsp coconut oil

6 ripe bananas, sliced in half

a splash of maple syrup

400ml (1⅓ cups) coconut milk

2 tbsp desiccated coconut

6 pitted Medjool dates, roughly chopped

FOR THE CUSTARD

500ml (2 cups) almond milk or other plant-based milk of choice

1-2 tbsp maple syrup

1 tsp ground cardamom

1 tsp vanilla extract

2 tbsp cornflour, stirred with 6 tbsp water to make a paste

1 Preheat the oven to 180°C/Gas Mark 4.

2 First caramelize the bananas. Melt the coconut oil in a large frying pan, then add in half the sliced bananas (depending on how large your pan is, you might want to do this step in batches).

3 Add a splash of maple syrup and allow the bananas to caramelize. Turn over to caramelize the other side. Remove, scraping the pan for any sticky caramelised bits, into a bowl and set aside. Repeat the process with the remaining bananas.

4 Add the bananas to a large baking dish. Pour the milk over the top, sprinkle over the desiccated coconut and scatter over the dates.

5 For the crumble, mix the dry ingredients together in a bowl. In a separate small bowl, mix together the peanut butter, maple syrup, almond

and vanilla extracts. Add this wet mixture to the dry mixture and stir thoroughly to bring the ingredients together; then use your hands to form a crumbly mix.

6 Spread the crumble topping over the bananas and bake for 25-30 minutes, until golden. Remove from the oven and allow to cool a little.

7 Meanwhile, make the custard by adding the almond milk, maple syrup, ground cardamom and vanilla extract to a small saucepan. Place over a medium-high heat, bring to the boil, then reduce the heat to medium. Add in the cornflour-water paste and cook, stirring continuously, until thickened.

8 Serve the crumble with the custard poured over the top.

28.8g	15.3g	0.21g	32.2g	9.4g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate, peanut butter and chickpea fridge bars

By Niki Webster

Makes **8-10** | Prep **15 mins** plus chilling | Cook **5 mins** |

Calories **263** (per serving)

400g tin (1½ cups) of chickpeas, drained
250g (1½ cups) Medjool dates, pitted
4 tbsp crunchy peanut butter
5 tbsp raw cacao
3 tbsp melted coconut oil
1 tsp vanilla extract
2 tbsp cacao nibs
2 tbsp chopped hazelnuts, plus extra to scatter
40g (¼ cup) vegan chocolate
sea salt flakes

- 1 Put the chickpeas, dates, peanut butter, cacao, coconut oil, vanilla and a generous pinch of sea salt into a food processor or high-speed blender. Blitz until you get a smooth mix. Now add the cacao nibs and hazelnuts, and pulse once to mix.
- 2 Line a 17x22cm (7x9in) baking tray with baking parchment, then spoon the mix into the tray. Smooth out to the edges.
- 3 Gently melt the chocolate in a small bowl suspended over a small saucepan of boiling water.
- 4 Drizzle the melted chocolate over the tray mixture, then scatter with chopped hazelnuts and sprinkle on a little salt. Refrigerate for at least 4 hours, or overnight, to firm up.
- 5 Remove from the tray and cut into squares. The bars are best kept in the fridge where they will keep for 3-4 days, or store in the freezer for up to a few weeks.

11g	6g	0.16g	18.6g	5.9g
Total fat	Saturates	Salt	Sugar	Protein



Spiced apple and plum crumble with custard

By National Trust (www.nationaltrust.org.uk)

Serves **6** | Prep **15 mins** | Cook **25-30 mins** |

Calories **565** (per serving)

FOR THE FILLING

4 large Bramley apples, peeled, roughly chopped
6 plums, roughly chopped
50g (½ cup) plain flour
100g (½ cup) caster (superfine) sugar
½ tsp ground cinnamon
1 tsp ground nutmeg

FOR THE TOPPING

200g (1½ cups) plain flour
150g (⅔ cup) vegan margarine
100g (½ cup) caster (superfine) sugar
100g (1 cup) oats
a pinch of salt
4 tsp demerara sugar

TO SERVE

vegan custard

- 1 Preheat the oven to 170°C/Gas Mark 3.
- 2 Place the fruit in a bowl and add the sugar, flour and spices and mix together well. Place into a 20cm (8in) oven dish.
- 3 For the crumble, place the flour, margarine, caster sugar, salt and oats in a bowl and rub the fat into the flour until the mix resembles breadcrumbs.
- 4 Sprinkle the crumble mix over the fruit mixture and scatter the demerara sugar over the top.
- 5 Place in the oven and bake for about 25-30 minutes or until the top is golden and crisp and the filling is piping hot.
- 6 Serve with custard.

19.4g	4.9g	0.03g	48.6g	7.2g
Total fat	Saturates	Salt	Sugar	Protein



Silken tofu panna cotta in a cherry chocolate sauce

By Philipp Ertl from Exceedingly Vegan (www.exceedinglyvegan.com)
Serves **2** | Prep **5 mins** plus chilling | Cook **5 mins** |
Calories **303** (per serving)

FOR THE PANNA COTTA 2 tbsp agave nectar
300g (1½ cups) silken tofu 3 tsp agar agar flakes
1 tbsp lemon juice
¼ tsp vanilla extract
¼ tsp almond extract (optional, but recommended)

FOR THE SAUCE
1 tin of pitted cherries in light syrup
1 row of vegan cooking chocolate

- 1 Add all the panna cotta ingredients into a blender and blend for about a minute, then pour the contents into a pan and cook for about 5 minutes. This helps to gelatinise the mixture. Make sure you stir all the time so it doesn't burn. Pour into ramekins and put into the fridge for at least 1-1½ hours. I was impatient and wanted to save time, so I put mine into the freezer for 30 minutes and then another 15 minutes into the fridge. That should do the trick as well.
- 2 To make the cherry chocolate sauce, drain the cherries, but keep the syrup, it would be a shame to throw it away. You could mix it with some soda and make delicious cherry lemonade. Put the cherries into the blender (keep two for decoration) and blend until you get a smooth sauce. Pour the sauce into a cooking pan together with one row of cooking chocolate and heat until completely melted. That's it, cherry chocolate sauce done!
- 3 Serve the panna cotta on a plate and pour over the cherry chocolate sauce (hot or cold, it won't set easily unless you put it into the fridge). Add the literal cherry on top and enjoy!

9.6g Total fat 4g Saturates 0.06g Salt 28.8g Sugar 12.4g Protein



Peanut butter cupcakes

By Meridian (www.meridianfoods.co.uk)
Makes **12** | Prep **20 mins** | Cook **25 mins** |
Calories **381** (per cupcake)

FOR THE CUPCAKES 250g (1½ cups) self-raising flour
2 tsp baking powder
100g (½ cup) unrefined golden caster sugar
250ml (1 cup) almond milk
160g (¾ cup) Meridian Smooth Peanut Butter
100ml (½ cup) nut oil

FOR THE FROSTING 100g (½ cup) Meridian Smooth Peanut Butter
50g (½ cup) good-quality unsweetened cocoa
200g (2 cups) icing (confectioner's) sugar
1 tsp vanilla extract
70ml (⅓ cup) almond milk

- 1 Preheat the oven to 160°C/Gas Mark 3 and line a 12-hole muffin tin with cake cases. Combine the flour, baking powder and sugar in a large bowl.
- 2 In a separate bowl, beat together the almond milk, peanut butter and nut oil until smooth. Make a well in the centre of the dry ingredients and pour in the liquid. Stir gently until you have a smooth, thick mixture.
- 3 Spoon the mixture into the cupcake cases and bake for 20-25 minutes, then set aside to cool.
- 4 While the cakes are cooling, make the frosting. Beat together all the ingredients to make a stiff, smooth frosting. Once the cakes are cool, spread or pipe the frosting on top. If the frosting is too stiff, add an extra splash of almond milk.
- 5 Add a sprinkle of desiccated coconut or some vegan sprinkles to decorate the top.

18.8g Total fat 3.5g Saturates 0.11g Salt 26.1g Sugar 9.5g Protein



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WE NEED TO TALK about revert vegans

The huge number of people going vegan inevitably means
some fail. Charlotte Willis investigates...

Sworn vegans who make the decision to eat animal products again fill our newsfeeds with exposés and add fuel to the fire of reluctant omnivores. What, as a community, can we do about revert-vegans?

Revert-Vegan. *Noun.* Someone who previously followed a vegan lifestyle, who decides to consume animal products on a regular basis, labelling themselves omnivorous, flexitarian or vegetarian.

I totally made that definition up. Turns out there's no dictionary entry for revert-vegan. It's surprising, seeing as recently we were inundated with news that this runner, that YouTube-er and a singer/rapper are no longer living their best ethical lives. Naturally, when you discover that your close friends, co-workers or family members have decided to try Veganuary or adopt a plant-based lifestyle, you'll be bitterly disappointed when they order a chicken club the next time you see them. It's a sinking feeling, leaving you wondering what went wrong? Did they not try the latest non-chicken burrito? Bet they didn't use oat milk in their coffees or subscribe to the podcast you suggested. Or, maybe, just maybe, if you'd have shown them Vego Bars...

One decision, many repercussions

Hearing about a failed vegan is a sad and frustrating concept, which is made even worse when the individuals



are prominent figures in your conscious circle of influencers, advocates and notable names. The mass media are keen to pick up on just about anyone with over 50,000 followers whom claims to be vegan, and are even more receptive and vocal when it comes to exposing them as revert-vegans. It can be a very bitter pill to swallow for those of us who are trying to change people's opinions about veganism.

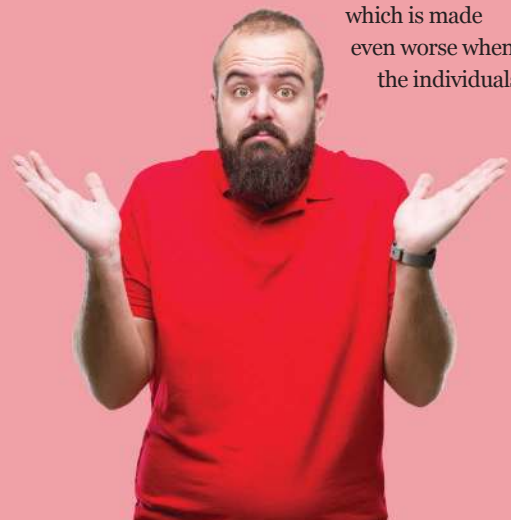
We all know how damaging the plant-based stereotypes can be. The mass media love to hold onto the belief that all vegans are, of course, still battling with protein deficiency, dying of B12-related exhaustion, secretly craving bacon sandwiches and hugging trees in our bamboo sliders. It's a hard life eh? So when a well-known vegan individual decides

to return to omnivorous ways, the press are hot on their tails to expose veganism as an unrealistic, non-sustainable and faddy dietary choice adopted for January and January only, culminating in an unrelenting cycle of meat-feasting and regret come February.

I wonder if these individuals consider the impact of their decision? News stories reach the hands of individuals who may indeed be on the cusp of making the decision to give veganism a try. Such is society that the majority of us tend to take what we read in the papers and headlines, or hear from influential individuals, as gospel. These messages lead society into further confusion about whether veganism is beneficial or achievable, adding yet another fire for the vegan community to fight against. Revert-vegans could be argued to have a knock-on effect of influencing hundreds of people not to bother with veganism.

Why go back?

Videos of a revert-vegan decision (akin to a confessional video) breed comments such as "Just remember you can never be pure enough for these cult members. It is never enough" and "I did a vegan fast earlier this year and it was tough". These videos often touch on very personal, individual stories about why veganism didn't work for certain people. It is important to note that the overwhelming majority of these decisions



emanate from a self-confessed, health-centric perspective. Revert-vegans will often claim that the diet made them lack in some sort of nutrient, or that eating plants induced some sort of health complaint such as migraines, dizziness or lack of concentration. Others may state that veganism made them obsess over their foods, or become preoccupied with their calorie/weight/nutrient intake.

For certain individuals, going vegan can be a challenge. You may spend the first few months making sure you're eating enough, trialling your way through various meals, foods and dishes in order to maintain motivation and ensure optimum nutrient intake. But there's plenty of advice out there. Just visit nutritionfacts.org, check out The Vegan Society or follow some awesome vegan blogs to see fantastic examples of how nourishing a vegan diet can be. Those with health complaints, either physical or mental, should not, in my opinion, look to veganism as a cure, but rather seek advice from professionals in the field before attempting any lifestyle changes. Veganism is not a doctor's prescription destined to provide immortality, nor is it something which one decides to flit in and out of.

Veganism, when followed correctly, ensuring that your nutrition and intentions are in check, is a sustainable and health-affirming diet that culminates in ethical awareness for both the animals and the planet – a concept which is often lost in the self-focused confessions of revert-vegans. It is doubtful that you'd hear, for example, a revert vegan saying "I just couldn't go on saving animals. The thought of animals being alive and healthy, not having a horrific existence full of pain and suffering, was just too much to bear." I doubt one gets many subscriptions or likes for such reasoning.

Reasons to revert to an omnivorous lifestyle are often extremely personal to the individual's own experiences, which cannot and should not be generalised to veganism as a whole.



We need to be receptive

As with any struggling vegan, as a community we need to remain vigilant and receptive to the tribulations of potential revert-vegans. If we notice a fellow vegan who seems to be wavering, the most effective way to prevent a revert-vegan is to offer your time. Lend an ear to a vegan in need, offer to help resolve any potential problems or issues they may be having, and point them in the direction of some useful advice. Another brilliant way to help prevent revert-vegans is to remind the individual of the reasons behind their initial decision to live their ethical lifestyle. Be it animals, the planet or their health, help expand their reasoning by suggesting documentaries, blogs or podcasts that may help to clarify difficult decisions.

Judgement is not the way forward

Revert-vegans can make current vegans pretty mad, and rightly so (just ask HENCH Herbivore, legend that he is). We're all out here trying to achieve the same goal – to eat and live with compassion for all not one, when in comes news of a brand new revert-vegan. Shocked and disappointed, we're all quick to jump into the comments section, offering our opinions and words of disgust on the matter. The internet

breeds comment wars, and can lead to hurtful discussions on veganism between individuals. I propose instead that we adopt more of a compassionate approach to revert-vegans. Rather than offering our judgement, revert-vegans deserve to be reminded of their reasoning behind going vegan. Perhaps with more encouragement to re-evaluate their new decision, and practical, positive ways to get around their health ailments or issues outlined in their reasoning behind reverting.

Above all, we must remind ourselves that revert-vegans once made the choice to give veganism a try and have decided not to continue their journey. Taking note of their initial reasoning, diet choices and ultimately failings, is important so that in future we look for similar warning signs in others who may be struggling, and help where possible. ♥



CHARLOTTE WILLIS

Charlotte is a freelance journalist and health writer who has worked with the Vegan Society and other online vegan publications. Her fields of expertise include nutrition, holistic healthcare, mindfulness and fitness.



Make a *home* of your RENTED HOUSE

Katy Beskow looks at ways that you can personalise a rental space and turn it into your home

BATHROOM REFRESH

Although you might be unable to change your bathroom tiles, or install the freestanding bath of your dreams, refreshing your bathroom will make it sparkle and shine. Replacing the toilet seat with a more luxurious version is



a simple way to make it feel like yours. Choose a new shower curtain with co-ordinating towels, and experiment with modern prints or simple plains to suit your personality. A luxury scented candle will allow you to relax and immerse yourself in your new bathroom, without breaking the bank.

SPACE SAVER

Space-saving storage solutions are not only useful to maximise small spaces, but in lieu of fitted wardrobes and units they are a cost-effective way to organise belongings. There are many space-saving hacks online and in magazines, where you can be creative with wall space, doors and removable radiator covers. When buying a new bed, consider one with storage drawers, and make the most of your drawer space with cheap organisational boxes. Storage solutions will help you to organise your items and reduce clutter, helping you create a calm, relaxed environment.



Check it out

Talk to your landlord or letting agent about what you are able to change, and get it in writing to avoid any confusion or conflict later on. Some landlords allow a change of wall paint within a certain colour palette, while some may request no permanent changes be made. It's good to have a clear

understanding before you risk spending savings and/or risking your deposit. Choose vegan brands of paint, there's plenty of resources available online.



Swap the layout

If the layout of the property doesn't quite work for you, move furniture around and utilise the space to meet your needs. If you spend more time in the kitchen as a family, consider moving your sofa and coffee table into this area (space allowing). This will also free up your lounge if you wanted to swap your bedroom location, or create a beautiful dining room, or playroom for the kids. If you're happy with the function and purpose of each room, rearrange your furniture to personalise the space in a format that is easy for you to live in.





Go green

Bringing in a selection of house plants will not only help to cleanse the air you breathe, but will decorate your home with textures, colour and unexpected touches of nature. Think about adding small plants to window ledges or fireplaces, hanging plants over shelves, and placing large leaf plants next to the sofa for an urban jungle vibe. The plant pot or basket

used is as important as the plant itself, so choose colours and designs that will complement your furnishings. What's more, you can take your plants with you, should you move to another house.

STANDING ART

If you're contractually unable to drill into the walls, it doesn't mean that your home will be without art. Whether you're interested in one-off pieces, reproductions of classics, or a colourful movie poster, the most important step is to frame the piece accordingly, with a frame that both suits the art and your home décor. Once the art is framed, you can get creative by standing it on a shelf, on the fireplace, or even on the floor against a plain wall. Consider how light surrounds the image, so the artwork is not distorted, and ensure that statement pieces are situated suitably for maximum impact. If artwork isn't your thing, print off your favourite family photographs and display them in frames, or create photo magnets that can adorn your refrigerator and radiators!



LUXURIOUS COLOUR

So, you can't change the colour of the walls, but you can add luxury soft furnishings such as cushions and throws to your lounge and bedrooms – and it won't break the bank. Neutral walls are the perfect back drop for experimental patterns, textures and colours, which look modern and fresh. Don't let the colours stop there, flow it into the kitchen with coloured glasses and cookware, and freshen up your dining table with a co-ordinating runner and chairs. For a minimal, up-to-date look, let the same colour palette of accessories and furnishings run throughout the house, for a look that is oh-so Insta-ready.



Light up

Many of us don't consider the importance of lighting and the homely glow it can bring to a room. By simply switching lightshades, or adding a couple of lamps to the bedside or coffee table, you can alter the ambience and practicality of any room. Have a couple of luxury scented candles for a relaxing candlelit glow, and don't forget to add removable seasonal lighting in the form of fairy lights!

Rug life

Maybe that patterned carpet just isn't your thing, or you'd prefer something warmer underfoot than the laminate you've been allocated; but switching to a flooring of your choice in a rented property is often not that simple. Large or small rugs can transform a room, and are removable so you can switch them around. Look out for vegan-friendly, non-wool rugs from homeware shops, and choose colours that are complementary to your room scheme. If you have children, or are prone to tripping or slipping, use gripper tape to secure the rug without damaging the flooring underneath. ♥



The *myths* behind vegan fashion, *decoded*

Sascha Camilli delves behind the stereotypes of animal-free fashion: what's true and what's false?

Vegan living is finding its way into the mainstream, and more people than ever are aware of what it means to be vegan... When it comes to food. Other aspects of veganism are less prominent, even if the trends for vegan beauty, travel and fashion mean that more people are considering leaving animal ingredients out of their lifestyle altogether. New vegans often find themselves battling myths and stereotypes about living a life free from animal exploitation – and when it comes to fashion, there are a number of myths and misconceptions to clear up. From material matters (far from all vegan fashion is made of plastic or synthetics) to design (boho is great, but dressing vegan is more versatile than that), there are matters to be set straight when it comes to dressing without cruelty.

MYTH 1: VEGAN FASHION ISN'T STYLISH

Truth: The first and perhaps most common misconception is that those who buy vegan fashion do so because it's vegan, not because it looks good. The best example to prove

this wrong is one set by the queen of ethical fashion – Stella McCartney, who has

refused to work with fur and leather since the start of her prolific career. By creating the first vegan 'It Bag' – the Falabella – she proved that vegan fashion can be desirable for its style factor alone. One of the most-Google'd 'It Bags' ever, the Falabella has been seen on the arms of Charlize Theron, Jennifer Garner and Kate Hudson, to name a few.

More animal-free brands have followed Stella's stylish lead: London-based faux-fur brand Shrimps has become a London Fashion Week favourite using their colourful, high-quality faux furs to catapult vegan fashion onto the radar of the style set. Russian designer Vika Gazinskaya, known for her playful, feminine aesthetic, and edgy UK label Felder Felder are other examples of brands championing a fur-free and leather-free approach on international catwalks.

MYTH 2: VEGAN FASHION IS BAD FOR THE ENVIRONMENT

Truth: Certain fashion industry insiders like to point out that animal-derived materials are more 'natural' than vegan fabrics. This is a double error: firstly, vegan isn't synonymous with synthetic (see right), and secondly, animal skins are far from being natural. They are only natural while still worn by their original owner, and as soon as the animal is killed, a very unnatural process

begins: in order to keep leather and fur from biodegrading in the wearer's wardrobe, the industry treats pelts with harsh

chemicals, which harms the environment, threatens workers and can even be harmful to the health of those who wear it. The 2017 Pulse of Fashion Industry Report found cow leather to be the most polluting fabric in the industry, closely followed by silk, with wool in fourth place. We know of the awful effects of plastic on the planet – and the report did feature acrylic, nylon and polyester, but cow leather and other animal-derived fabrics place much higher due to the environmental cost of raising animals for human use.



MYTH 3: VEGAN FASHION IS SYNTHETIC AND MADE FROM PLASTIC

Truth: We used to have to face the unpleasant choice of either wearing the skins of dead animals, or having to drape ourselves in planet-destroying plastic. This is no longer the case: today's vegan leathers are made from natural, sustainable and sometimes renewable and biodegradable materials such as apples, pineapples, mushrooms and cork. You might often have heard people claim that leather is a meat by-product, which is often false because skins can account for up to 50% of an animal's economic value, so leather is a lucrative industry on its own. But Piñatex, a leather-like material made from pineapple leaf fibres, is an actual by-product, as pineapple leaves are a waste product in the pineapple industry. Brands like Hugo Boss, Trussardi and H&M have used Piñatex in their ranges, making it the vegan leather replacement that is leading the way towards the mainstream.

Another fabric making waves is apple leather, which is made from apple pulp, seeds, cores and other waste products from the apple juicing industry. It's used by brands like ByBlanch and Alexandra K to create accessories. And leather isn't the only area of progress – Italian brand Orange Fiber have



A pink lace dress with short sleeves and a full skirt is hanging on a white clothesline. The clothesline is set up in a lush green forest with many trees and ferns in the background. The dress is hanging from a silver metal rod.

created a silk-like fabric made from orange peel (once again, a true by-product).

MYTH 4:

VEGAN FASHION IS LIMITED TO EARTHY-LOOKING BOHO

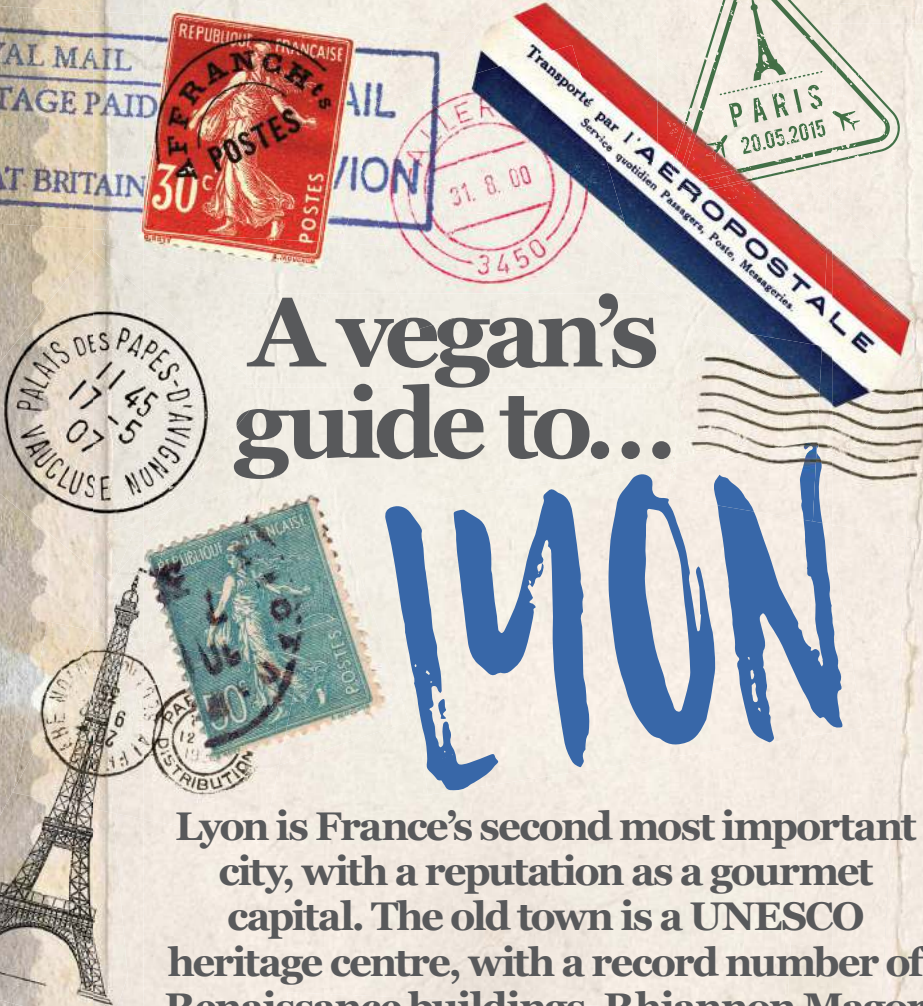
Truth: Gone are the days when vegan fashion was limited to a canvas tote bag, a pair of Birkenstocks and some sticky, shiny 'pleather'. Today's vegan fashion is worthy of ending up on the pages of *Vogue* (and it has, on many occasions). Aside from Stella McCartney and her cult Falabella bag and Elyse shoes, other designers slaying it in the style stakes include Matt and Nat, whose sleek designs and muted colour palettes have won them fans all over the world; handbag brand JW Pei, famous for making Instagram-worthy arm candy; and sister-designer duo Delicate Rayne, whose edgy, current collection is as catwalk-worthy as its leather counterparts, if not more so.

MYTH 5:

VEGAN FASHION IS ONLY WORN BY VEGANS

Truth: Just like plant-based food, vegan fashion isn't limited to vegans. In early 2018, fashion retailer Lyst's annual report found that 'vegan' was one of the most-searched words in fashion during the previous year, meaning without a doubt that mainstream shoppers were searching for vegan fashion. This year, Lyst reported that searches for the term 'vegan leather' had gone up by 119% since last October, while 'vegan fashion' had 9.3 million impressions. All this data shows that vegans, who still make up a relatively small proportion of the population, are not solely responsible for the rise in vegan fashion. It's great news that mainstream fashion lovers are interested in vegan style – dressing animal-free might be the catalyst they need to take the step towards a fully vegan life. ♡





A vegan's guide to...

LYON

Lyon is France's second most important city, with a reputation as a gourmet capital. The old town is a UNESCO heritage centre, with a record number of Renaissance buildings. Rhiannon Magor discovers how vegan it is...



Where to eat

French cuisine is known as being focussed around animal products. While it may be hard to find vegan food in smaller towns or cities, Lyon is more vegan-friendly. There are a small number of vegetarian and vegan restaurants, plus others who sell themselves as plant-based and the bulk of the menu is vegan. Especially during the day, many 'ordinary' cafés and restaurants offer vegan courses. As a traditional French city, eating times follow national norms, so do check opening/serving times and make reservations. Check vegoresto.fr (also on Facebook and Twitter), enter Lyon as a city and check the map for options, but here are a few of the best eateries offering vegan food:

Gaia (vegan)

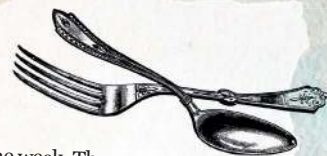
Gaia is an eco-friendly café and coffee house located in Croix-Rousse. Although there are usually enough seats for cake and a drink, they ask guests to reserve for lunch. They also prefer diners to order the dish of the day to reduce waste. Vegan burgers, salads and other changing lunches are available on weekdays, with brunch at the weekends. They offer returnable containers for guests to take home leftovers. They also sell handmade bags for take-away pastries and cakes. Open: Sat and Mon-Weds 10am-6pm, Sun 10am-5pm (closed Thu-Fri), 5 rue des Nuits, gaia-coffeehouse.com

Like An Elephant (vegan)

A small vegan restaurant close to Metro Croix-Rousse. Reservations are necessary at weekends, and recommended in the week. The portion sizes are large by French standards, in all courses. The menu changes, but mains usually include a burger with potatoes and salad plus seitan or tofu-based dishes. The vegan cheese board was very tasty, and we especially enjoyed the chocolate mousse dessert. They also serve a range of vegan beers from small French breweries. Open: Tues 7pm-10:30pm, Wed-Sat 12-2pm, 7pm-10:30pm, Sun 12-3 (Monday closed), 11 Montée Saint Sébastien, vegoresto.fr/lyon-69001/like-an-elephant/

Against The Grain (vegan)

This is a small no-frills vegan tea room and canteen located a few streets east of the Rhone. Everything is organic and prepared daily, with low-cost simple meals served until 2:30pm or when the food runs out. There is a definite 12:30 lunch rush and most tables are reserved in advance, but it is possible to eat outside or to take the food away. The exact menu changes daily, but typically includes soup for as little as €4.50/8, wrap plus salad for €7 or a vegan plate. Open: Tue-Sat 11:30am - 6pm (closed Sun-Mon), 135 rue Sébastien Gryphe, [facebook.com/atgvegan/](https://www.facebook.com/atgvegan/)





Au Bonheur des Chats (vegan)

For the human visitors, Lyon's oldest established cat café is 100% vegan. Drinks and cakes are always available, but the other menu items depend on the day and time of visiting. On Saturdays and Sundays they serve a set brunch, while on weekdays they offer a Buddha Bowl or vegan Croque Monsieur. A small breakfast menu is available from Tuesdays to Thursdays. The cats come through the local organisation Ron'Rhône and are available for adoption. Reservations are possible from 1:30pm onwards, but if customers do not arrive on time the spot will be given away. On arrival expect to disinfect hands before being allowed to touch the cats. Open Mon 3pm-7pm, Tue-Fri 9am-7pm, Sat-Sun 11:30am-6:30pm, 20 Rue Salomon Reinach, au-bonheurdeschats.fr

Culina Hortus (vegetarian, vegan options available)

Culina Hortus is an award-winning fine dining vegetarian restaurant close to Hôtel de Ville Louis Pradel. Reservation in advance is required, so I was unfortunately not able to get to eat here. All courses are vegetarian, but vegan is possible if you inform them in advance at the time of booking. From January 2020, their evening meal menu will increase to €58 for canapés, two starters, two courses, two desserts and sweets. The lunch menus are slightly cheaper and each changes regularly. Open: Wed-Sun 12noon-3pm, 7pm-11pm (closed Mon-Tues), 38 rue de l'arbre sec, culinahortus.com

L'Estando du Marche (mainly vegan, some animal-based extras)

Located close to Metro Foch, just a short walk to the Botanical Gardens, L'Estando du Marche offers organic meals and juices inspired by London and Australia. Their products are seasonal and freshly prepared. Predominantly vegan, they do also serve some locally sourced cheese and there can be fresh fish on the menu. Their lunch menu includes a 'Vegan Plate' (mixed vegetable and rice), bagels, soups and salad. There is a range of gluten-free and vegan cookies. Their real speciality is

the freshly prepared juices, a mix of fruit, vegetables and superfoods aiming to provide quality minerals, vitamins and nutrients. There is one for detox, another for recharging your batteries and the 'L'Antioxydante' especially offered to alleviate stress. Everything is available to eat in or to take away, and can also be ordered via Deliveroo. Open: Mon-Fri 9am-3pm, 4 rue Pierre Corneille, estancodumarche.fr

Fruta Madre (vegan)

Fruta Madre is a catering service and deli-style café in Croix-Rousse offering lunches to eat in or take away. You pick a selection of their pre-prepared vegan dishes to create your own meal. The dishes are a mix of seasonal vegetables, beans and other legumes, plus soup, vegan cheeses, juices, desserts, houmous and tortillas. Most food is taken away and there's a discount for bringing your own container. Open Tues-Fri 11am-3pm, 5pm-7pm, Sat 10am-6pm (Sun-Mon closed), 10 Rue d'Austerlitz, fruta-madre.business.site

Laska (vegetarian, vegan options available)

Laska is a small vegetarian restaurant offering fine dining. All their foods are home-made and organic, and there is always at least one vegan option. I visited in the evening, when they offer entrée plus main course for €29 or three courses for €31. At the time

I visited the vegan entrée was chopped butternut squash in purified squash and tomato sauce with horseradish aioli, and the main a beetroot crusted loaf served with mushrooms gravy, shredded cabbage, hazelnuts and sesame purée. They only have a few tables, so a reservation is required. The lunch menu starts from €13.50 and changes daily, while the evening menu is available from 7pm and is updated every 3 weeks. Open: Mon to Fri 12noon-9pm, Sat 4pm-10pm (Sunday closed), 13 rue Terraille, laska-lyon.fr

My Petite Factory (mainly vegan)

This is a coffee shop and organic café on Rue Neuve. They open at 10, but during the week warm food and fresh drinks are available from midday. The majority of meals are vegan, though they do also offer their bagels and bowls with organic locally sourced chicken as an extra. They serve a mix of vegan and non-vegan cakes but as much as possible is lactose and gluten-free. The ingredients can change, but their speciality is the Buddha Bowl. There is a second branch at 26 Rue de la Thibaudière and food from both is available for delivery by Uber Eats. Open: Mon, Weds, Thurs 10am-6pm, Tues 11am-4pm, Fri-Sat 10am-7pm (closed Sunday), 17 Rue Neuve, mypetitefactory.com



Top five places to visit

1 Take the funicular up to the Basilica and Museums at Fouvière

Looking down from a hilltop above the city, the 'Basilique Notre Dame de Fouvière' is visible almost everywhere in the city. Built at the end of the 19th century, the Basilica is home to a religious art museum, but the area around it also offers views across the city. Also in Fouvière you'll find the Museum of Gallo-Roman Civilisation, built into the hillside next to the Roman amphitheatre. The easiest way to reach the hilltop is the funicular railway, via Line 2 from Saint-Jean. No special ticket needed as this forms part of the public transport network. fourviere.org

2 Join a walking tour of Old Lyon

A number of companies offer English-language walking tours of Lyon and one of the best is through Free Tour Lyon, who offer a tour of Old Lyon. Lyon contains the world's largest concentration of renaissance buildings, plus some Roman ruins, alongside modern graffiti-style street art. A reservation is required via the website in advance. The tour is free, but the guide expects a tip. freetourlyon.com

3 Visit Parc de Tête d'Or

Located in the 6th Arrondissement, this large urban park is popular with both tourists and locals. The name comes from a legend of a golden statue of Christ's head being buried in the area. The main park contains a boating lake, boules

court, horse-riding and a war memorial on an island. Covering 290 acres, the park also contains Lyon's botanical gardens. Entry is free of charge. lyon.fr/lieu/parcs/parc-de-la-tete-dor

4 La Croix-Rousse

La Croix-Rousse is a hill and neighbourhood in the northern part of the city. There are several cultural spots on the hill, including art galleries and wine bars, along with many restaurants including Gaia, Like an Elephant, Fruta Madre, and only a short walk to Laska. Another vegan restaurant, Toutes les Couleurs, is located on the walk down from the top of the Croix-Rousse hill to Old Town. Various points on the hill offer spectacular views over the rest of the city. **Toutes les Couleurs, 26 rue Imbert-Colomès, touteslescouleurs.fr**

5 Confluence

Confluence is a former industrial area, where the Rhône and Saône rivers meet, giving it the distinctive name. This revitalised area is where conference visitors may find themselves staying. The best known building is the Musée des Confluences, home to a science centre, anthropology museum and other exhibitions. There's also parkland and a shopping mall (Confluences). **Musée des Confluences, 86 quai Perrache. Mall, 112 cours Charlemagne, confluence.fr/centre**



Where to stay

Hôtel Des Artistes – A small 3-star hotel located in the centre of Lyon. Pets are allowed, a breakfast buffet is available and parking can be arranged at extra cost. If advised in advance, the hotel can arrange vegan items including plant-based milk at breakfast, but this is not something they guarantee. 8 Rue Gaspard Andre, Hotel-des-artistes.fr

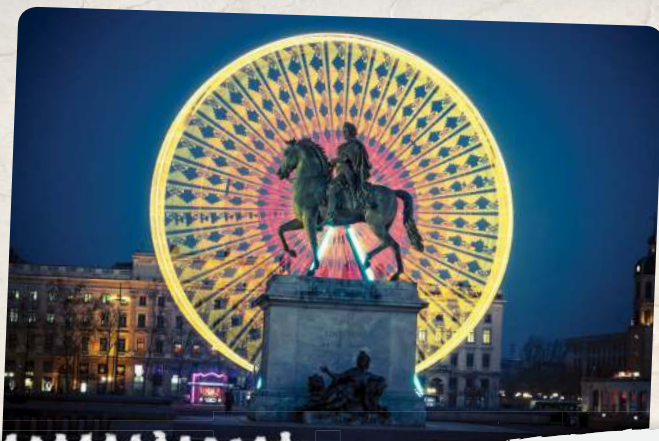
Staycity ApartHotel – There are several ApartHotels where you can do your own cooking. Staycity have 143 apartments with their own kitchens on Rue Garibaldi, close to station Jean Mace. Rue Garibaldi, staycity.com/lyon/ruegaribaldi

Getting there and getting around

There are flights from Belfast, Birmingham, Bristol, Dublin, Edinburgh, London, Manchester and Southampton to Lyon Saint-Exupéry.

At the time of writing, Lyon's public transport site was unfortunately not compatible with Google Maps. Public transport information is available in English, with a journey planner on the city's public transport site. The city and outskirts have an extensive network of metros and buses. For buses out of town, check timetables in advance. tcl.fr/en

Those not wishing to use transport can download an app to rent a city-bike. Bikes are available 24/7, providing one is nearby. Bikes are through Vélo V and can be picked up from, and returned to, 340 spots in the city. Bikes: velov.grandlyon.com ♥



RHIANNON MAGOR

Rhiannon has lived in Amsterdam for almost 12 years. When she's not chilling out or thinking

about food, you can find her at the climbing gym or experimenting with unusual types of yoga. She frequently posts about vegan Amsterdam on her blog amsterdamschat.com



VeganFood & LIVING Next issue

THE ITALIAN ISSUE

Pizza, pasta, risotto... The delicious dishes we have to thank the Italians for are endless – now you can create vegan versions of all your favourites

CHANGE THE WORLD

Eva Killeen explores the concept of how what we decide to put on our plates can help to save the planet



ECO-FRIENDLY HOMES

We share some top tips for making sure your home is as kind to the environment as your diet is

ON SALE
19 FEB

PHOTO BY KRISTINA IJG FROM VIBRANT PLATE
(WWW.VIBRANTPLATE.COM)
*CONTENTS SUBJECT TO CHANGE.

How to be a vegan gardener

Viva!s Dr Justine Butler reveals the secrets to being animal-friendly in the garden



chemicals and sprays, livestock manures and animal remains from slaughter houses. Fertility is maintained by vegetable compost, green manures, crop rotation, mulches and any other method that is sustainable, ecologically viable and not dependent upon animal exploitation. This will ensure long term fertility, and wholesome food for this and future generations”.

Improving soil quality

There are several ways to improve the soil in your garden or allotment that avoid using animal products. You can make your own compost by collecting uncooked food waste (fruit and vegetable peel etc) in a compost bin in the garden. Over time, depending on the weather and temperature, you will have lovely, crumbly, nutrient-rich soil. A bonus is that you may get some self-seeding surprises – I had five squashes this year!

You can improve the soil quality by growing green manure plants. They absorb nutrients that would otherwise be lost through leaching, then return them to the soil when they are dug in. It takes just a few weeks and plants such as clover can add nitrogen. It's easy, you sow fast-growing, nitrogen-fixing plants, let them grow, then dig them back into the soil to enrich it. This improves soil fertility, adds nitrogen, improves soil structure, gives better drainage or water retention, suppresses weeds and attracts beneficial insects.

Liquid feed for seedlings can be made from comfrey and nettle leaves. Fill a container with cuttings of comfrey and/or nettles, cover with water and leave for 2-4 weeks. The resulting rich dark liquid is packed with nutrients and

As a vegan, you avoid using animal products or exploiting animals in all areas of life – food, clothes, cosmetics, household goods, entertainment. So what should be different about the garden? Vegan or ‘stockfree’ gardening avoids animal manure, fertilisers made with blood and bone meal, slaughterhouse waste and fish remains. It's a safer, healthier and more sustainable way to grow food. You don't need animal

manure to grow fruit, vegetables and crops and a number of organisations have been proving it for years. The

Vegan Organic Network is one of them and encourage gardeners and commercial growers to go stockfree. They say: “Vegan-organics is any system of cultivation that avoids artificial



serves as an excellent liquid feed. You can use spirulina or kelp meal to increase the iodine content of their veggies – an important mineral often found lacking in UK diets.

Comfrey leaves can be used as a mulch under tomatoes, cucumbers and fruit trees for the slow release of nutrients. Covering the earth around plants with a thick hay mulch also feeds the soil with organic matter as it breaks down, suppresses weeds and encourages worms. It's best done in winter.

Vermiculture is when you use worm castings to improve soil quality. You can help re-establish worm populations in your garden by providing the right habitat to attract them. Worms love cool, dark and damp environments, like in a large compost bin or under a thick layer of hay mulch. Worm castings provide a rich source of organic matter packed with nutrients. As well as aerating the soil and incorporating dead plant matter into it, worms also improve soil structure, which can improve resistance to erosion. It's a win-win situation, you provide the right habitat, they help improve soil structure and fertility.

Stockfree organic

Iain Tolhurst has been growing organic vegetables for more than 40 years and is considered a pioneer of the UK organic movement. His farm in south Oxfordshire was the first to attain the Stockfree Organic symbol in 2004. There have been no grazing animals and no animal inputs on the farm for over 25 years. He says: "We see a big future in stockfree organic systems as they use considerably less land than livestock dependent systems, have a much lower carbon footprint and lower energy requirements. We are pleased to have been at the forefront of developing this important food growing system."

Still, the idea that animal manure is essential to crop production persists. With animals there are many additional costs, such as fences, buildings, water supply, plus all the bureaucracy and vets bills. You simply don't get something for nothing! Animals use energy, they produce methane and lots of waste and if they need additional feed, such as soya, grains or other crops, it defeats the whole object of keeping them for their manure to help grow crops. Farmers are realising



there's a lot to be gained by going stockfree!

Then there's that old chestnut – what about land where you can't grow crops? Trees can be planted on poorer soils to provide fruit, nuts and timber and enhance the landscape. Trees also provide a valuable service by locking up carbon they remove from the atmosphere during photosynthesis. Forests store more carbon than any other type of plant ecosystem, either above or below ground.

Storing up carbon

Soil organic carbon is the carbon stored below ground in plant and animal materials at various stages of decay. An estimated 10 billion tonnes of carbon are stored in UK soils, 50 times the carbon stored in UK vegetation, other than trees. The UK's Committee on Climate Change says that due to losses of soil organic carbon from intensive farming, around 12 million tonnes of the potent greenhouse gas CO₂ is emitted to the atmosphere each year from UK soils. We need more trees!

There has to be a massive reduction in livestock farming, not just for environmental reasons, but also to feed the growing global population. The argument that we need animal manure for crops just doesn't stack up. Stockfree farming uses less land, less water, has a much lower carbon footprint and lower energy requirements than livestock farming. In warmer countries, it offers increased resilience against drought – a problem that



Garden

is only going to get worse in the current climate emergency. In short, it's a no-brainer, stockfree 'veganic' farming is the future and you can start in your back garden today! Give it a try. ♥



Viva!

Viva!Health is a part of the vegan charity Viva!. We monitor scientific research linking diet to health and

provide accurate information on which you can make informed choices about the food you eat. www.vivahealth.org.uk

My vegan life Francisco Allendes

Combining travelling for work as a DJ and living in Ibiza has provided plenty of challenges for Francisco...

I'd been vegetarian for about 15 years when I decided to become vegan. In the first instance my main concern was animal suffering in the meat industry – I'd seen videos about it in my home country of Chile, but what I hadn't realised was that dairy and eggs were causing just as much suffering. Back then, being vegetarian was rare in Chile and my family and friends thought I was weird. When I moved to Europe I thought it would be more common, but it actually wasn't. As time has gone on this has thankfully changed. Along the way I learnt the benefits

for health and the environment, and all this contributed to my decision to go vegan.

Vegan on the road

The hardest part of veganism for me is to find food when I'm really hungry and on the road. Normally there aren't many vegan options in petrol stations, airports, planes or trains and, depending on the city, some people think you are strange when you ask for vegan options. But it's something I control by bringing food with me. I usually travel only with hand luggage and so I bring protein powders with me (soy or pea). As I do a lot of sports I need to have around 120-150 grams of protein every day, so I also carry peanuts, edamame beans, Huel and sometimes seitan.

Before each gig I'll either have dinner at the hotel or in a restaurant with the crew. Usually there's a vegan option, even if it's salad, fries or houmous. Lately, some venues where I play have started to offer vegan options also – it's definitely getting easier as time passes. At home I always have several kilos of peanut butter in the cupboard – I got addicted to this very quickly and the first thing I do when I come back from a trip is eat a big spoon of it, usually with a banana. I also religiously eat soy yoghurts and there are several amazing vegan restaurants in Ibiza where I now live.

Improved health and fitness

Veganism has obviously made me more conscious of what I eat. When you get over worrying about things like where you will get your protein from, you actually appreciate your food more, and I am sure my nutrition now is better than ever. I measure almost all the food I eat throughout the day and am careful to not miss any nutrients, vitamins or

whatever is needed to live well.

I've noticed changes in my body and health – I am much slimmer now, I sleep better and even when I eat a lot I don't feel that heavy sensation you get after eating meat. Aside from that, the other amazing thing about veganism is the positive impact it has on our planet and the environment. Some people don't agree, but I believe we have a climate crisis that will change the world and the way we live on it. I feel very strongly that the meat and dairy industries cause so much pollution, waste so many resources, generate so much suffering, and I simply don't understand why when it's all for human taste. This is my

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way to fight against that, hoping also that my actions may inspire others to follow the same path. I began my full vegan journey around 7 months ago and already I have others asking me about it. I always explain my vision and a few of them are changing also – to me this lifestyle makes the most sense.

Take time to understand

My advice to anyone thinking about going vegan is to plan the transition carefully and be realistic. I would never advise anyone to have their last burger tonight and tomorrow wake up vegan. Take time to study and understand what it is you need to be healthy and start slowly removing animal products from your life. The big misconception is when people think that after cutting out meat and dairy they'll just end up eating lettuce and apples. If you research, you realise there are many options, and that way the transition is easier and more stable. It's important not to stress in the beginning – just be honest and consistent and you will get there. ♥



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