

The UK's best-selling vegan magazine

Vegan Food & LIVING

MARCH 2020

BEYOND YOUR PLATE

How to incorporate veganism into more areas of your life

THE ITALIAN ISSUE

Get creative with
vegan takes on pizza,
pasta and risotto

75

**PLANT-BASED
RECIPES**

How eco is faux fur?

5 ways

a vegan diet
can help save
the planet

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- ☒ Health benefits of **seeds**
- ☒ DIY **gut-healing** kvass
- ☒ Why do we need **minerals**?

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WITH BOLOGNESE!
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SUNDAY ROAST

Cook the ultimate family feast,
including Yorkshire puddings!

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friendly & live more sustainably

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Perfect pulses
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Welcome

Back in October we conducted The Big Vegan Survey 2019. The aim was to find out more about what the vegan community really thinks of the plant-based products that have been introduced over the last couple of years, what you'd still like to see more of, and whether

you actually would pick up vegan meat alternatives from the meat aisle as many supermarkets seem to be trying out, or if the mere thought turns your stomach. Over 8,000 people completed the survey, with some really interesting results, so thank you very much if you were one of those who stuck with us through all 40 questions. As part of that survey, we asked which cuisine you enjoyed cooking the most at home and the one that came out on top was Italian. We asked, you answered, and so here it is... The Italian Issue! From page 12 onwards, you can learn how to whip up creative vegan takes on classic Italian dishes, from hearty risotto to pesto cannelloni and the incredible cover star – pizza rolls filled with bolognese.

Also this issue, we celebrate World Book Day (5th March for anyone wondering), with the ProVeg team's pick of the tomes that made them first consider veganism – turn to page 28 to check them out. Veganuary also joins us on page 100 to share ideas for how to take your veganism to the next level. Hopefully some of you have joined us this month having successfully taken part in Veganuary 2020 and resolved not to look back. You've changed your eating habits, so now's the time to consider the next step of what you're wearing and even how you can help to spread the message in a positive way. We hope you're as inspired by their ideas as we are. Enjoy the issue and we'll see you next month!

The Vegan Food AND Living Team



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nutritious vegan living

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Vegan Food & 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.

Vegan Food & Living

Anthem Publishing Ltd, Suite 6,
Piccadilly House, London Road,
Bath BA1 6PL

Tel +44 (0) 1225 489985

PUBLISHER **Sally FitzGerald**
sally.fitzgerald@anthem.co.uk

ART EDITOR **Rob Eyres**
rob.eyres@anthem.co.uk

PRODUCTION EDITOR **Bob Wade**

EDITORIAL ASSISTANT **Amy Potter**
amy.potter@anthem.co.uk

ADVERTISING MANAGER **Dan Nicholson**
dan.nicholson@anthem.co.uk

SALES EXECUTIVE **Will Bayley**
will.bayley@anthem.co.uk

MARKETING EXECUTIVE **Cara Northcott**
cara.northcott@anthem.co.uk

DIGITAL EDITOR
Rachel Smith

rachel.smith@anthem.co.uk

LICENSING **Regina Erak**
regina.erak@globalworks.co.uk

CREATIVE DIRECTOR **Jenny Cook**

HEAD OF MARKETING & PRODUCTION
Verity Travers

MANAGING DIRECTOR **Simon Lewis**
CEO **Jon Bickley**

PRINT **William Gibbons & Sons Ltd**
Tel +44 (0) 1902 730011

DISTRIBUTION **Marketforce (UK) Ltd**,
5 Churchill Place, Canary Wharf, London E14
5HU Tel: +44 (0) 20 378 79001

SUBSCRIPTION ENQUIRIES

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International: +44 (0)1371 853 609

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What's *March* cooking?

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



VEGAN KIOSK OPENS AT CHELSEA FOOTBALL CLUB

Football fans can now enjoy a delicious range of vegan options on match day at Stamford Bridge. The plant-based menu was created in partnership with the club's official catering partners, Levy UK, and includes vegan doner kebabs, vegan pizzas, buffalo cauliflower wings, and falafel wraps. Levy UK has also pledged to deliver a 50% reduction in beef consumption as part of its four-year contract extension as Chelsea Football Club's official caterer, and is aiming to reduce food waste by 20% by the end of this year. The kiosk will also not offer single-use plastics and Blues fans are

encouraged to use the reusable cups provided by the club for drinks. For more info, visit www.chelseafc.com



PHOTO CREDIT: MARTINA DE SANTIS

THE HOTTEST PLACE IN TOWN

Picky Wops

Picky Wops are opening their first permanent location on London's Brick Lane. After being a regular feature at street markets all over London, they are now getting their first solo location where diners can sit and enjoy their tasty meals. Picky

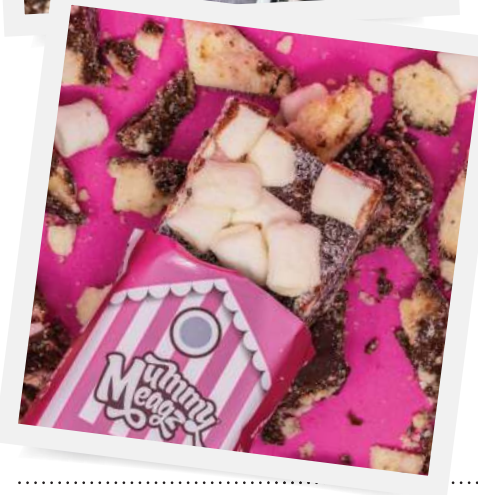
Wops are known for their doughs, which are fully customisable and their pizzas can be served with a range of vegan toppings. Alongside pizza, you can also dine on pasta dishes, garlic bread, dough balls and loaded fries that are all 100% vegan.

For more info, visit www.pickywops.com



Brand new brie-like cheese

The Camelia 'cheese' (£8.95) has a soft and creamy texture and is made from just four ingredients. It is a unique brie-style vegan cheese made from cashews and macadamia nuts, water and a splash of salt. This cheese provides bursts of comforting cheesy flavours with sweet, juicy and savoury tones and to top it off, it is 100% plant-based, organic and contains no additives or preservatives. For more info, visit abelandcole.co.uk



Vegan Rocky Road bars are now available at Holland & Barrett

Vegan Rocky Road bars from plant-based chocolatier Mummy Meagz will now be available to buy from 567 Holland & Barrett stores. The two delicious flavours are Original (£1.49), a classic chocolate rocky road bar complete with soft marshmallows, and Sea Salt & Honeycomb (£1.49), which is like a rocky road but with a sprinkle of salt and honeycomb. Each bar is handmade with no nuts, eggs, dairy or gluten, coming one step closer to fulfilling Mummy Meagz' mission of making luxurious treats everyone can enjoy. For more info, visit mummymeagz.com



CHOCOCO'S EASTER EGGS COLLECTION FEATURES VEGAN OPTIONS!

The award-winning artisan chocolatier Chococo's new collection of handmade Easter eggs includes some delicious vegan options. The Dark Chocolate Agave Honeycomb Studded Egg (£12.50) is made from 67% Madagascar-origin dark chocolate, with red berry fruit notes and large chunks of honeycomb. The 85% Madagascar Mega Dark Low Sugar Egg (£18.50) is made with 85% cocoa solids dark chocolate and has a deep rich berry flavour with hints of honey (but no actual honey). The 100% Madagascar Totally Dark No Sugar Egg (£18.50) has a mellow, fruity flavour and inside are some mini eggs. Inside the Vegan Cashew Mile Egg (£18.50) nestles four vegan 'milk' chocolate gems. The Vegan Dark Chocolate (£8.50) and Vegan 'Cashew Mile' Chocolate (£10.00) Easter Bunnies are hand decorated and perfect to hide around the house on Easter Sunday morning for an Easter hunt. Visit www.chococo.co.uk for more chocolatey information.



Marks & Spencer launches vegan skincare line



M&S has unveiled its new affordable, vegan and cruelty-free skincare line called Pure. With prices ranging from £5 to £18, the line features 18 products including the Ultimate Cleanse Hot Cloth Cleanser (£12), Super Hydrate Eye Cream (£14), Super Hydrate Night Cream (£14) and the Natural Radiance Overnight Resurfacing Mask (£14). Pure is also suitable for anyone with sensitive skin, as all the formulas are made up

of at least 95% naturally derived ingredients and are free from artificial colours and fragrance. For more info, visit www.marksandspencer.com



Pressing » PAUSE «



SPRING CLEANSE YOUR WELLBEING

Hi everyone! Does anyone else feel like they come to life at the first sight of vibrant, golden daffodils springing-up from the ground? There's nothing quite like nature's spring canvas adorned with colour and new life, especially

after the colder winter months. The days are getting longer, it's almost safe to pack away the woolly scarves and everything glows in the warm light of the sun.

With this in mind, here are my top 3 'go-to' tips to spring cleanse your wellbeing (this is the perfect time to spruce-up your home, work space and daily routines).

- De-clutter. There is nothing better than having a good clear-out. Make way for the new and see how good it feels!

- Find an exercise you *love* (and stick to it). Maintaining regular exercise is so crucial for our wellbeing, but it can take time and a good dose of perseverance to keep it going. The trick is to start small and build it up. Practice makes perfect!

- Swap screen time for 'me time' – this is something I shall most definitely be implementing to enhance my life. Taking time for the things we enjoy is a form of self-love and that's what 2020 is all about for me!

A product I am absolutely *loving* right now in my smoothie bowls is Broma Foods Raw Cacao Chocolate Sauce with Orange and here's my **juicy, vitamin-packed recipe** to put a spring in your step!

3 tbsp Choccy Orange Sauce	a pinch of pink Himalayan salt
2 frozen bananas	1 tbsp goji berries
150g (1 cup) frozen cherries	240ml (1 cup) coconut water
2 satsumas	1 kiwi
a small handful of almonds	1 tsp chia seeds
50g (½ cup) gluten-free oats (toasted if possible)	ice

Blend all the ingredients until smooth and decorate with your favourite fruits!



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.



Lele's London vegan cake mix

The beloved London-based vegan café Lele's London is now selling easy-to-make cake mixes through Planet Organic. The first flavours to be released are Vanilla Cupcakes, Chocolate Banana Bread and Peanut Butter Brownies. Victoria Sponge Cake and Chocolate Cupcakes will be added towards the end of the year and each flavour is £3.99. All you have to do to enjoy delicious cakes is add water, oil and/or plant-based milk. Lele's is committed to being cruelty-free and environmentally sustainable, all mixes are vegan and distributed in recyclable packaging. Visit planetorganic.com



Club of the month BIRMINGHAM VEGANS

Number of members
8,145

Where to find us

Birmingham Vegans – our main Facebook group is www.facebook.com/groups/birminghamvegans

Who to contact

We also have a website (www.birminghamvegans.co.uk) and an email address for those without Facebook – vegansofbirmingham@gmail.com

What have you done?

The group has grown hugely since its creation in February 2014 to having over 8,000 members now. People use it to seek advice, give local business recommendations, share supermarket to restaurant finds and promoting local events. The Vegan Society is based in Birmingham, so we receive a number of media requests for vegan case studies. Our group helps people make

friends, brings activists together and sometimes even creates couples – we know quite a few pairs who met at Birmingham Vegans events!

What do you aim to do?

The group is used by both vegans and vegan-curious people – we welcome everyone who wants to find out more about plant-based food or vegan living. Our ethos is to promote veganism in a friendly, positive and non-judgmental way, helping to educate others on animal rights, nutrition and sustainability, while also providing strong role models.

When is your next meet up?

We hold monthly socials.

Why join us?

We are a group of fun, easy-going vegans from all sorts of backgrounds and walks of life. Come if you want to make friends, eat great plant-based food or simply to have a good time.

BIRMINGHAM VEGANS



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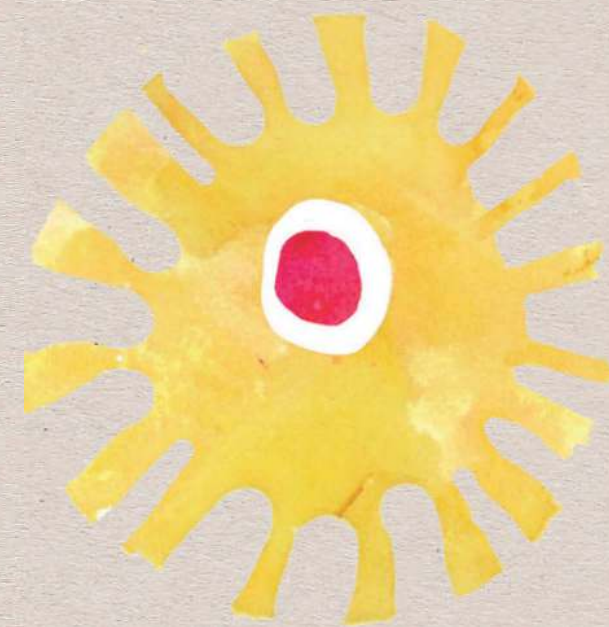


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Italian FOOD

Pasta, pizza, risotto, calzone, pesto, panini... no matter what you fancy there's an Italian word and recipe for it

Lentil bolognese with roast vegetable mash

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves 4 | Prep 30 mins | Cook 1 hr 30 mins |

Calories 595 (per serving)

FOR THE MASH

½ a large cauliflower,
chopped into florets

2 medium parsnips,
peeled, chopped into
small chunks

3 carrots, peeled, chopped
into small chunks

1 tbsp olive oil

a pinch of sea salt

black pepper

2 tbsp coconut yoghurt or
plant-based yoghurt

2 tbsp nutritional yeast

1 tbsp extra-virgin olive oil

1 tsp sea salt

1 tbsp wholegrain mustard
grated zest of ½ a lemon

black pepper

3 tbsp almond milk

FOR THE BOLOGNESE

1 large onion, chopped

2 tbsp extra-virgin olive oil

4 garlic cloves, sliced

½ tsp oregano

½ tsp caraway

½ tsp fennel seeds

2 tsp smoked paprika

4 organic tomatoes,
coarsely chopped

250g (1½ cups)
mushrooms, chopped

½ a courgette (zucchini),
finely diced

150g (⅔ cup) dark green/
puy lentils, rinsed

150g (⅔ cup) red

lentils, rinsed

1.5 litres (6 cups) water

1 tbsp bouillon stock

2 tbsp tomato purée

1 tsp sea salt

1-2 tbsp balsamic glaze

1 tbsp vegan

Worcestershire sauce

1 tsp tamari

finely grated zest of
½ an unwaxed lemon

a twist of black pepper

½ tsp mineral
salt (optional)

FOR THE TOPPING

cashew Parmesan

fresh basil

1 For the vegetable mash, preheat the oven to 180°C/Gas Mark 4. Add the veg to one large or two baking trays. Toss with olive oil and season well. Bake for 35-40 minutes until cooked.

2 Allow to cool a little, then add to a large bowl. Mash the veg roughly with a fork or masher; then add, along with the other mash ingredients, to a food processor. Blitz to a chunky mash. Set aside.

3 For the bolognese, add the oil to a large pan and heat to a low to medium heat. Add the onion and cook for about 8-10 minutes until soft and browning. Add in the garlic and stir for another few minutes, then add in the tomatoes, lentils, mushrooms, courgette, water, tomato purée and bouillon.

4 Bring to the boil, then turn the heat to low and simmer for 30 minutes. Add a little more water if needed.

5 Stir in all the remaining ingredients. Season. Serve with the mash and top with Parmesan and basil.

17.5g

Total fat

2.8g

Saturates

1.44g

Salt

18.6g

Sugar

30.2g

Protein





Barley asparagus risotto

By Kristina Jug from Vibrant Plate (www.vibrantplate.com)

Serves **3** | Prep **10 mins** | Cook **35 mins** |

Calories **286** (per serving)

200g (1 cup) pearl barley	75g (½ cup) peas (fresh or frozen)
1 onion	a pinch of salt
3 garlic cloves	a dash of black pepper
480ml (2 cups) vegetable stock	2 tsp vegan Parmesan
1 tbsp parsley	1 tsp vegan butter
1 bushel of asparagus	1 tbsp oil

- 1 Cut the tough stem off the asparagus, leaving the softer stem and the peaks. Cut the stem into chunks and set the peaks aside. Peel and finely dice the onion and garlic cloves. Finely chop the parsley. Wash the pearl barley under running water and drain.
- 2 In a pan or skillet heat a tbsp of oil, add the onions and stir-fry until translucent. Add the garlic, asparagus stems and chopped parsley. Lastly, add in the pearl barley and vegetable stock.
- 3 Bring to a boil, then reduce the heat and cook on low for about 20-25 minutes.
- 4 When the barley is almost cooked, add in the peas and asparagus peaks, season with salt and pepper and cook for an additional 5-10 minutes.
- 5 Once cooked, add in 1 tsp vegan butter and top with grated vegan Parmesan cheese (optional). Serve.

10g Total fat	2g Saturates	0.79g Salt	6g Sugar	7g Protein
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Squash and mushroom pearl barley risotto

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **2-4** | Prep **10 mins** | Cook **40 mins** |

Calories **675** (per serving)

2 onions, chopped	2 tbsp truffle olive oil
2 tbsp olive oil	sea salt
4 garlic cloves, minced	black pepper
300g (1½ cups) pearl barley	FOR THE TOPPINGS
1 litre (4 cups) veg stock (as much as needed)	150g (1½ cups) mushrooms, sliced
1 small squash, peeled, chopped into small cubes	1 tbsp olive oil
4 tbsp nutritional yeast	a pinch of sea salt
juice of ½ a lemon	4 tbsp hazelnuts, toasted
4 tbsp fresh thyme	fresh thyme
4 mushrooms of choice, broken up a bit	a drizzle of olive oil or more truffle oil

FOR THE RISOTTO

- 1 Add the oil to a frying pan on a low to medium heat, then add in the chopped onions. Fry for 8-10 minutes until soft.
- 2 Add the garlic and fry for a minute, then add in the squash and fry for 2-3 minutes.
- 3 Add in the pearl barley. Stir to combine thoroughly.
- 4 Add a ladle full of vegetable stock at a time until all the liquid is absorbed and the squash is soft and melting into the risotto.
- 5 Now add in the mushrooms, nutritional yeast, lemon juice and thyme. Stir to combine and heat until the mushrooms have softened.
- 6 Drizzle in the truffle oil and season with salt and pepper.
- 7 Turn off the heat and cover the pan with a lid while you make the mushroom topping.

FOR THE MUSHROOM TOPPING

- 8 Fry the mushrooms in the oil in a separate pan, then add in salt and pepper. Set aside.

TO FINISH

- 9 Top with the mushrooms, toasted hazelnuts, fresh thyme, a drizzle of olive oil and sea salt.

25.2g Total fat	3.4g Saturates	0.11g Salt	8.1g Sugar	21.6g Protein
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Green pesto pasta with pistachios

By Kristina Jug from Vibrant Plate (www.vibrantplate.com)

Serves 3 | Prep 5 mins | Cook 15 mins | Calories 559 (per serving)

120ml (½ cup) olive oil **1 tbsp vegan Parmesan**
75g (½ cup) pistachios, shelled, unsalted **a pinch of salt**
15g (½ cup) basil leaves **a dash of pepper**
15g (½ cup) baby spinach **200g (2 cups) wholewheat spaghetti**
1 tbsp vegan cream cheese

- 1 In a large pot, add water, season with salt and bring to a boil. Add the wholewheat spaghetti and cook al dente according to package instructions, about 10 minutes.
- 2 Prepare the pesto: To a food processor, add the olive oil, shelled and unsalted pistachios, basil, baby spinach, cream cheese and grated Parmesan. Blend until smooth. Season with salt and pepper to taste.
- 3 Drain the spaghetti, toss with the green pesto and serve.

48g Total fat
7g Saturates
0.17g Salt
2g Sugar
9g Protein

Creamy pesto cannelloni

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

Serves 6 | Prep 30 mins | Cook 1 hr 15 mins | Calories 788 (per serving)

FOR THE MINCE

1 onion, finely diced
2 garlic cloves, finely chopped
1 large carrot, finely diced
1 courgette (zucchini), finely diced
200g (2 cups) mushrooms, finely diced
500g (4 cups) vegan mince
1 tbsp tomato purée
150ml (⅔ cup) vegan red wine
2 x 400g tins (3½ cups) chopped tomatoes
8 tsp stock powder (such as Marigold) or 3 veg stock cubes dissolved in 60ml (¼ cup) boiling water – mix thoroughly
1 tbsp syrup (such as maple or agave) or sugar
salt and pepper, to taste

FOR THE PASTA

about 16 tubes dry cannelloni – or use lasagne sheets if you prefer (layer in the usual way)

FOR THE BÉCHAMEL SAUCE

(If you'd like to cheat at this stage then use about 500g (2 cups) vegan white sauce such as Tesco Free-from White Lasagne sauce, Sacla, Asda Free-from, Marks & Spencer Vegan Béchamel)

4 tbsp vegan spread
4 tbsp plain flour
500ml (2 cups) unsweetened soya milk
2 tsp Dijon or English mustard
½ tsp ground or freshly grated nutmeg
salt and pepper, to taste

1 tbsp nutritional yeast (optional)
about 190g (¾ cup) vegan pesto

FOR THE TOPPING

to add cheese (optional), choose your favourite melting variety, we used: 200g (1 cup) Sheese Greek Style, grated or sliced and 5 tbsp Angel Food Parmesan Alternative

- 1 For the mince, preheat the oven to 180°C/Gas Mark 4. In a large wok or saucepan, fry the onion in a little oil until lightly golden. Add the courgette, carrot and mushrooms and fry for a further 5 minutes, stirring frequently.
- 2 Add the garlic and mince, then fry for a further minute. Stir in the tomato purée, red wine, tinned tomatoes, syrup (or sugar) and stock. Bring to the boil, turn down the heat and simmer for around 20 minutes. Set aside and leave to cool slightly.
- 3 For the béchamel, using a medium saucepan, melt the spread on a low heat. Take the saucepan off the heat and stir in the flour until you have a paste. Return the pan to the heat, turn up to medium and very gradually add the soya milk, stirring continuously to avoid lumps.
- 4 Once the sauce has thickened, add the mustard, nutmeg and optional extras. Use a balloon whisk to get rid of lumps if necessary. Try the sauce and add salt to your taste. Stir through the pesto (bought or homemade). Set aside.
- 5 To assemble, using a baking dish (about 30x25x5cm (12x10x2in)), pour half of the béchamel and spread evenly across the bottom of the tray. Stuff the cannelloni with the mince mixture using a teaspoon and line them up over the béchamel layer until the tray is completely covered.
- 6 If you have any leftover mince, then add another layer over the cannelloni tubes. The rest you can freeze to make a spag bol. Pour the remaining béchamel over the top and spread evenly. Top off with the cheese of your choice. Cover the top of the dish in foil and place in the oven. Cook for 30 minutes, remove the foil and place back in the oven for another 15 minutes.
- 7 Serve with fresh basil, toasted pine nuts, garlic bread and salad.

18.6g Total fat
2.9g Saturates
0.62g Salt
8.7g Sugar
61.3g Protein





Italian wedding soup

By Candice Hutchings from The Edgy Veg (www.theedgyveg.com)
Serves **4-6** | Prep **10 mins** | Cook **4 hrs 20 mins** |
Calories **310** (per serving)

- | | |
|--|--|
| 2 litres (8 cups) water | 100g (3 cups), spinach, cut into strips |
| 4 no-chicken bouillon cubes (vegetable bouillon will also do) | 170g (1 cup) acini di pepe pasta, uncooked (gluten-free optional) |
| 1 small onion, diced | 4 vegan sausages, sliced or rolled into 2.5cm (1in) balls |
| 3 garlic cloves, minced | vegan Parmesan cheese or nutritional yeast, to garnish |
| 2 large carrots, diced | fresh parsley, to garnish |
| 2 celery stalks, diced | |
| 1½ tbsp Italian seasoning | |
| 2 bay leaves | |
| salt and pepper, to taste | |

- In a Crock-Pot Programmable Slow Cooker, add water, bouillon cubes, onion, garlic, carrots, celery, Italian seasoning and bay leaves, and program to high for 4 hours.
- Meanwhile, preheat the oven to 180°C/Gas Mark 4, and line a baking sheet with parchment paper or a silicone mat.
- Bake the vegan sausage 'meatballs' for 10 minutes on the lined baking sheet, until cooked through.
- Place the meatballs into the slow cooker.
- Add the pasta and spinach to the slow cooker, and cook, covered, 20 minutes prior to serving.
- After 20 minutes, serve the soup in bowls, garnished with freshly chopped parsley and Parmesan or nutritional yeast.

9.7g Total fat	2.1g Saturates	0.4g Salt	4g Sugar	19.6g Protein
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Pizzoccheri

By Candice Hutchings from The Edgy Veg (www.theedgyveg.com)
Serves **2-4** | Prep **15 mins** | Cook **22 mins** |
Calories **730** (per serving)

- | | |
|---|--|
| 450g (4 cups) pizzoccheri or buckwheat pasta (buy it dried or make it fresh, recipe below right) | 25g (¼ cup) vegan mozzarella, grated |
| 150g (1 cup) potatoes, peeled and cubed | 2-3 tbsp vegan Parmesan of choice, to taste |
| 450g (4 cups) savoy cabbage, freshly chopped | salt and pepper, to taste |
| 120g (½ cup) vegan butter or dairy-free margarine | FOR THE BUCKWHEAT PASTA |
| 2 garlic cloves, minced | 200g (2 cups) buckwheat flour |
| 60g (¼ cup) soft neutral vegan cheese of choice, cut into slices or cubes | 80g (⅓ cup) plain (all-purpose) flour |
| | 180ml (¾ cup) water |

- To make your own pasta, in a large bowl, whisk together the buckwheat and plain flours. Slowly add water, a little bit at a time, until a dough starts to come together. You may not need to use all the water. In the bowl, or on a flat, clean surface, knead the dough for about 15 minutes until it is smooth and elastic.
- Cover and let rest for 30 minutes. Cut the dough in half. On a clean, flat surface (the counter is fine), use a rolling pin to roll out the dough into thin sheets, less than 6mm (¼in) thick. Cut the dough into 2cm (¾in) wide strips, and stack on top of one another. Set aside.
- Once you've made the pasta, in boiling salted water, boil the potatoes for roughly 5 minutes.
- Add the cabbage to the pot with the potatoes, and cook for another 5 minutes.
- Add the pizzoccheri pasta to the pot with the veggies and cook for another 5 minutes, or until al dente. The pasta should still have some chew to it. No one likes soggy pasta.
- Meanwhile, in a second saucepan, heat the vegan butter over medium heat.
- Add the garlic and cook for 3-5 minutes until fragrant. Reduce the heat to keep warm.
- Using a slotted spoon or colander, remove the pasta and veggies from the cooking water and toss them into the pot with the melted butter and garlic.
- Fold in the soft cheese and the mozzarella-style cheese.
- Add more butter as needed to create a creamy sauce.
- Add the vegan Parmesan and lots of pepper, and again gently mix. Season with salt as required.
- Serve with a garnish of pepper and some more vegan Parmesan, if desired.

35.1g Total fat	8.2g Saturates	0.39g Salt	7.2g Sugar	19.8g Protein
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Carbonara

By Melissa Huggins from Vegan Huggs (veganhuggs.com)

Serves 4 | Prep 30 mins | Cook 25 mins | Calories 489 (per serving)

FOR THE 'BACON'

200g (1 cup) extra-firm
tofu, drained and pressed

2 tbsp olive oil

2 tbsp tamari, low sodium

1½ tbsp liquid smoke

2 tsp apple cider vinegar

1 tsp smoked paprika

1 tsp granulated garlic

FOR THE CARBONARA

350g (3½ cups) spaghetti

2 tbsp olive oil, divided

1 shallot, finely chopped

2 garlic cloves, minced

500ml (2 cups) soy milk

1½ tbsp lemon juice

1½ tsp apple cider vinegar

1½ tsp miso paste

3 tbsp nutritional yeast

1½ tsp liquid smoke

1½ tbsp cornflour

¾ tsp fresh ground pepper

¾ tsp black salt, divided

- For the 'bacon', in a large bowl, whisk the tamari, liquid smoke, paprika, vinegar and garlic together. Set aside.
- Cut the tofu into 6mm (¼in) cubes and add to the marinade. Gently toss to coat. Marinate for 10-15 minutes.
- Heat a large non-stick pan over medium heat. Add the oil and, when hot, add the tofu (not the marinade). Cook until browned and slightly crispy on all sides, stirring occasionally, about 7-9 minutes. Place in a bowl. Wipe out the pan.
- For the carbonara, in a large bowl, whisk the milk, cornflour, yeast, lemon, vinegar, miso, liquid smoke, pepper, ½ tsp black salt and 1 tbsp oil until smooth. Set aside.
- Cook the pasta in a large pot of salted boiling water until just shy of al dente (according to package instructions).
- Start the sauce with 5-6 minutes left on the pasta. Heat the same pan on medium heat. When hot, add the remaining oil and wait until it shimmers. Add the shallots and sauté until translucent, about 1-2 minutes. Add the garlic and sauté until fragrant and lightly golden, about 30-60 seconds. Whisk the sauce again and add to the pan. Cook until it thickens slightly, about 2-4 minutes. Taste for seasoning, add more if needed.
- When the pasta is done, reserve 120ml (½ cup) pasta water and drain. Add the pasta to the pan and stir to coat. Add 60ml (¼ cup) pasta water and cook down, about 1-2 minutes. Fold in the 'bacon' – reserve some for topping. Remove from heat, sprinkle the remaining black salt and stir gently to combine.

17g	2g	0.81g	3g	15g
Total fat	Saturates	Salt	Sugar	Protein

Easy pizza

By Melissa Huggins from Vegan Huggs (veganhuggs.com)

Serves 8 | Prep 40 mins | Cook 15 mins | Calories 189 (per serving)

FOR THE DOUGH

235ml (1 cup) warm water

1 pack of fast-acting yeast

250g (2 cups) plain (all-purpose) flour

2 tbsp olive oil, plus more for seasoning the crust

2 tbsp sugar, divided

1 tsp salt, plus more for the crust

½ tsp garlic powder

FOR THE TOPPINGS

120g (½ cup) marinara

sauce – more if preferred

homemade vegan mozzarella cheese, sliced (or store-bought cheese)

12g (½ cup) fresh basil, chopped

1½ tsp Italian

seasoning (optional)

- Preheat the oven to 260°C/Gas Mark 10 – yup, as hot as it goes.
- Stir the yeast and ½ tbsp sugar into warmed water until dissolved. Let it sit for 7-10 minutes, until foamy.
- In a large bowl, add the flour, garlic powder, salt and remaining sugar. Whisk to combine. Add the activated yeast to the bowl along with the olive oil. Mix until all ingredients are well combined and form a dough. If the dough is too sticky, add a couple tbsp flour.
- Form the dough into a ball and place back in the bowl (lightly dust the bowl with flour before placing the dough ball in). Completely cover the bowl with a damp napkin or hand towel for 30 minutes or until the dough doubles in size. You'll need a pizza pan or large cutting board ready to transfer the pizza into and out of the oven, but you won't be cooking on it. The pizza will be cooked on parchment paper only.
- Place a large piece of parchment paper over your work area (about the size of your pan). Dust the paper with flour so you can spread your dough easily. Cut the dough in half using a wet knife. This recipe makes two 25cm (10in) pizzas. I make one pizza at a time. While one is cooking, I'll prepare the other.
- Using your hands, spread dough across the parchment paper into a round pizza shape to your desired thickness. I spread the dough pretty thin because it rises while cooking. The edges should be slightly thicker to form a pillowed crust.
- To season your crust, lightly brush with olive oil and sprinkle with salt and Italian herbs.
- Using a spoon, spread the sauce evenly over the pizza and top with the mozzarella.
- Carefully slide the parchment paper onto your pan to transfer to the oven. Now slide the parchment paper back off your pan and directly onto the middle oven rack.
- Bake for 10-15 minutes, until the crust is golden brown. The pizza cooks fast, so keep an eye on it.

3g	1g	0.35g	3g	3g
Total fat	Saturates	Salt	Sugar	Protein





Mushroom and pesto panini

Serves 2 | Prep 10 mins | Cook 15 mins | Calories 760 (per serving)

1½ tbsp vegan margarine **FOR THE PESTO**
200g (2 cups) button mushrooms, sliced **55g (½ cup) cashew nuts**
1 onion, sliced **35g (1 cup) fresh basil leaves**
a large handful of fresh flat-leaf parsley, chopped **2 garlic cloves, crushed**
1 vegan ciabatta loaf **4 tbsp olive or hemp oil**
olive oil, for brushing **salt and pepper**

- 1 To make the pesto, lightly toast the cashew nuts in a dry, heavy-based pan until they begin to brown.
- 2 Place the toasted cashews, basil, garlic, oil and salt and pepper into a food processor and pulse to a rough paste. Alternatively, finely chop the cashews and basil and use a pestle and mortar to grind the pesto ingredients to a paste.
- 3 Melt the margarine in a frying pan over low heat and fry the mushrooms, onion and chopped parsley for 5 minutes, or until the onion is soft. Season with salt and pepper.
- 4 Slice the ciabatta loaf lengthways and then slice each piece in half widthways. Lightly brush the outsides of the bread slices with olive oil.
- 5 Divide the pesto into four portions and spread onto the cut side of each bread slice. Divide the warm mushroom mixture between two bread slices, then sandwich with the other two slices.
- 6 Heat a dry griddle pan and then cook the sandwiches for 2-3 minutes on each side, pressing down firmly to flatten them and produce griddled stripes.

52.4g **8.2g** **0.58g** **8.6g** **16.2g**
 Total fat Saturates Salt Sugar Protein

Spinach ravioli

Serves 4 | Prep 45 mins plus chilling | Cook 10-15 mins |
 Calories 583 (per serving)

FOR THE PASTA **2 garlic cloves, finely chopped**
100g (3 cups) frozen chopped spinach, defrosted **100g (3 cups) frozen chopped spinach, defrosted**
3 tsp no-egg replacer **¼ tsp dried chilli flakes**
300g (2½ cups) pasta 00 grade flour, plus extra for dusting **salt and pepper (optional)**
salt (optional) **FOR THE PESTO**
2 tsp olive oil **60g (3 cups) rocket**
90ml (⅓ cup) water **10g (½ cup) fresh basil**
FOR THE FILLING **25g (¼ cup) almonds**
1 tbsp olive oil **90ml (⅓ cup) olive oil**
¼ of an onion, finely chopped **TO GARNISH**
250g (2½ cups) button mushrooms, finely chopped **¼ tsp dried chilli flakes**
4 tbsp shaved or grated vegan Parmesan (optional)

- 1 For the pasta, place the spinach in a sieve over a bowl, then press out the liquid with a spoon back. Reserve the liquid and leave to cool. Mix 3 tsp of the liquid with the egg replacer.
- 2 Add the pasta flour and salt, if using, to a bowl. Add the drained spinach, egg replacer and olive oil. Gradually mix in the water a spoonful at a time until the mixture comes together to form a smooth dough, adding more if needed.
- 3 Turn the dough out onto a lightly floured work surface, then knead for 5 minutes. As you knead, you will feel the dough change in texture and become silky and elastic. Wrap the dough in clingfilm and chill for 30 minutes or longer.
- 4 Meanwhile, make the filling. Heat the oil in a frying pan, add the onion and fry for 4 minutes, or until softened. Add the mushrooms and garlic and fry for 3-4 minutes, stirring until the mixture is dry. Press the water from the spinach, then stir into the mushrooms with the chilli, and salt and pepper.
- 5 Cut one quarter from the pasta dough, rewrap the rest and set aside. Sprinkle the work surface with flour; then roll out the dough as thinly as you can. It may help to rest a hand on the bottom of the dough as you press the rolling pin away from you. Keep turning and rolling so the dough doesn't stick.
- 6 Quickly roll out a second quarter of dough to the same size as the first. Brush one piece with water and dot half the filling over the dough, leaving spaces between to stamp out ravioli with a 6cm (2½in) cookie cutter. Lay the second dough piece on top and press around the edges of the filling areas with your fingertips. Cut out circles with the cutter; then seal the edges together with the tip of a small fork. Transfer to a baking sheet lined with non-stick baking paper; sprinkled with a little flour.
- 7 Repeat to make a second batch in the same way. Chill both batches for 30 minutes or longer.
- 8 Make the pesto by blending all the ingredients together.
- 9 Bring a pan of water to the boil and cook the ravioli for about 5 minutes. Drain, transfer to serving bowls, drizzle with pesto and scatter with chilli and Parmesan.

28.4g **3.7g** **0.29g** **2.5g** **16.2g**
 Total fat Saturates Salt Sugar Protein





Mushroom and spinach calzones

Makes 2 | Prep 20 mins | Cook 25 mins | Calories 994 (per serving)

FOR THE DOUGH

375g (3 cups) plain flour, plus extra for dusting
1 tsp salt
1 tbsp caster sugar
7g easy-blend dried yeast
2 tbsp olive oil
225ml (1 cup) warm water

FOR THE FILLING

2 tbsp olive oil
2 onions, sliced
3 garlic cloves, finely chopped

200g (2 cups) mixed mushrooms, chopped
2 tbsp pine nuts
2 tbsp vegan dry white wine
1 tbsp chopped fresh basil
175g (6 cups) fresh baby spinach leaves, shredded
salt and pepper
salad leaves and sliced tomatoes, to serve

- 1 Preheat the oven to 190°C/Gas Mark 5. Flour a large baking sheet.
- 2 For the filling, heat the oil in a large saucepan over a medium heat. Fry the onions, garlic and mushrooms until the onions are soft and translucent. Stir in the pine nuts and the wine and cook for 2 minutes. Stir in the basil and spinach and cook for 2 minutes until the spinach is just wilted. Season to taste.
- 3 For the dough, mix together the flour, salt, sugar and yeast in a large bowl. Stir in the oil and water. Turn the mixture onto a floured board and knead for 10 minutes until smooth. Roll the dough into two 26cm (10½in) circles.
- 4 Divide the filling between the dough circles, placing it on one half of the circle and leaving a margin of 4cm (1½in) around the edge. Fold the uncovered side of the dough over the filling and flatten the edges together; then use your fingers or a fork to fold and crimp the edges together.
- 5 Transfer the calzones to the prepared baking sheet and bake in the preheated oven for 15-20 minutes, or until beginning to brown. Serve with salad and tomatoes.

22.5g Total fat 2.8g Saturates 1.25g Salt 13.7g Sugar 29g Protein

Pizza rolls filled with bolognese

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

Makes 14-16 rolls | Prep 35 mins (plus proving) |

Cook 1 hour 40 mins | Calories 427 (per roll)

FOR THE DOUGH

600g (5 cups) plain flour, plus extra for dusting
1½ tsp salt
2¼ tsp active dry yeast
3 tbsp extra-virgin olive oil, plus extra for greasing
375-450ml (1½-2 cups) warm water

FOR THE BOLOGNESE

2 tbsp avocado oil
400g (6 cups) mushrooms, finely chopped
1 medium onion, grated
2 medium carrots, grated
4 garlic cloves, minced
1 tbsp tomato purée

1 tbsp tamari or soy sauce
1 tsp dried oregano
1 tsp dried basil
1 bay leaf
100ml (7 tbsp) vegan dry red wine
800g (4 cups) tinned chopped tomatoes
150g (1 cup) walnuts, pulsed until finely ground
2 tbsp nutritional yeast

TO ASSEMBLE

2 - 3 tbsp olive oil
225g (2 cups) vegan mozzarella, or other vegan grated cheese
1 handful of basil leaves

- 1 For the dough, stir together the flour, salt, and yeast in a bowl. Stir in the oil, then enough hot water to make a rough dough. Turn out onto a floured surface and shape into a ball. Knead until soft and elastic, about 10-12 minutes. Place in a clean, oiled bowl and cover with a damp tea towel. Let rise in a warm place until doubled in size, about 2 hours.
- 2 In the meantime, prepare the sauce. Heat the oil in a casserole dish. Add the mushrooms and a pinch of salt, sautéing for 7-8 minutes until they start to brown.
- 3 Stir in the onion, carrots, garlic, and a pinch of salt, sautéing until softened. Stir in the purée and cook until slightly darkened in colour. Reduce the heat to medium and stir in the tamari, herbs and bay, cooking for 30 seconds. Increase the heat to high and stir in the wine, letting the wine reduce.
- 4 Stir in the tomatoes, walnuts, and nutritional yeast. Bring to a steady simmer; then reduce to a gentle simmer until the sauce has thickened and dried out, about 30 minutes. Spoon the bolognese into a large roasting tin to cool.
- 5 After the dough has risen, turn it out and knock it down. Roll it out on a lightly floured surface into a large rectangle, approximately 45x30cm. Spoon a layer of the cooled bolognese all over the dough, spreading it out evenly.
- 6 To assemble: Roll up the dough like a sausage and cut across it into 14-16 slices. Arrange side-by-side in a 25-30cm round ovenproof dish. Brush with oil and cover with a damp tea towel. Leave to rise in a warm place, about 45-60 minutes.
- 7 Preheat the oven to 200°C/Gas Mark 6. Bake the rolls for 25-35 minutes until golden-brown. Turn the grill to high. Scatter the mozzarella over the rolls, and place under the grill until the cheese has melted. Serve warm with basil.

22.1g Total fat 7.3g Saturates 0.1g Salt 2.5g Sugar 9.1g Protein



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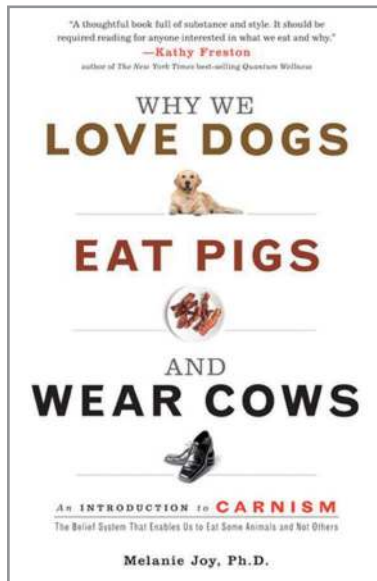
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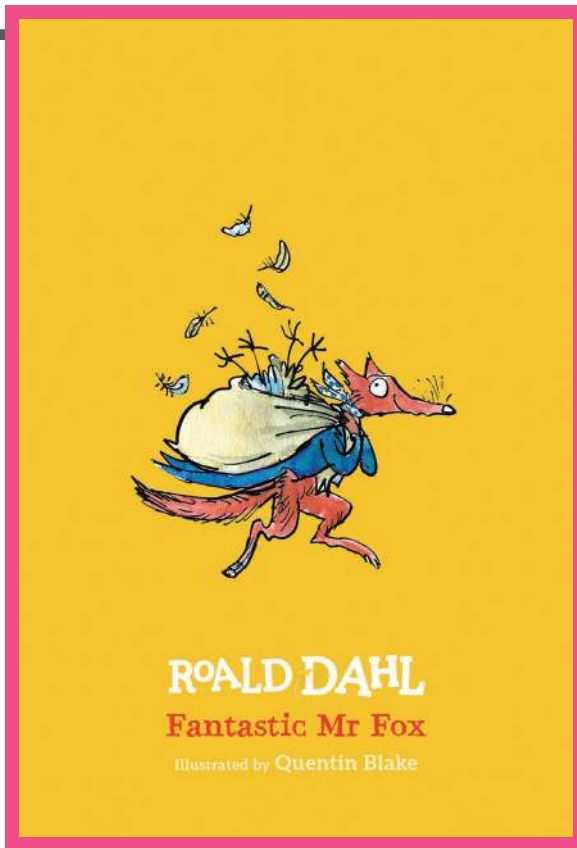
To celebrate World Book Day (5th March), the ProVeg team



Michael Webermann,
ProVeg US
Executive
Director

Why We Love Dogs, Eat Pigs, and Wear Cows by Dr. Melanie Joy

While I had already been vegan for five years when I read it, this book solidified for me that animal consumption and denigration was both an individual mindset and part of a larger system of oppression. It also gave me a roadmap to take strategic action to combat the tragedy of animal agriculture. Never before has a book given me such a logical and emotional foundation for an ethic, while also offering the tools to make progress.



**Sean Mackenney, Senior
Campaign Manager**

Fantastic Mr Fox by Roald Dahl

My journey to a plant-based diet began in infancy; surrounded by seven cats, as well as a mother

who routinely fed pigeons and foxes. It's no coincidence that one of my most formative childhood books was *Fantastic Mr. Fox*: a fox who does whatever it takes to provide for his family, including outfoxing three farmers intent on eradicating his community. As a child, I didn't realise the importance of the personification of animals, especially within the context of classism, but it reinforced my love for animals. Even for a child who ate meat, the seed of a plant-based future was sown.



Philip Mansbridge,
Executive Director,
ProVeg UK

Why Go Vegan by Animal Aid

I was vegetarian for a very long time and had started to eliminate milk from my diet, but I still ate eggs and cheese. I kind of knew that there must be cruelty involved in making these products but somehow I always managed to convince myself that this probably wasn't the case, and that these were just

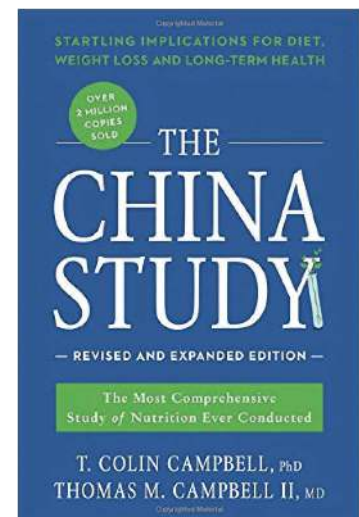


Adrian Schultze,
ProVeg
V-Label

The China

Study by T. Colin Campbell
and Thomas M. Campbell

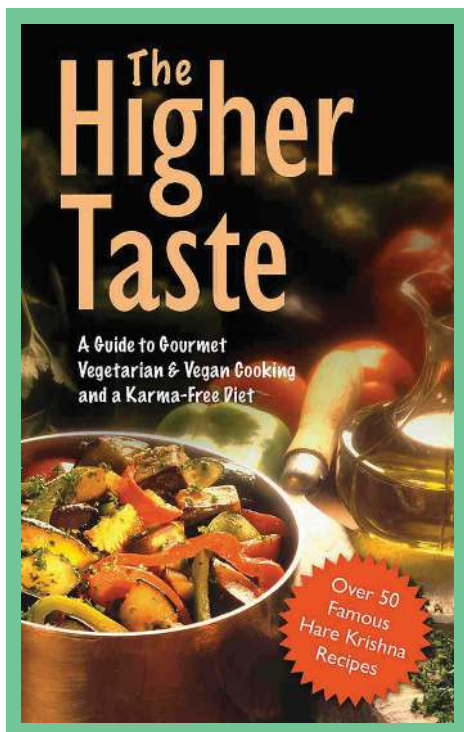
It started it all, because for the first time I became aware of the potential harming effects of animal foods, based not on anecdotes but on actual science. To think that so many detrimental effects to human health could be avoided by simply eating a plant-based diet was mind boggling to me and still is. That's when I decided to go straight to veganism, skipping vegetarianism entirely, which was the best decision of my life.



'by-products' from animals. I think I was avoiding finding out the facts, until one day I was manning a stand at a very early VegFest in Brighton. I picked up a little brochure from the Animal Aid stand. On the train home I read the brochure and instantly knew I couldn't hide from the facts anymore, I've always loved animals and what I read and saw could never be unseen. By the time I got off the train, I was vegan. Around eight years on, I've never looked back and I never will. My only frustration now is why it took me so long to make the change.

CHANGED IT ALL

share the books that influence them



Charlotte Baker,
Communications
Manager,
ProVeg UK
The Higher Taste
by A.C. Bhaktivedanta

Swami Prabhupada

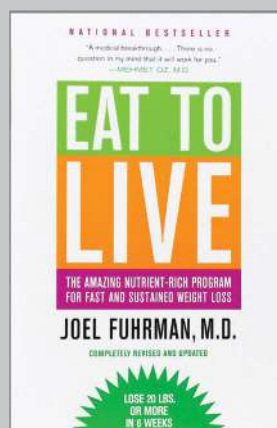
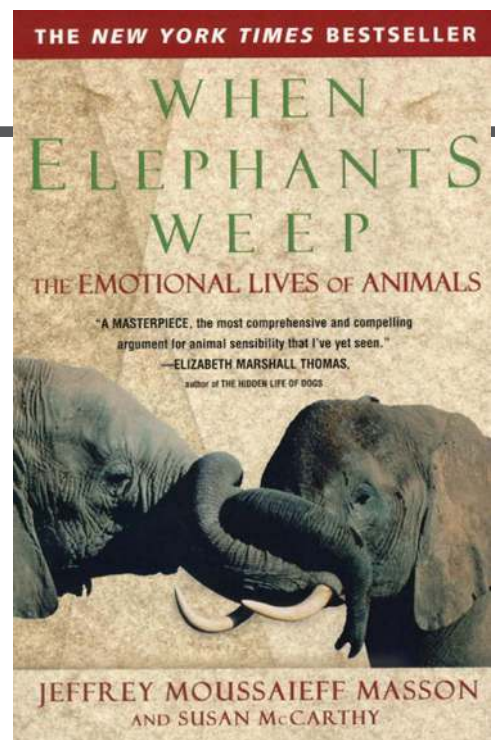
I gave up meat when I was 13, but I still ate fish, dairy and eggs. When I was 17, I was walking down the high street in Bromley and a Hare Krishna devotee handed me a copy of *The Higher Taste*. I took it and read it on the bus home and got to the part where they suggest proof of a soul could be found where there are enough shared attributes with beings you assume to have a soul. Although I feel a little differently about the idea of 'souls' now, this idea prompted me to give up fish and a few years later I gave up dairy and eggs as I discovered the astonishing cruelty inherent to both industries.

Karen Branagh,
International
Major Gift &
Development
Manager



When Elephants Weep by Jeffrey Moussaieff Masson

This book was pivotal for me. Although I was already a veggie, it cemented my love for animals and my commitment to protect them. Throughout history scientists have denied that animals feel emotion. This book proves them wrong. It shows, through real life, heart-breaking stories that animals feel just as we do. They exhibit the same emotions – fear, love, anger – but also more complex ones, such as guilt, shame and loathing.

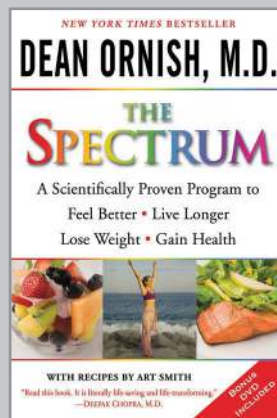


Karolina Kosno,
PR & Communication
Manager, ProVeg Poland
Spectrum by Dr Dean Ornish,
The China Study by T. Colin
Campbell, *Eat to Live* by Dr Fuhrman

As a student, I decided to take a closer look at my health, as my diet habits were not doing me any favours. I researched best-selling diet books and I was surprised to realise that none of them were meat-friendly! To my even bigger surprise, some were promoting plant-based diet as the most nutritional one or even having the potential to prevent and reverse many modern diseases. What's more, all of them were written by health professionals, evidence-based, supported with valid data, making their case incontrovertible. I still follow these three books to this day.

Dr Dean Ornish promotes whole food and a mostly plant-based diet programme, specialising in reversing cardiac diseases. As a physician consultant for President Bill Clinton, he got him in shape after cardiac bypass. His book *Spectrum* presents a range of healthy habits one can adopt, but instead of imposing any restriction, it appreciates every step is in a good direction.

Next, there's Dr Fuhrman with *Eat to Live* and his extraordinary approach to health defined as a direct result of the amount of nutrient intake. His Aggregate Nutrient Density Index (or ANDI) ranks food products according to their nutritional value per calories consumed. Kale, watercress, collard and mustard greens are at the very top, with animal derived product ranking low.



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fun meal of the day



Fully loaded breakfast bars

There are plenty of pre-made convenience breakfast bars, cookies and pastries on grocery store shelves these days, but if we look past the highfalutin health claims and go straight to the ingredient list, are they really doing us any favours? It's time to ditch the plastic packaging and make your own handy breakfast-to-go. These insanely delicious bars are loaded with whole-food fibre, protein, healthy fats, real fruit and even beans. Yes, it's true, and they still taste great! Perfect for kids, and for the kid in us all, so make a batch or a double batch, store them in the freezer, and have something to look forward to every single morning.

By Sarah Britton

Makes **10** large bars | Prep **20 mins** | Cook **15-18 mins** |

Calories **304** (per bar)

1 tbsp chia seeds	60ml (¼ cup) pure maple syrup
325g (3¼ cups) gluten-free rolled oats	finely grated zest of 1 organic orange
1 tsp baking powder	60ml (¼ cup) unsweetened apple sauce
1 tsp bicarbonate of soda	1 tsp vanilla extract
2 tsp ground cinnamon	70g (½ cup) chopped unsulfured dried apricots
1 tsp fine sea salt	30g (¼ cup) raisins
250g (1½ cups) cooked white beans, such as haricot, white kidney, or Great Northern (about one 425g tin)	35g (¼ cup) pumpkin seeds
60ml (¼ cup) coconut oil, melted	60g (2 cups) organic, non-GMO cornflakes (optional)

- 1 Preheat the oven to 180°C/Gas Mark 4. Line a baking sheet with baking parchment and set it aside.
- 2 Combine the chia seeds with 3 tbsp water in a small bowl, and set aside for 15 minutes to gel.
- 3 Pulse 125g (1¼ cups) of the oats in a food processor until they resemble a very rough flour. Transfer the flour to a large mixing bowl and whisk in the remaining 200g (2 cups) oats, baking powder, bicarbonate of soda, cinnamon and salt.
- 4 Pulse the beans with the coconut oil in the food processor until the mixture is creamy. Add the maple syrup, orange zest, chia gel, apple sauce and vanilla, and pulse until smooth.
- 5 Pour the bean purée over the oats mixture and stir until everything starts to come together. Add the apricots, raisins, pumpkin seeds and cornflakes and stir to combine – you may need to use your hands at this point.
- 6 Shape the dough into 10 equal balls, and then flatten each one into a patty shape. Transfer them to the prepared baking sheet. Bake for 15-18 minutes, until the bars are golden. Let cool completely before enjoying. The bars can be stored in an airtight container at room temperature for 1 week, or in the freezer for up to 1 month.

9.7g Total fat	5.5g Saturates	0.36g Salt	11g Sugar	8.5g Protein
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Chunky banana bread granola

To say I'm obsessed with banana bread is an understatement – it's my kryptonite. Trying to figure out a way to eat it more often, I came up with a banana bread granola that tastes just like my favourite comfort food. Not only does it have that rich banana flavour I dream about, but it's got a chunky quality to it that makes it perfect for snacking on right out of the jar. The secret is using the bananas as a binding agent, fusing all those tasty ingredients together into crunchy, golden love clusters.

By Sarah Britton

Serves **18** | Prep **10 mins** | Cook **30 mins** | Calories **272** (per serving)

80ml (⅓ cup) coconut oil
3 very ripe bananas
120ml (½ cup) pure maple syrup
300g (3 cups) gluten-free rolled oats
185g (1 cup) buckwheat groats
65g (1 ½ cups) large, unsweetened coconut flakes
70g (½ cup) sunflower seeds
2 tsp ground cinnamon
½ tsp fine sea salt
140g (1 cup) whole raw walnuts

- 1** Preheat the oven to 180°C/Gas Mark 4. Line a baking sheet with baking parchment.
- 2** Melt the coconut oil in a small pan over low-medium heat. Pour the oil into a food processor or blender; add the bananas and syrup, and blend.
- 3** In a large bowl, combine the oats, buckwheat, coconut flakes, sunflower seeds, cinnamon and salt. Roughly chop the walnuts and add them too. Pour the liquid mixture over the dry mixture and fold to coat; this mix will be rather wet.
- 4** Spread the mixture out in an even layer on the prepared baking sheet, and press it firmly with the back of a spatula to ensure that the mixture is compact. Bake the granola for 15-20 minutes, until the mix is beginning to brown.

- 5** Remove the baking sheet from the oven, and use a spatula to flip the granola over in large sections. Return it to the oven and flip it every 3-4 minutes, making smaller chunks each time, until golden, for about another 15 minutes (for a total of 30 minutes or so). The granola should be dry and crispy. Set the granola aside at room temperature to cool. Do not stir the granola until it is completely cool, as this helps it set into chunks.
- 6** Store in an airtight container at room temperature for up to 1 month.

14.6g
Total fat

6.4g
Saturates

0.06g
Salt

8.7g
Sugar

6.7g
Protein

Sunflower sesame seed brittle

When I was little, my mother and I used to make peanut brittle for special occasions. I remember melting the sugar in the pot and watching the temperature on the candy thermometer climb as the caramel bubbled away. I still love the idea of this treat, so years later I've figured out a way of making it much healthier, using sunflower and sesame seeds in place of peanuts, and brown rice syrup instead of processed sugar. It's still salty-sweet with an extreme crunch, but much less allergenic and easier on your blood sugar levels.

By Sarah Britton

Serves **6-8** | Prep **10 mins** | Cook **15-20 mins** |

Calories **351** (per serving)

175g (1¼ cups)
sunflower seeds

45g (½ cup) unsweetened
shredded coconut

35g (¼ cup) sesame seeds

1 tsp fine sea salt

75g (½ cup) dried
cranberries or raisins,
roughly chopped

1 tsp ground cinnamon

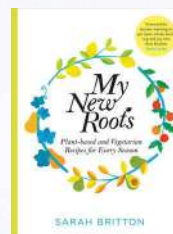
2 tbsp coconut oil

120ml (½ cup) brown rice
syrup or barley malt

- 1 Preheat the oven to 170°C/Gas Mark 3. Line a rimmed baking sheet with baking parchment.

- 2 Combine the sunflower seeds, coconut, sesame seeds, cranberries, salt and cinnamon in a large mixing bowl and stir together well.
- 3 In a small saucepan, melt the coconut oil over low heat. Add the syrup and whisk until uniform. Pour the liquid over the dry ingredients and fold quickly to incorporate it before the mixture becomes too sticky. Spoon the mixture onto the prepared baking sheet and smooth out the top with the back of an oil-greased spatula.
- 4 Bake for 15-20 minutes, until golden brown. Let cool completely on the baking sheet.
- 5 Using the edges of the parchment as handles, lift the cooled brittle off the baking sheet, and put it on a work surface. Crack the brittle into pieces, and store them in a sealed container at room temperature for up to 2 weeks. (If you used barley malt, keep the finished product in the freezer if you want it to be crisp, or at room temperature for a chewy brittle.)

23.4g	8.5g	0.29g	23.3g	7.1g
Total fat	Saturates	Salt	Sugar	Protein



The extract on pages 30-32 is taken from *My New Roots: Healthy plant-based and vegetarian recipes for every season* by Sarah Britton, published by Bluebird. (RRP £16.99.) This book contains non-vegan recipes.

Sunflower seeds

An excellent source of vitamin E, the body's primary fat-soluble antioxidant, benefiting the body's cardiovascular system. Sunflower seeds also contain good amounts of magnesium, a natural relaxant that helps calm nerves, muscles and blood vessels.



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Come Clean!

GUILTY OF GREENWASHING SINCE 2008



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NOT YOUR *usual* salad

No more settling for a few
limp green leaves
with these big,
bold salads



Greek salad with orzo and almond feta

This Greek salad is the epitome of the casual meal. In this version, orzo, Kalamata olives and almond feta are tossed with red wine vinaigrette. The flavour pairings are timeless, and it's a great salad to serve at a barbecue or pool party.

By Lisa Dawn Angerame

Serves 4 | Prep 30 mins plus soaking and draining |

Cook 25 mins | Calories 627 (per serving)

FOR THE ALMOND FETA

143g (1 cup) blanched almonds, soaked overnight, drained and rinsed

60ml (¼ cup) water

2 tbsp good olive oil

2 tbsp freshly squeezed lemon juice

2 tsp ume plum vinegar

¼ tsp salt

FOR THE VINAIGRETTE

1 garlic clove, pressed

2 tbsp red wine vinegar

2 tbsp freshly squeezed lemon juice

60ml (¼ cup) good olive oil

¼ tsp dried oregano

¼ tsp salt

FOR THE ORZO

168g (1 cup) uncooked orzo

FOR THE SALAD

4 mini cucumbers, peeled and cut into half-moons

8 small vine-ripened tomatoes, cut into quarters

160g (1 cup) diced red onion

4 spring onions (scallions), thinly sliced

90g (½ cup) pitted Kalamata olives, coarsely chopped

16g (¼ cup) chopped fresh dill

2 tbsp chopped fresh parsley

- 1 To make the almond feta, add the almonds into a food processor along with the water, oil, lemon juice, vinegar and salt.
- 2 Process, stopping to scrape down the sides often, until the mixture is smooth and creamy. This could take up to 5 minutes.
- 3 Spoon the almond mixture into a nut milk bag or double-lined cheesecloth. Twist it and tie it tightly. Place it on a fine-mesh strainer over a bowl, cover and let it stand on the counter overnight.
- 4 Preheat the oven to 150°C/Gas Mark 2. Line a quarter sheet pan with parchment paper. Remove the almond cheese from the nut milk bag or cheesecloth; it will be compact and easy to work with. Form it into a flat disk, about 2.5cm (1 in) thick, place it on the sheet pan and bake for 20-25 minutes, until just firm. Remove the pan from the oven and set aside.
- 5 To make the red wine vinaigrette, add the garlic to a glass jar with a lid or to a dressing bottle. Cover with the vinegar and lemon juice and let sit for 15 minutes to macerate. Add the oil, oregano and salt. Cover the container and shake well to combine. The dressing will separate, so shake well before using.
- 6 To make the orzo, bring a large pot of salted water to a boil. Cook the orzo according to the package instructions. Drain, place it into a big mixing bowl and immediately toss with the vinaigrette. Add the cucumbers, tomatoes, onion, spring onions, olives, dill and parsley. Crumble the almond feta over the salad and mix gently to combine. Serve warm or at room temperature.

42.7g

Total fat

4.9g

Saturates

1.03g

Salt

8.2g

Sugar

16.2g

Protein



Eggless egg salad

Egg salad was one of my favourite lunch foods growing up.

Whenever my parents came to visiting day at camp, I always requested that my father make his famous version, which I would pile on raisin pumpernickel bread. Every time I make this now, I am reminded of those summers by the lake enjoying lunch with my family. In this version, beans sub for the eggs. I tested all the different white beans – navy, butter, cannellini and white kidney beans – and the clear winner is navy. To make it eggy, I add kala namak, and for that familiar yellow colour, I add turmeric powder.

By Lisa Dawn Angerame

Makes about 500g (2 cups) | Prep 10 mins |

Cook none | Calories 101 (per 100g)

300g (1 ½ cups) cooked or 425g tin of navy beans, drained, divided

½ tsp turmeric

½ tsp kala namak

51g (½ cup) diced celery

2 tbsp thinly sliced chives

60ml (¼ cup) vegan mayo

1 tbsp ketchup

½ tsp ume plum vinegar

- 1 Measure out 71g (¼ cup) of beans and set aside.
- 2 Add the remaining beans to a food processor and pulse a few times to break them down.
- 3 Turn out the processed beans into a big mixing bowl. Add the turmeric, kala namak, celery, chives, mayo, ketchup and vinegar.
- 4 Mix together gently to incorporate everything. Add the reserved beans and mix to combine.
- 5 Serve immediately, or store in the refrigerator in a sealed container for up to 5 days.

3.1g

Total fat

0.1g

Saturates

0.74g

Salt

1g

Sugar

4.7g

Protein



Chinese tofu salad

I didn't come across Chinese chicken salad until I went to college in Los Angeles. I am glad I did because it has great texture – crunch from two kinds of cabbage, lots of carrots, spring onions and cucumbers – and great flavour. With well-seasoned tofu subbing for the chicken, and mandarin oranges and toasted almonds adding texture and flavour, it's a salad that will fast become part of your regular rotation.

By Lisa Dawn Angerame

Serves **2** | Prep **20 mins** plus pressing and macerating |

Cook **30 mins** | Calories **802** (per serving)

- 1 To make the tofu, preheat the oven to 175°C/Gas Mark 4. Line a half sheet pan with parchment paper.
- 2 Add the oil, tamari, garlic powder and ginger to a medium mixing bowl. Whisk together and season with a little salt and pepper. Add the tofu to the bowl and toss to coat the tofu well. Arrange the tofu in a single layer on the sheet pan and bake for 30 minutes.
- 3 At the halfway mark for the tofu, toast the almonds. Line a quarter sheet pan with parchment paper. Arrange the almonds in a single layer. Bake for 10-15 minutes, until the almonds have turned a few shades darker. Cool and coarsely chop.
- 4 Meanwhile, to make the vinaigrette, add the garlic and ginger to a glass jar with a lid or to a dressing bottle. Cover with the vinegar and orange juice, and let sit for 15 minutes to macerate. Add the oil, tamari, mirin and maple syrup. Cover the container and shake well to combine. The dressing separates, so shake well before using.
- 5 To assemble the salad, add the two types of cabbage, carrot, spring onions and cucumbers to a big salad bowl. Pour the dressing over the top and toss to combine. Top with the mandarin oranges, baked tofu and toasted almonds. Serve immediately.

FOR THE TOFU

1 tbsp sunflower oil

1 tbsp tamari

½ tsp garlic powder

½ tsp ground ginger

a pinch of salt and a dash of pepper

213g (1 cup) extra-firm tofu, pressed for 10 minutes and cut into strips

FOR THE ALMONDS

72g (½ cup) blanched almonds

FOR THE VINAIGRETTE

1 garlic clove

1 tsp grated ginger

3 tbsp apple cider vinegar

1 tbsp mandarin orange juice, from a tin of mandarin oranges

60ml (¼ cup) sesame oil

1 tbsp tamari

1 tsp mirin

1 tsp dark maple syrup

FOR THE SALAD

140g (2 cups) shredded Napa cabbage

70g (1 cup) shredded purple cabbage

110g (1 cup) shredded carrot

4 spring onions (scallions), white and green parts, thinly sliced

2 Kirby cucumbers, thinly sliced

283g tin (1½ cups) of mandarin oranges

The idea that a salad is just a few green leaves is well and truly blown out of the water



The extract on pages 34-36 is taken from *Wait, That's Vegan?! by Lisa Dawn Angerame*, photography by Alex Shytsma, published by Page Street Publishing.

59.8g Total fat	6.8g Saturates	1.18g Salt	26.8g Sugar	25.5g Protein
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On-the-go!
Lunchtime
RECIPES

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





Cheesy toast with caramelised balsamic onions

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves **10-12** | Prep **30 mins** plus soaking | Cook **30 mins** | Calories **206** (per serving)

FOR THE ONIONS

3 red onions, sliced into long strips

3 tbsp olive oil

2 tbsp balsamic glaze

1 tsp vegan Worcestershire sauce

a pinch of sea salt

FOR THE CHEESE

200g (1½ cups) cashews soaked in water for 2-3 hours until soft

1 tbsp vegan butter

1 tbsp gram flour

100ml (½ cup) plant-based milk

4 tbsp nutritional yeast

1 tbsp apple cider vinegar

1 tsp Dijon mustard

1 tsp garlic powder

a squeeze of lemon juice

a big pinch of sea salt

a twist of black pepper

bread of choice, toasted

FOR THE ONIONS

1 Add the oil and sliced onion to a small pan and fry very slowly on a low heat for 30-40 minutes, until caramelised.

2 Add the salt and pepper; the balsamic glaze and Worcestershire sauce. Set aside.

FOR THE CHEESE TOPPING

3 Add all the ingredients to a food processor or high speed blender and blitz until very smooth and creamy.

FOR THE TOAST

4 Slice the toast into small slices.

5 Top with the cheese mix and then pop under the grill until the top starts browning.

6 Serve the cheesy toast topped with the caramelised onions.

13.5g	2.2g	0.1g	2.4g	6.4g
Total fat	Saturates	Salt	Sugar	Protein



Asparagus and smoky beans on toast

By British Asparagus (www.britishasparagus.com)
Serves 4 | Prep 10 mins | Cook 25-30 mins |
Calories 373 (per serving)

- | | |
|--|--|
| 2 tbsp olive oil | ½ tsp chilli flakes |
| 2 shallots, finely chopped | salt and pepper |
| 3 garlic cloves, crushed | 2 tins of cannellini beans, rinsed and drained |
| 1 red bell pepper, cut into small chunks | 480ml (2 cups) water |
| 1 ½ tsp smoked sweet paprika | 300g (2½ cups) British asparagus, chopped into 2-3cm (¾-1¼in) pieces |
| 2 tsp fresh thyme leaves | 4 slices of sourdough |

- Heat a large, heavy-based saucepan over a medium heat. Add the olive oil and shallots and cook until they have softened, about 4 minutes. Crush the garlic and add to the pan along with the pepper, paprika, thyme and chilli flakes. Allow the heat to release the aromas and continue stirring for 2-3 minutes.
- Add the beans along with the water. Turn up the heat and bring the mixture to a simmer. Leave to simmer for 10 minutes to allow the beans to soften and the liquid to reduce. Once the liquid has reduced, check the seasoning and add salt and pepper if necessary.
- Finally, add the chopped asparagus and allow to heat through for 5 minutes until cooked, but still tender. While the asparagus is cooking, pop four slices of sourdough in the toaster or under the grill.
- To serve, divide the toast onto four plates, spoon over the beans and asparagus and top with a drizzle of olive oil.

9.4g	1.4g	0.49g	5.5g	15.6g
Total fat	Saturates	Salt	Sugar	Protein



Lemon and herb potato salad

By Tiffany La Forge from Parsnips and Pastries (parsnipsandpastries.com)
Serves 8 | Prep 15 mins plus soaking | Cook 15 mins |
Calories 217 (per serving)

FOR THE MAYO

- 150g (1 cup) raw cashews
- 2 garlic cloves, minced
- 2 tbsp fresh lemon juice
- 1 tsp finely grated lemon zest
- ½ tsp Dijon mustard
- 2 tbsp olive oil
- 2 tsp apple cider vinegar
- 60ml (¼ cup) water (more as needed)
- sea salt and pepper, to taste

FOR THE POTATO SALAD

- 900g (6 cups) small

- potatoes (I like a mix of red, yellow and purple)

- 2 celery sticks, diced

- 1 medium shallot, finely diced

- 1 bell pepper, diced

- 60g (½ cup) thinly sliced radish

- 10g (¼ cup) chopped fresh dill

- 10g (¼ cup) chopped fresh parsley

- 1 bunch of basil, finely chopped

- sea salt and pepper, to taste

- Soak the raw cashews in water (enough to completely cover them) for at least 2 hours.
- Boil the potatoes in salted water until fork-tender. Drain. Let cool until cool enough to handle.
- Drain the cashews. Place the cashews, garlic, lemon juice, lemon zest, mustard, olive oil, apple cider vinegar and water in a blender. Add sea salt and pepper. Blend the mixture at high-speed until smooth and creamy. Add more water, if needed, to thin. The mixture should be the consistency of mayonnaise. Taste the mixture and adjust the seasoning, adding salt, lemon, vinegar to taste.
- Quarter the small potatoes and place in a large bowl while still slightly warm, with the chopped celery, shallot, bell pepper, radish, dill, parsley and basil. Mix with the cashew mayo. Season with sea salt and pepper, if needed.
- This salad can be served at room temperature (right away), or chilled.

11.7g	2.1g	0.03g	3.3g	4.9g
Total fat	Saturates	Salt	Sugar	Protein



Buffalo chickpea wraps

By Karissa Besaw from Karissa's Vegan Kitchen
(karissasvegankitchen.com)

Serves **2-3** | Prep **5 mins** | Cook **15 mins** | Calories **258** (per serving)

1 tin of chickpeas, drained and rinsed

2 tbsp vegan buffalo sauce

2-3 soft flour tortillas

lettuce leaves or shredded lettuce

2 celery stalks, chopped

vegan ranch dressing

- 1** Preheat the oven to 190°C/Gas Mark 5. Spread the chickpeas out on a baking sheet lined with parchment paper or a silicone mat.
- 2** Bake for 10 minutes.
- 3** Toss the baked chickpeas with buffalo sauce.
- 4** Bake again for an additional 5 minutes.
- 5** Assemble the wraps: lay a tortilla down, place lettuce leaves on top, then the buffalo chickpeas, celery, and finally drizzle with a little vegan ranch. Add some extra buffalo sauce for more kick. Roll up the wraps like a burrito.
- 6** Enjoy right away or store in the fridge for another day.

4.7g Total fat
1.2g Saturates
0.99g Salt
1.3g Sugar
8.4g Protein



Roasted cauliflower and leek soup with pine nuts

By Lucy Parker @lucy_and_lentils for The British Leek Growers' Association. For more recipes visit www.britisheleeks.co.uk

Serves **2** | Prep **10 mins** | Cook **30 mins** | Calories **236** (per serving)

1 tbsp olive oil

salt, to taste

1 medium cauliflower

¼ tsp pepper

5 garlic cloves

TO GARNISH

2 large leeks

¼ tsp chilli flakes per portion

1 litre (4 cups) vegetable stock

a drizzle of olive oil

1 tsp tamari or soy sauce

a pinch of salt

1 tsp dried thyme

a pinch of fresh parsley

½ tsp sage

1 tsp toasted pine nuts

- 1** Preheat the oven to 180°C/Gas Mark 4.
- 2** Chop the cauliflower and leeks and roughly slice the garlic. Place in a baking tray with 1 tbsp olive oil and a large pinch of salt, then roast for 25 minutes.
- 3** Add the roasted vegetables to a saucepan with the vegetable stock, tamari, thyme, sage and pepper and bring to a simmer for around 5 minutes.
- 4** Add the mixture to a food processor and pulse until you reach your preferred consistency – we have chosen a smooth, creamy blend.
- 5** Add back to the saucepan, check the seasoning, then serve and garnish with the chilli flakes, pine nuts and herbs.

9.2g Total fat
1.2g Saturates
0.35g Salt
13.6g Sugar
9.6g Protein



Leek and garlic twist bread

By Lucy Parker @lucy_and_lentils for The British Leek Growers' Association. For more recipes visit www.britisheels.co.uk
Serves 8 | Prep 25 mins plus proving | Cook 45 mins | Calories 351 (per serving)

FOR THE DOUGH

400g (3 cups) plain flour

1 ½ tsp fast action yeast

1 tbsp sugar

1 tsp salt

210ml (¾ cup) oat milk, at room temperature

60ml (¼ cup) olive oil

FOR THE FILLING

100g (¼ cup) vegan butter (or margarine)

1 large leek

1 tsp garlic powder

1 tsp dried parsley

a pinch of salt and pepper

1 Add the warm milk, sugar and yeast to a bowl and leave for around 5 minutes to froth.

2 Add the flour and salt to a large mixing bowl, then once the milk and yeast have reacted, pour those into the mixing bowl with the olive oil and bring together with a spoon or your hands.

3 Move to a floured work surface and knead by hand for 10 minutes. You can also add the dough to a machine and knead for the same amount of time.

4 Clean out the mixing bowl, add a few drops of olive oil, place the kneaded

dough within the bowl, cover and leave in a warm place for about 1 ½ hours.

5 Prepare the filling by finely chopping the leek, then beating it into the butter. Add the salt, pepper, parsley and garlic powder and mix until combined, then leave aside.

6 After the dough has risen, knock it back and place it on a floured surface. Roll the dough out into a rectangle about 2-3cm (¾-1¼ in) thick.

7 Spread the leek filling onto the surface of the dough, leaving just a thin border.

8 Roll the dough up lengthways to make a long

sausage shape, then using a sharp knife carefully slice down the middle (also lengthways). It should leave you with two long strands.

9 Overlap the two strands, keeping the exposed filling facing towards you (this helps the butter ooze out and bake), then place in a large loaf tin, cover with a tea towel and leave to rise for a further 30 minutes.

10 Preheat the oven to 190°C/Gas Mark 5. Place the risen dough in the oven for 25 minutes, then cover with baking foil and bake for a further 20-25 minutes. Allow to cool.





Creamy potato leek soup

By Kristina Jug from Vibrant Plate (www.vibrantplate.com)

Serves 5 | Prep 10 mins | Cook 20 mins | Calories 176 (per serving)

1 tbsp olive oil
4 potatoes
1 large leek
3 garlic cloves
500ml (2 cups) vegetable stock
500ml (2 cups) water, or more if needed
salt and pepper
parsley
bay leaf

- 1 Cut the leek in half lengthways and wash thoroughly between the leaves. Drain and cut into slices. Peel the potatoes and dice. Peel and slice the garlic cloves.
- 2 Heat a pot on medium and add 1 tbsp olive oil. When heated, add the sliced leek and stir-fry for a minute, until the leeks turn a bright green colour. Add the diced potatoes and garlic slices. Cook for another minute or two, stirring regularly to make sure the vegetables do not stick to the pot, then add the vegetable stock. Season with salt and pepper to taste, add the bay leaf and chopped parsley and cook until the potatoes turn soft. If needed, add more water while cooking.
- 3 When the vegetables are cooked, remove the bay leaf and purée with a stick blender until creamy. If the soup is too thick, add more water and blend quickly to combine. Taste the soup and season with more salt and pepper to taste.
- 4 Serve hot with a drizzle of olive oil and a sprinkle of chopped parsley.

3.1g Total fat
 0.5g Saturates
 0.92g Salt
 2.3g Sugar
 4g Protein



Spinach houmous with pittas

By Discover Great Veg (www.discovergreatveg.co.uk)

Serves 4 | Prep 10 mins | Cook 2 mins | Calories 491 (per serving)

260g (8 cups) spinach
400g tin (1 ¾ cups) of chickpeas, drained
1 garlic clove
2 tbsp tahini
juice of 1 lemon
2 tbsp extra-virgin olive oil
1 tsp ground cumin
pack of 6 pittas (375g)

- 1 Place the spinach in a large bowl, cover with clingfilm and microwave for 2 minutes until just wilted.
- 2 Place the spinach, chickpeas, garlic, tahini, lemon juice, oil and cumin in a food processor and then blitz until smooth. Season with salt and pepper.
- 3 Toast the pittas and cut each into three triangles, then serve with the houmous.

TIP Try serving with a selection of vegetable crudities instead of pittas.

16.7g Total fat
 2.2g Saturates
 1g Salt
 4.6g Sugar
 18.6g Protein

Viva!

VEGANS

CAN'T

A photograph of a man with long brown hair and a beard, wearing a white shirt, is positioned on the right side of the poster.

ON THE pulse

Pulses are
often at the
heart of great vegan
dishes and you'll
love these
three



Lentil, courgette, and cherry tomato sloppy Joes

In my book *Eat Your Vegetables*, I wrote about how I don't use much mock meat, preferring to cook – and eat – vegetables.

But I conceded that when it came to a sloppy Joe, chorizo-spiced seitan was a good fit. Now I say to my 2013 self: what were you thinking, when you have lentils waiting to enrich a sauce with protein and earthy goodness? I also know what not to change, namely, the textural interest that courgette and cherry tomatoes bring and the zing of sour pickles.

By Joe Yonan

Serves 6 | Prep 15 mins | Cook 20 mins |

Calories 333 (per serving)

2 tbsp extra-virgin olive oil
1 yellow onion, chopped
4 garlic cloves, chopped
1 tbsp tomato purée (paste)
1 tsp ground ancho chilli
1 tsp kosher salt, plus more to taste
½ tsp crushed red pepper flakes
750g (5 cups) cherry tomatoes, quartered
2 small courgettes (zucchini), cut into 1.25cm (½in) pieces
400g (2 cups) cooked brown lentils, drained and rinsed
1 tsp light or dark brown sugar
6 sturdy buns, warmed but not toasted
12 sour pickle slices

- 1 Pour the olive oil into a large frying pan (skillet) over medium heat. When it shimmers, stir in the onion and garlic and sauté until they soften, about 8 minutes. Stir in the tomato purée, ground chilli, salt and red pepper flakes and sauté until fragrant, about 30 seconds.
- 2 Stir in the cherry tomatoes and courgette and cook until the tomatoes collapse, 3-4 minutes. Stir in the lentils and brown sugar; increase the heat to bring the mixture to a boil, then reduce the heat to medium-low, cover, and cook until the squash is tender, but not mushy, and a thick sauce has formed. Taste and add more salt if needed. Let cool slightly.
- 3 Divide the bottom buns among six plates. Spoon the warm filling onto the buns, top with the pickles and the top buns, and serve.

7.8g Total fat
1.1g Saturates
1.08g Salt
8.6g Sugar
13.7g Protein



Red lentil ful with sumac-roasted cauliflower

This hearty dish is a home-cook-friendly version of a multi-component wonder Rich Landau and company have served at V Street in Philly and Fancy Radish in DC. It's based on the classic Egyptian dish ful (aka foul), which is traditionally made with fava beans.

By Joe Yonan

Serves 6 | Prep 15 mins | Cook 30 mins | Calories 363 (per serving)

FOR THE LENTIL FUL

1 tbsp sunflower, safflower or other neutral vegetable oil
35g (¼ cup) chopped white onion
1 garlic clove, minced
50g (¼ cup) chopped tomatoes
1 tbsp ground cumin
1 tsp Moroccan spice (such as ras el hanout) or baharat spice blend
½ tsp ground coriander
1 tsp kosher salt, plus more to taste
½ tsp freshly ground black pepper
200g (1 cup) red lentils, picked over and rinsed
750ml (3 cups) no-salt-added vegetable stock (broth) or water
330g (2 cups) cooked or tinned no-salt-added chickpeas, drained and rinsed
2 tbsp vegan butter
2 tbsp fresh lemon juice
2 tbsp extra-virgin olive oil

FOR THE ROASTED CAULIFLOWER

675g (6 cups) cauliflower, cut into florets
2 tbsp sumac
½ tsp kosher salt
2 tbsp extra-virgin olive oil, plus more for drizzling
tahini, for drizzling

- 1 Preheat the oven to 230°C/Gas Mark 8. Set a large rimmed baking sheet in the oven while it heats.
- 2 To make the lentil ful: Pour the vegetable oil into a Dutch oven or heavy stockpot over medium-high heat. When it shimmers, add the onion and garlic and sauté until it starts to brown, 4-6 minutes. Stir in the tomatoes, cumin, spice, coriander, salt and pepper and cook until the tomatoes break down, 2-3 minutes.
- 3 Stir in the lentils and stock, bring to a boil, reduce the heat to medium-low and simmer until the lentils break down and become tender and the mixture becomes thick, 15-20 minutes. Stir in the chickpeas, butter, lemon juice and olive oil and cook until the chickpeas are heated through, 2-3 minutes. Taste and add more salt if needed. Turn off the heat and cover to keep warm.
- 4 While the ful is cooking, make the roasted cauliflower. In a bowl, toss together the cauliflower, sumac, salt and olive oil. Spread out on the heated baking sheet and roast until tender and browned, 15-20 minutes.
- 5 To serve, divide the ful among shallow serving bowls, top with the cauliflower and drizzle with olive oil and tahini. Serve hot.

17.1g Total fat
2.7g Saturates
0.8g Salt
4.7g Sugar
13.7g Protein



FOR THE SALSA CRIOLLA

- ½ a small red onion, thinly sliced
- water
- 2 tbsp chopped coriander (cilantro) leaves
- 2 tbsp fresh lime juice
- ¼ tsp aji amarillo paste – you can also substitute
- 1 tsp Tabasco or another pepper sauce
- ¼ tsp kosher salt

FOR THE TACU TACU

- 3 tbsp grapeseed, safflower or other neutral vegetable oil
- ½ a red onion, chopped
- 2 garlic cloves, chopped
- ½ tsp kosher salt, plus more to taste
- 1 tsp aji amarillo paste – you can also substitute
- 1 tsp Tabasco or another pepper sauce
- 400g (2 cups) cooked or tinned canary beans, drained and rinsed
- 200g (1 cup) cold (preferably day-old) cooked white rice
- 1 tbsp chopped flat-leaf parsley leaves
- 1 tbsp chopped fresh oregano
- 1 lime, cut into wedges

Peruvian beans and rice - Tacu Tacu

In Peru, this pancake of leftover rice and creamy canary (aka mayacoba or Peruano) beans often comes topped with steak and/or a fried egg, but it's delicious and hearty on its own, especially with a crunchy onion salsa. Some cooks fry individual portions in the oblong shape of an omelet, but I prefer one large cake, which you can divide and serve as you please. Look for aji amarillo paste (made from Peru's favourite chilli pepper) at Latin grocery stores or online, or substitute Tabasco.

By Joe Yonan

Serves **2-4** | Prep **15 mins** plus soaking | Cook **20 mins** |

Calories **477** (per serving)

- 1** For the salsa: Combine the onion with enough cold water to cover, and let sit for at least 10 minutes, then drain. Toss with the coriander, lime juice, aji amarillo and salt.
- 2** For the tacu tacu: Pour 1 tbsp oil into a 25cm (10in) non-stick frying pan (skillet) over medium-high heat. Stir in the onion and garlic and sauté until lightly browned, 5-6 minutes. Stir in the salt and aji amarillo, and scrape the mixture into the bowl of a food processor. Wipe out the pan.
- 3** Add 200g (1 cup) of the canary beans to the food processor and purée briefly until mostly smooth, but still chunky. Scrape them into a large bowl. Add the remaining canary beans (left whole), the rice, parsley and oregano to the bowl and stir to thoroughly combine. Taste and add more salt if needed.
- 4** Set the frying pan back over medium heat and pour in another 1 tbsp of the oil. Add the rice-and-bean mixture and use a spatula to spread it around evenly and lightly pack it down. Cook until deeply browned on the bottom, about 7 minutes. Remove from the heat, invert a plate (preferably with no rim) on top of the pan, and carefully flip both over to land the bean-and-rice cake bottom-side up onto the plate. Set the skillet back over medium heat, pour in the remaining 1 tbsp oil, and slide the cake back into the skillet. Cook for another 7 minutes, or until deeply browned on the other side, then invert the plate and flip the skillet over again to land the cake onto the plate. If the cake cracks or breaks apart, just pat it back together.
- 5** Top with the salsa and serve hot with lime wedges.



The extract on pages 44-46 is taken from *Cool Beans* by Joe Yonan, photography by Aubrie Pick, published by Ten Speed Press. (RRP £23.) This book contains non-vegan recipes.

15g Total fat	1.4g Saturates	0.7g Salt	1.9g Sugar	10.1g Protein
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Buddha bowls

Pack all the taste, texture and nutrition into one glorious bowl



44.6g
Total fat

30.7g
Saturates

0.3g
Salt

9.4g
Sugar

28.4g
Protein

Crowd-pleasing curry bowl

When first coming up with this recipe, I was not consciously trying to combine Indian and east Asian flavours, but that's what happened. There is so much umami flavour from the chickpea and lentil curry, and it is perfectly balanced by the sweet, creamy coconut rice and the crunchy and bright cucumbers.

By Cara Carin Cifelli

Serves 6 | Prep 20 mins | Cook 40 mins | Calories 1,039 (per serving)

FOR THE COCONUT RICE

380g (2 cups) uncooked brown jasmine rice
240ml (1 cup) vegetable stock (broth)
355ml (1½ cups) water
475ml (2 cups) coconut cream
a big pinch of salt

FOR THE CURRY

2 tbsp coconut or olive oil
1 large onion, diced
4-5 medium-size carrots, peeled and chopped
salt
3-4 garlic cloves, minced
1½ tsp grated (preferred) or minced fresh ginger
2 tbsp curry powder (Indian variety with turmeric)
½ tsp crushed red pepper flakes
475ml (2 cups) vegetable stock (broth)

425g tin (1¼ cups) coconut cream
800g tin (3½ cups) of diced tomatoes
338g (1½ cups) dried red lentils
425g tin (1¼ cups) of chickpeas (garbanzo beans)
201g (3 cups) loosely packed chopped kale
freshly ground black pepper

FOR THE CUCUMBER

1 English cucumber, thinly sliced
120ml (½ cup) rice vinegar
1 tsp sesame seeds
salt and freshly ground black pepper

FOR THE MIXED GREENS

338g (6 cups) mixed greens
2 tbsp rice wine vinegar
2 tbsp toasted sesame oil

TO GARNISH

fresh coriander (cilantro)
crushed red pepper flakes

- 1 Make the rice: In a medium-size saucepan, combine the rice, vegetable stock, water, coconut cream and salt. Bring to a boil, then cover and lower the heat to a simmer. Cook until all the liquid is evaporated, 35-40 minutes. Set aside.
- 2 Make the curry: In a large soup pot, melt the coconut oil over medium heat. Once hot, add the onion and carrots. Cook for 3-5 minutes and season generously with salt. Add the garlic, ginger, curry powder and red pepper flakes. Cook, stirring well, for another minute, then add the vegetable stock, coconut cream, diced tomatoes and lentils. Bring to a boil, then cover and lower the heat to a simmer. Cook for 12-15 minutes, or until the lentils are cooked through. Add the chickpeas and kale and season generously with salt and black pepper. Taste and see whether you want to adjust the flavours.
- 3 While the rice and curry cook, make the cucumbers. In a bowl, combine the sliced cucumber with the vinegar, sesame seeds and salt and black pepper to taste and stir well. Set aside.
- 4 Make the mixed greens: Combine the mixed greens in a bowl with the vinegar and sesame oil, and toss well to evenly coat. Set aside.
- 5 To build your bowls, divide the rice equally among six serving bowls and top with a big scoop of the curry, then the cucumbers and mixed greens. Garnish with coriander and red pepper flakes and serve.

Spring roll bowl

To say that I like spring rolls would be an understatement. I love spring rolls. But making them at home can sometimes be a little too labour intensive for me. My style of at-home cooking is easy and relatively quick. With this bowl, you get all the excitement, fun, flavour and colour of a spring roll, without the fuss of rolling them up in rice paper, unless you like that part, of course. The sweet crunchy vegetables with the delicious fresh herbs totally shine when combined with the tangy peanut sauce. Everything is tied together perfectly with the vermicelli rice noodles and it's made a filling meal with the tofu. You'll likely have this on high rotation!

By Cara Carin Cifelli

Serves 4 | Prep 30 mins | Cook 15 mins | Calories 775 (per serving)

FOR THE SAUCE

130g (½ cup) creamy peanut butter
60ml (¼ cup) water
2 tbsp tamari or soy sauce
2 tbsp pure maple syrup
2 tbsp lime juice
1 tsp garlic powder

FOR THE TOFU

439g pack (2 cups) of extra-firm tofu
55g (¼ cup) coconut oil
60ml (¼ cup) tamari or soy sauce
½ tsp garlic powder

FOR THE NOODLES

225g (1 ½ cups) dried vermicelli rice noodles

FOR THE BOWLS

1 medium-size green cabbage, thinly sliced
40g (1 cup) chopped fresh mint

30g (¼ cup, loosely packed) chopped fresh basil
20g (½ cup, loosely packed) chopped fresh coriander (cilantro)
3 medium-size carrots, peeled and shredded
2 small radishes, thinly sliced
1 medium-size red bell pepper, seeded, julienned
1 English cucumber, julienned
1 jalapeño pepper, seeded and diced

TO GARNISH

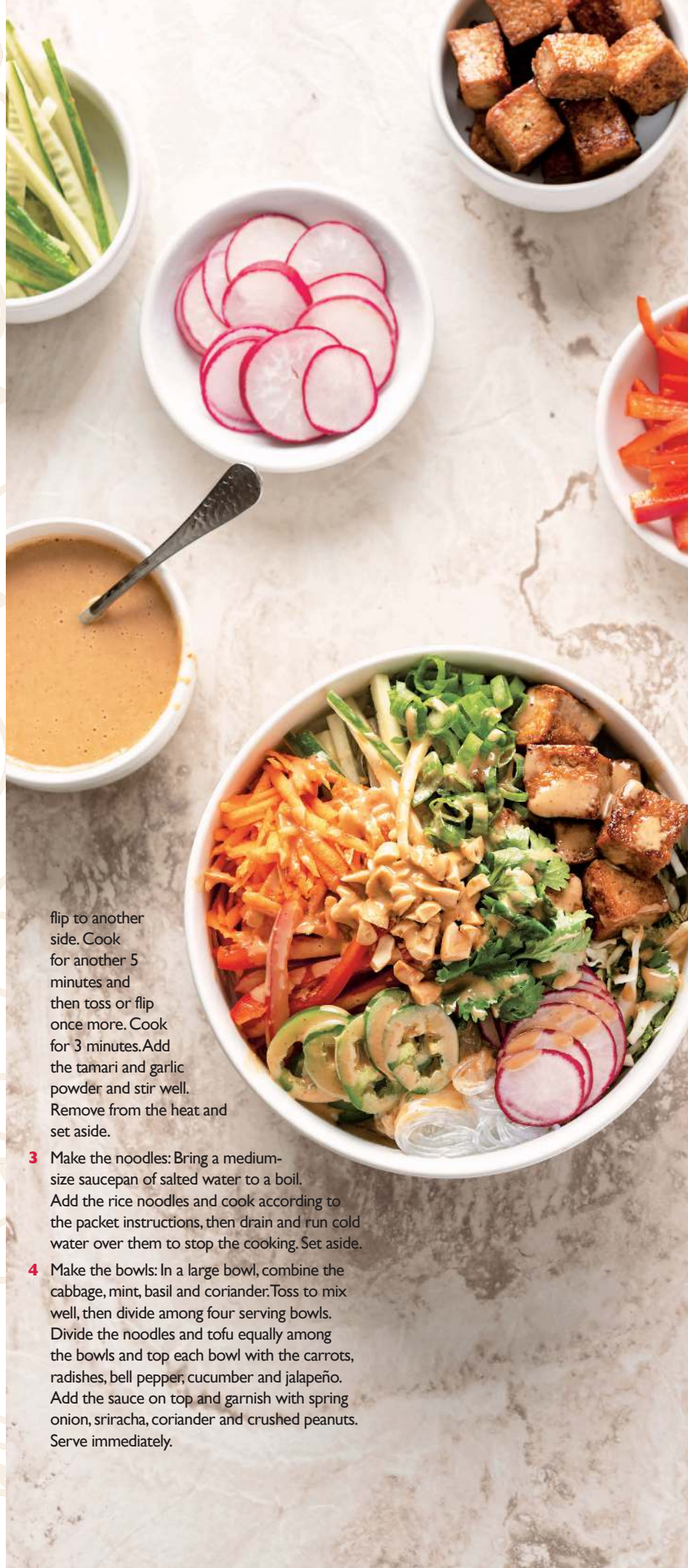
spring (green) onion
sriracha
fresh (coriander) cilantro
crushed peanuts

- 1 Make the sauce: In a small bowl, vigorously whisk together the peanut butter, water, tamari, maple syrup, lime juice and garlic powder until well combined. If the peanut butter is not at room temperature, warm it in the microwave so that it's easy to blend.
- 2 Make the tofu: Remove the tofu from the packaging and drain the water. Wrap the tofu block in a clean towel or several paper towels. Press down to remove as much liquid as possible, and then cut it into 2.5cm (1in) cubes. In a large skillet, melt the coconut oil over medium-high heat. Once hot, add the cubed tofu. Let cook for 5 minutes, then toss or

flip to another side. Cook for another 5 minutes and then toss or flip once more. Cook for 3 minutes. Add the tamari and garlic powder and stir well. Remove from the heat and set aside.

- 3 Make the noodles: Bring a medium-size saucepan of salted water to a boil. Add the rice noodles and cook according to the packet instructions, then drain and run cold water over them to stop the cooking. Set aside.
- 4 Make the bowls: In a large bowl, combine the cabbage, mint, basil and coriander. Toss to mix well, then divide among four serving bowls. Divide the noodles and tofu equally among the bowls and top each bowl with the carrots, radishes, bell pepper, cucumber and jalapeño. Add the sauce on top and garnish with spring onion, sriracha, coriander and crushed peanuts. Serve immediately.

37.8g Total fat
16.1g Saturates
1.77g Salt
22.9g Sugar
30.6g Protein



Loaded baked potato bowl

I am a huge fan of potatoes! They are affordable, delicious and one of the very first carb-heavy whole foods I allowed myself to eat without guilt – which was a huge deal for me back in the day when I was just entering recovery. This bowl is paying homage to the humble spud and simple cooking method of baked potatoes. There are two delicious sauces: a rich and vibrant cashew sour cream and a spicy and bright coriander pesto (mix them together for a seriously good combo). It's made a balanced bowl by adding black beans and avocado. Garnished with just the right toppings – lime, spring onion, coriander and Tajín – to tie all the flavours together!

By Cara Carin Cifelli

Serves 2 | Prep 20 mins plus soaking |

Cook 45 mins | Calories 1,150 (per serving)

- 1 Bake the potatoes: Preheat the oven to 220°C/Gas Mark 7. Using a fork, pierce each potato two or three times, then rub each one with some butter and salt. Place on a baking sheet and bake for about 45 minutes, or until fork-tender and cooked through. The sweet potatoes will cook more quickly, so check them at around the 30-35 minute mark. When each potato is cooked, remove from the oven and set aside.
- 2 While the potatoes bake, make the sour cream: Rinse and drain the soaked cashews. In a high-speed blender, combine the cashews, fresh water, lemon juice, garlic and nutritional yeast. Blend on high speed until smooth. Add the vinegar plus salt and pepper to taste, and mix well. Set in the fridge to chill while prepping everything else.
- 3 Make the spicy coriander pesto: In a food processor fitted with an S blade, combine the pine nuts, garlic, nutritional yeast, red pepper flakes and cayenne and pulse in 10-second bursts, three times. Add the coriander and lime juice and pulse in 6-second bursts, four times. With the food processor on low speed, slowly pour the oil through the centre of the lid and mix until well combined. Season with salt and black pepper to taste. Set aside.
- 4 Make the beans: Place the black beans in a microwave-safe bowl and microwave for 1-2 minutes. Add the cumin, garlic powder and smoked paprika, stir well and season with salt and black pepper to taste.
- 5 Once the baked potatoes are done, slice them almost all the way in half and use a fork to mash some of the flesh of each. Divide between two serving bowls. Layer the beans and then the sour cream and coriander pesto equally in each bowl, then top each with half of a sliced avocado. Garnish with salsa, green onion, coriander, lime wedges and chilli lime seasoning.

FOR THE POTATOES

- 2 large russet potatoes
- 2 large sweet potatoes
- 2 tbsp vegan butter
- salt

FOR THE CASHEW SOUR CREAM

- 140g (1 cup) raw cashews, soaked in very hot water for 12 minutes
- 110ml (½ cup plus 2 tbsp) water
- juice of 1 lemon
- 2 garlic cloves
- 1 tbsp nutritional yeast
- 2 tsp apple cider vinegar
- salt and freshly ground black pepper

FOR THE SPICY CORIANDER PESTO

- 34g (¼ cup) raw pine nuts
- 2 garlic cloves
- 1 tbsp nutritional yeast
- 1 tbsp crushed red pepper flakes

¼ tsp cayenne pepper

120g (3 cups, loosely packed) fresh coriander (cilantro)

2 tbsp fresh lime juice

80ml (⅓ cup) olive oil

salt and freshly ground black pepper

FOR THE BOWL

425g tin (1⅓ cups) of black beans, drained and rinsed

½ tsp ground cumin

½ tsp garlic powder

½ tsp smoked paprika

salt and freshly ground black pepper

TO SERVE

1 ripe avocado, peeled, pitted and thinly sliced

pico de gallo salsa

spring (green) onion

fresh coriander (cilantro)

lime wedges

chilli lime or

Tajín seasoning



The extract on pages 47-49 is taken from *Vegan Buddha Bowls* by Cara Carin Cifelli, photography by Jackie Sobon, published by Page Street Publishing.

52.6g

Total fat

8.7g

Saturates

0.17g

Salt

4.9g

Sugar

29.3g

Protein

Nutrition SOS

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

Fish aren't food p52



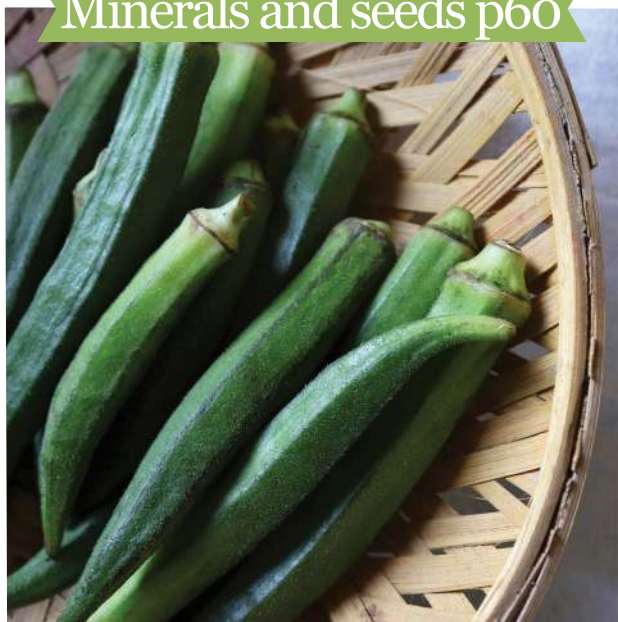
Plant-based cyclist p54



Kvass p58



Minerals and seeds p60





DO VEGANS NEED TO TAKE SUPPLEMENTS?

Separate myth from reality about the supplements you may need

The spotlight is on supplementation in the penultimate article of this series about transitioning to a vegan diet. Some people dislike the thought of it, whereas others happily take supplements, even if there's no nutritional need. As a rule of thumb, it's wise to use supplementation selectively and focus on eating a varied and balanced diet.

Vitamin D

Have you been taking a vitamin D supplement during the autumn and winter? In the UK, public health authorities recommend this kind of supplementation for everybody, and certain groups are advised to take vitamin D year-round, including those of us who struggle to get enough safe sun during spring and summer. The dose for people over one year of age is 10 micrograms.

A lot of supplements contain animal-derived D3. However, there are animal-free options – D3 from lichen and D2.

Vitamin B12

Vitamin B12 is made by micro-organisms and isn't produced by plants. Although it's a hot topic in relation to vegan nutrition, there's evidence that a significant proportion

of vegans are not following Vegan Society guidance:

Take a daily supplement containing at least 10 micrograms
OR take a weekly supplement containing at least 2000 micrograms
OR you can eat fortified foods at least twice a day providing a total of at least 3 micrograms.

Fortified foods and supplements are the only safe sources for vegans, because they have been proven to provide a consistent amount and maintain vitamin B12 status.

Iodine

Vegans need to ensure that their diets contain a

reliable source of iodine. Thankfully, the number of plant milks fortified with this mineral is increasing. This type of product can provide a good source for anyone consistently consuming around 500ml daily.

Another reliable option is non-seaweed supplementation. The daily iodine target for adults is set at 140 micrograms.

Some people take an interest in seaweed. Like all plant foods, they contain variable amounts of iodine, which isn't ideal. Excessive iodine and contamination are issues associated with some varieties. If you choose to include seaweed in your diet, 4g (one and a half to two sheets) might provide an amount of iodine similar to the daily target.

Selenium

Plant foods also contain variable amounts of selenium. Arguably, taking a supplement containing this mineral is the most reliable way of ensuring that you're hitting your daily target (60 or 75 micrograms). Eating one or two Brazil nuts can provide extra selenium, but their content is inconsistent.

Take-away tips

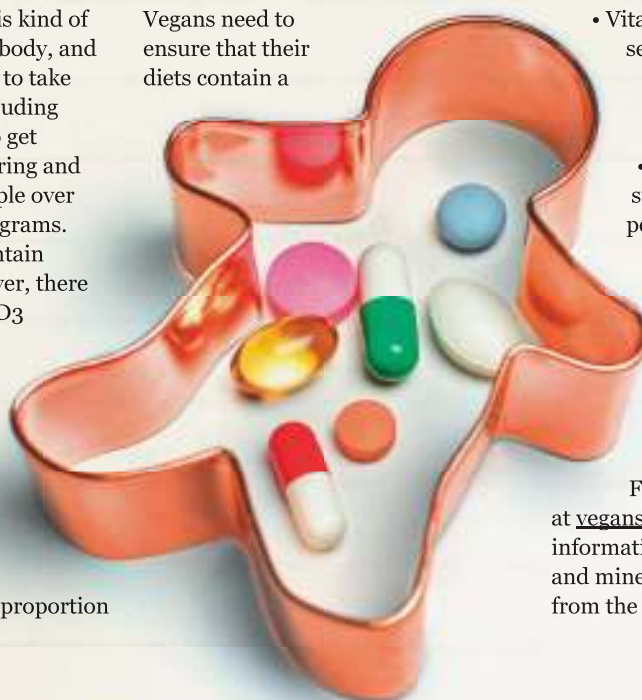
- Everyone in the UK needs to consider vitamin D supplementation during autumn and winter as a minimum.
- Vitamin B12, iodine and selenium should be considered in relation to vegan-specific supplementation.
- A vitamin and mineral supplement designed for people eating a balanced vegan diet can be a convenient option.
- Check with your local healthcare team for individualised advice about supplement suitability.

Further guidance is available at vegansociety.com, including information about the VEG 1 vitamin and mineral supplement available from the charity. ♥



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.vegan-society.com





Fish is not a health food



We need fats – but good fats called essential fatty acids for our cell membranes, brain and nervous system. They help regulate blood pressure, blood-clotting, immune and inflammatory responses and are ‘essential’ because our bodies can’t make them, we must get them from food.

ALA is an omega-3 essential fatty acid found in flaxseeds, rapeseed, soya, walnuts and their oils. We convert it in our bodies into the longer-chain omega-3s EPA and DHA. These are also found in oily fish, which they obtain from algae. Conversion rates of ALA into EPA and DHA in the body can be low, which is why some people insist that fish oils are far better and essential for health.

UK guidelines tend to support this view, recommending that we should eat at least two 140g portions of fish a week, one of which should be oily. It contributes to the widespread belief that eating oily fish or taking omega-3 supplements reduces our risk of heart

If everyone around you thinks fish is good for them, Dr Justine Butler reveals that may not be the truth

disease, stroke and death. The research tells a different story.

Cochrane reviews are regarded as the highest standard in evidence-based research. A 2018 review found that increasing EPA and DHA from oily fish or supplements had little or no effect. These findings are consistent with many other high-quality reviews. They also found that ALA may slightly reduce the risk of cardiovascular events and arrhythmia (abnormal heart rhythm). Another 2018 review, this time from the British Journal of Nutrition, found that higher ALA intakes were linked to a reduced risk of heart disease. So it seems you’re better off with plant-based omega-3s.

Some studies show that oily fish, particularly fish oil supplements, can have the opposite effect of that

claimed and increase the risk of cardiovascular events. The American Heart Association say this might be explained by the damaging effects of methylmercury, an environmental contaminant found in fish. A study of men

in eastern Finland, where mercury levels in fish are high, found that the level of mercury in their hair and the amount of fish they ate were linked to increased risk of cardiovascular death.

All the world’s oceans are contaminated with toxic pollutants such as methylmercury, polychlorinated biphenyls and dioxins and many act as damaging neurotoxins. They can accumulate as you move up the food chain, especially in oily fish, cancelling out any beneficial effects of omega-3s.

Fish and pregnancy

We have the extraordinary position where women in the UK who are pregnant or breastfeeding are advised to eat oily fish because the omega-3s it contains can help a baby’s nervous



system develop. On the other hand, all girls and women who are breast feeding, are pregnant or who are planning a pregnancy – and even those who may one day in the future want to have a child – are warned not to eat more than two portions of oily fish a week! The reason is that pollutants in the fish may build up and seriously affect the baby's development in the womb. And there are more warnings – children, pregnant women and women trying to get pregnant are also told to avoid eating shark, swordfish or marlin because they contain more mercury than other fish and this can damage a developing baby's nervous system. So, damned if you do, damned if you don't!

Oily fish include: herring, pilchards, salmon, sardines, sprats, trout and mackerel. The list of fish to limit/avoid has been extended to include some white fish that may also contain similar pollutant levels – sea bream, sea bass, turbot, halibut and huss (dogfish). And this is supposed to be a health food!

Pollutants are not the only problem as filter feeding shellfish, such as mussels and oysters, can accumulate bacteria and viruses from the environment and, if eaten raw, can pose a direct threat to health. Norovirus is one of them and can cause fever, nausea, vomiting, cramping and diarrhoea. Many outbreaks are linked to shellfish contaminated from human faecal sources. Norovirus infections spread easily from person-to-person contact or simply by touching surfaces that have been contaminated with the

virus and then touching your mouth. Current UK estimates suggest one in every 219 people are infected every year, suggesting gross under-reporting.

The hepatitis E virus causes around five per cent of acute hepatitis cases. The World Health Organisation says that, since 2000, there have been clusters of infection not associated with travel to areas where the virus is prevalent. In the UK, there has been a steep rise in cases over the last decade. Livestock, such as pigs, can act as reservoirs and high levels have been found in waste water and manure from pig units, highlighting the potential for it to enter watercourses and then accumulate in shellfish.

Something fishy with farms

Fish farms now provide over half of all fish consumed by humans, but are certainly not the answer. These overcrowded, unnatural pens transmit disease and cause water pollution, choking marine life with persistent organic pollutants, antibiotics, chemicals from parasitical treatments, anaesthetics, disinfectants, feed additives, metals and anti-foulants. Farmed fish tend to contain less omega-3s, as they are fed omega-6-rich vegetable oils in addition to fishmeal and fish oils. Yes, fish are caught to feed farmed fish and livestock!

Our oceans are being decimated and ancient coral reefs destroyed at an unprecedented level by fishing on an industrial scale. Marine ecosystems are collapsing as bottom-trawlers plough

through sea beds, with up to 90 per cent of some fish species having been depleted, decimating populations of large-bodied marine animals who depend upon them. This domino effect could disrupt ocean ecosystems for millions of years to come.

The nonsensical belief that fish cannot feel pain still prevails, despite abundant science showing that fish experience conscious pain in the same way as mammals and birds. Pain is an essential element of evolution, teaching creatures the things to avoid.

Surprisingly for an island nation, fish is not a popular food in the UK, with the average adult consuming just 54g of oily fish per week. The good news is you don't have to destroy the oceans, inflict pain or eat neurotoxins and carcinogens to get your omega-3s. Plant foods can provide more than enough to keep your heart healthy and combat inflammatory conditions such as arthritis. You can take an algal-based vegan supplement supplying EPA and DHA without the risk of contamination and none of the ethical and environmental concerns raised by eating fish. Help our oceans become healthy and leave fish alone! ♥

Viva! JUSTINE BUTLER, VIVA!HEALTH HEALTH

Dr Justine Butler is the Senior Health Researcher at Viva!Health. Viva!Health is part of the 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

Cycling on a **PLANT-BASED** diet

Are you a keen cyclist just going vegan?

Nigel Mitchell reveals what to consider

MONITORING YOUR DIET & HEALTH

A poor diet is a poor diet. Simply changing to a plant-based diet does not necessarily make it healthy or suitable for supporting hard racing and training. Key macro and micronutrients, along with the calories that animal products may have been providing, have to be replaced with plant-based sources.

Energy balance

Energy balance refers to the total energy coming into our bodies as food versus the energy we expend. A chronic negative energy balance can lead to a serious condition known as RED-S. Although there are methods for tracking caloric intake and expenditure, they're fraught with inaccuracies and should be used as a rough starting point.

Body composition

Body composition provides a tangible physical indication of the effect of your energy balance. By monitoring it, you can check whether your diet is providing the calories and macronutrients your body requires and adapt it accordingly. Bioimpedance scales can provide a quick and convenient method for monitoring body composition.

Performance & wellbeing

Along with body composition, there's

a wide range of performance and wellbeing metrics that you can track and monitor. From obvious drop-offs in power data to more subtle changes, such as sleep quality and mood, all can be indicative of issues with your diet.

Blood screening

For any athlete, regular blood screening should be seen as a priority, rather than a luxury. This particularly applies if you're making significant changes to your diet, such as reducing or completely cutting out animal food sources. Online DIY testing services make blood screening convenient, easy and affordable.

All of the above

The more metrics you can monitor and track to gauge the impact of your diet on your health and performance, the better. By doing this, you'll be able to pick up and address potential issues before they begin to have a negative impact.

CARBOHYDRATES

Carbohydrates are king

Becoming well fat-adapted and developing your ability to utilise fat as a fuel is a key component of endurance fitness. However, unless you solely want to focus on very long and very steady riding, don't buy into fat adaptation and ketogenic evangelism.



For any level of performance – even riding a sportive at a decent pace – you're going to need carbohydrates. Shun carbohydrates and you'll never reach your cycling potential.

Don't take carbohydrates for granted

In all likelihood, if you're following either a vegetarian or vegan diet, you'll probably be consuming a decent amount of carbohydrates as most plant-based foods tend to contain some. Also, with meat removed from a diet, carbohydrate intake typically



For any level of performance you're going to need carbohydrates

rises. The relatively high bulk of a plant-based diet can make getting enough energy difficult though, especially when training or racing hard. If you notice your performance dropping, poor recovery or unexpected weight loss, check your intake.

Beat the bonk

If you're experiencing the physical and cognitive sensations of a bonk, you've got either your fuelling or pacing – or both – wrong. Nail your fuelling and pacing strategies in training and you'll also develop your body's capability to take on and utilise fuel at higher intensities. If you do start to get the tell-tale signs of an imminent bonk, back right off, take on a gel and reboot your system.

Fuel both your riding & your recovery

Tailor your carbohydrate intake to the riding you're doing and whether you're looking to lose or maintain weight. Remember, you're not only

eating for that moment, but also to recover from the ride you've just done and your upcoming rides. If you're fuelling well on the bike and after rides and are not looking to lose weight, you should be aiming for fairly consistent day-to-day carbohydrate intake.

Carbohydrate spares protein

On a plant-based diet, it's possible that your protein intake may be a bit on the low side. Having sufficient carbohydrate helps protect your lean muscle tissue and means the precious protein you've eaten is used for growth, repair and recovery.

Let the route dictate your fuelling

Follow the lead of the pros and study route profiles to plan and adapt your fuelling strategy. Take advantage of easier sections, such as valley roads and non-technical descents, to eat slower burning real food. Opt for gels and other fast burn fuels on climbs or if the pace hots up. If you've got a long and hard ride when – due to the weather conditions, your clothing or the terrain – taking on real food might be tricky, try out some of the new generation of hydrogel drinks.

FATS

Variety

As with protein, the best way for meat-free cyclists to ensure they're getting enough of the right sorts of fat is to opt for a wide variety of sources. Vegetarians who eat eggs and dairy should already be getting a good dose of fat,



but there are loads of excellent plant sources. Cook and drizzle different oils, add mill seeds to your porridge and salads and experiment with recipes such as nut butters. Remember, that ratio of omega-3 to omega-6 is key and it's only with variety that you'll achieve a healthy one.

Don't fear fats

Apart from for certain clinical issues, low fat diets should be consigned to the history books and this definitely applies to the diets of cyclists and other sportspeople. Fats play a massively significant role in our bodies and, without them, good health – let alone high performance – is impossible. Right from the membranes of our cells, the hormones carrying vital information around our bodies and providing protection for our organs, it's no understatement to say that fats are essential for life.

Good fats & bad fats

For many years, the simplistic approach that unsaturated fats were good and saturated fats were bad was accepted wisdom. However, now we know that we require a range of fats in our diet and their relationship to health is far more complex. What is certain is that there are potential health implications to modifying the structure of fats during food processing. Trans fats, generally oils that have been treated with process such as hydrogenation to solidify them, should be avoided.

Fat for fuel

Fat is an incredible fuel reserve that, even the leanest among us, have in abundance. However, it's very much a diesel fuel and, although being able to use it effectively is a key aspect of endurance fitness, trying to rely on it completely is not recommended. Some fat adaptation training can be a good idea but, whenever the road kicks up or you need to increase your speed, you're going to need some carbs.

Treat with care

In order to get the most out of them, it's essential that you look after your fats. Choose the right type of oil for the cooking technique you're using and, if possible, avoid raising their temperature above smoking point. Ideally store oils in a cool and dark place and, if you're lucky enough to get hold of some really good olive oil, treat it like an expensive wine. Freshly milled seeds are a brilliant source of healthy fats, but need to be stored in airtight containers and eaten within a week.



The extract on pages 54-57 is taken from *The Plant-Based Cyclist* by Nigel Mitchell, published by Global Cycling Network. (RRP £14.99.) Available from shop.globalcyclingnetwork.com

Tofu risotto

Risotto has always been one of cyclists' favourite meals, but traditional non-plant-based ones tend to be heavy in dairy. This plant-based version is not only delicious, but nutritious and lighter on the stomach. The coconut milk gives it a rich texture and mouth feel. I use mixed grains, which again have got great texture and nutrition.

By Nigel Mitchell

Serves 4 | Prep 15 mins plus soaking | Cook 30 mins | Calories 680 (per serving)

30g (¼ cup) dried porcini mushrooms

400g (1 block, 2 cups) tofu (raw)

20g (about 2cm (¾in) square) ginger, chopped

1 tbsp soy sauce

2 medium onions (about 150g (1 cup, chopped))

100g (1 cup) chopped leeks

3 garlic cloves

2 tbsp olive oil

100g (½ cup) arborio risotto rice

100g (½ cup) quinoa

100g (½ cup) pearl barley

100g (½ cup) pearled spelt

400g (1½ cups) tinned coconut milk

100g (¾ cup) frozen edamame beans

100g (¾ cup) frozen peas

3 vegetable stock cubes

- 1 Soak the dried mushrooms in boiling water (about 300ml (1¼ cups)) for about 30 minutes before cooking.
- 2 Cut the tofu into cubes about 2cm (¾in) square, marinate in a little soy sauce (many soy sauces are vegan friendly – check the label to be sure) and chopped ginger. Fry the tofu until it is a light golden brown (top tip – an air dryer crisps tofu up brilliantly).
- 3 Chop the onion, leek and garlic and lightly fry in the olive oil. When soft, add the mixed grains and cook gently as they absorb the fluid.
- 4 Add the soaked mushrooms, including the water, then add the coconut milk and the rest of the ingredients.
- 5 Simmer gently for about 20 minutes or until the grains are soft. Add extra water if needed.
- 6 Season with salt and pepper and top off with the cooked tofu. Great with steamed asparagus and baby sweetcorn on the side.

28.4g	17.7g	0.3g	9g	24g
Total fat	Saturates	Salt	Sugar	Protein





Soya milk rice pudding

I am a huge fan of rice-based foods; the structure of the starch makes it really easy on the stomach and it's pretty much fully digestible. A soya milk rice pudding can be a great pre-event meal. You can eat it hot or cold so can easily travel with it. The recipe I use is pretty quick as I just use a rice cooker. If I am feeling posh, I add a pinch of saffron.

By Nigel Mitchell

Serves **2** | Prep **5 mins** | Cook **30 mins** | Calories **593** (per serving)

200g (1 cup) short grain pudding rice **2 tbsp coconut oil**
700ml (3 cups) fortified soya milk **1 tsp vanilla bean seeds or paste**
2 tbsp sugar (or soft brown sugar) **finely grated zest and juice of 1 orange**

- 1 Place all of the ingredients into a rice cooker and cook according to your machine's instructions.
- 2 If using a pan, add all of the ingredients, bring the contents up to heat and simmer gently for about 30 minutes. Stir regularly and watch for sticking or burning.

16g Total fat **12g** Saturates **0.04g** Salt **18.5g** Sugar **16g** Protein



Flapjacks

Flapjacks are a traditional cyclists' favourite, and arguably these plant-based ones are both nutritionally better and tastier than their buttery counterparts. They deliver a great blend of fast acting sugars, slower burn carbohydrates and fat to fuel your ride.

By Nigel Mitchell

Makes **10** | Prep **5 mins** | Cook **30-35 mins** |

Calories **289** (per flapjack)

150g (⅓ cup) coconut oil **75g (⅓ cup) mixed chopped nuts**
6 tbsp agave nectar **75g (⅓ cup) dried mixed fruit**
6 tbsp brown sugar **1 banana, peeled and mashed with a fork**
170g (1¼ cups) oats

- 1 Preheat the oven to 160°C/Gas Mark 3. Line a 20cm (8in) square baking tin with baking paper.
- 2 Melt the coconut oil, sugar and agave nectar in a pan over a medium heat. Remove from the heat and tip in the oats, chopped nuts, dried fruit and the mashed banana, being careful not to overheat the mixture.
- 3 Transfer to the tin, packing the mix in with the back of a spoon. Bake for 30-35 minutes until lightly golden and crisp around the edges – again be careful not to overcook.
- 4 Leave to cool in the tin before slicing into squares. Keep in an airtight container for up to 3 days – but I can guarantee that they will not last that long!

15g Total fat **13.2g** Saturates **0.01g** Salt **13.3g** Sugar **4.6g** Protein

Gut-healing kvass

Ferment your way to a healthier gut with this tangy, colourful drink



Basic beet kvass

By Felicity Evans

Makes **750ml (3 cups)** | Prep **15 mins** | Fermentation time **5-8 days** | Difficulty **easy**

2 medium or 1 large beetroot (beet), skin intact

½ tsp pure sea salt

750ml (3 cups) filtered water or spring water

PRIMARY FERMENTATION

- 1 Wash the beetroot and cut it into 1-2cm (½-¾in) pieces. Put the beetroot in a 1 litre (4 cup) wide-mouth glass jar with a tight-fitting lid and add the salt. Pour in the filtered water, leaving a 2cm (¾in) gap between the liquid and the lid. Stir to dissolve the salt.
- 2 Tightly seal the jar and place out of direct sunlight in a cool spot. Leave the liquid to ferment for 3-5 days, stirring or shaking daily. After around 3 days, taste the kvass. When it is as dark and sour as you like it, the kvass is ready to bottle.

BOTTLING

- 3 Put a funnel in the opening of a 750ml (3 cup) glass bottle with a tight-fitting lid and put a strainer on top of the funnel. Pour the kvass into the bottle through the strainer. Discard the beetroot left in the strainer.

SECONDARY FERMENTATION

- 4 Tightly seal the bottle lid and leave the bottle on the bench to build carbonation. This could take 2-3 days, depending on the temperature.

DRINK UP

- 5 When the kvass is as fizzy as you like (beet kvass only produces a mild fizz), store it in the fridge to slow the fermentation process, and enjoy cold.

Wintry beet kvass

By Felicity Evans

Makes **750ml (3 cups)** | Prep **15 mins** |

Fermentation time **5-8 days** | Difficulty **easy**

1 x basic beet kvass ingredients (see left)
1-2 cloves

1 drop of edible pure orange essential oil or
2 thin strips orange zest

PRIMARY FERMENTATION

- 1 Follow the instructions for basic beet kvass, adding 1 clove and 1 strip of orange zest, if using, to the jar.

BOTTLING

- 2 Follow the instructions for basic beet kvass.

SECONDARY FERMENTATION

- 3 Taste the kvass and add the remaining clove, if it's needed, and a drop of orange essential oil or the remaining orange zest to the bottle.
- 4 Tightly seal the bottle lid and leave the bottle on the bench to build carbonation. This could take 2-3 days, depending on the temperature.

DRINK UP

- 5 When the kvass is as fizzy as you like (beet kvass only produces a mild fizz), store it in the fridge to slow the fermentation process, and enjoy cold.

Blueberry beet kvass

By Felicity Evans

Makes **1 litre (4 cups)** | Prep **15 mins** |

Fermentation time **5-8 days** | Difficulty **easy**

1 x basic beet kvass ingredients (page 58)

3 tbsp fresh blueberries and/or 250ml (1 cup) blueberry juice

PRIMARY FERMENTATION

- 1 Follow the instructions for basic beet kvass.

BOTTLING

- 2 Follow the instructions for the basic beet kvass, but using a bigger 1 litre (4 cup) bottle.

SECONDARY FERMENTATION

- 3 Add the blueberries and/or blueberry juice to the bottle and tightly seal the lid. Leave the bottle on the bench to build carbonation.
- 4 This could take 2-3 days, depending on the temperature.

DRINK UP

- 5 When the kvass is as fizzy as you like, store it in the fridge to slow the fermentation process, and enjoy cold.

TIP Some blueberry juices contain lots of added sugar. Look for one that contains pure unsweetened blueberry juice.

Pomegranate beet kvass

By Felicity Evans

Makes **1 litre (4 cups)** | Prep **15 mins** |

Fermentation time **5-8 days** | Difficulty **easy**

1 x basic beet kvass ingredients (page 58)

arils (seeds) of ½ a pomegranate or 250ml (1 cup) pomegranate juice

PRIMARY FERMENTATION

- 1 Follow the instructions for basic beet kvass.

BOTTLING

- 2 Follow the instructions for basic beet kvass, but using a bigger 1 litre (4 cup) bottle.

SECONDARY FERMENTATION

- 3 Add the pomegranate arils or pomegranate juice to the bottle and tightly seal the lid. Leave the bottle on the bench to build carbonation.
- 4 This could take 2-3 days, depending on the temperature.

DRINK UP

- 5 When the kvass is as fizzy as you like, store it in the fridge to slow the fermentation process, and enjoy cold.

TIP If you have any left-over kvass that doesn't fit into the bottle, you can drink it straight away or bottle it separately. This also applies to the other variations on the basic beet kvass.



The extract on pages 58-59 is taken from *Kombucha & Co* by Felicity Evans, photography by Rob Palmer, published by Murdoch Books. (RRP £12.99.) This book contains non-vegan recipes.

Make the most of Minerals

Make sure your body is getting enough of the essentials



Minerals are inorganic substances that are required by the body to perform a variety of functions to keep us alive. Some minerals, called macro-minerals, are required in larger quantities than others (such as calcium, magnesium and phosphorus). Others, the trace minerals, are required in smaller amounts, but are still essential to health (such as iron, zinc and selenium). Let's focus on four minerals that vegans need to pay special attention to: iron, zinc, calcium and iodine.

Iron

It is commonly thought that vegetarians and vegans are more at risk of iron deficiency than meat-eaters, but studies actually show that vegans and vegetarians who eat a varied and well-balanced diet are at no greater risk. Iron deficiency is the number one deficiency worldwide and can affect anyone, vegan and meat-eater alike.

There are two types of iron you can get from food – haem iron from meat and non-haem iron from plants. So why does plant-based iron get a bad rap? Vegan foods contain non-haem iron in abundance, however it can be a little trickier for your body to absorb it, in contrast to haem iron. Sources include green leafy vegetables, beans, lentils, tofu and seeds such as chia, flax, hemp and pumpkin seeds.

How to improve absorption of non-haem iron

- Avoid drinking coffee and tea (including black and green tea) within an hour of eating your meals. They contain tannic acid, a compound which can inhibit iron absorption.

- Eat vitamin C-rich foods in the same meal as iron-rich foods. The vitamin C can increase the absorption of the iron by up to four times. Sources of vitamin C include sweet (bell) peppers, citrus fruits, tomatoes, potatoes and green leafy vegetables.

- Cooking your food in a cast-iron pan can increase the food's iron content. Foods cooked must be both water-based and acidic (such as tomatoes or sweet and sour sauce) in order to absorb the iron from the pan. This form of iron can be used by our cells pretty much the same way as iron from food is. Strange but true!

It's not just the amount of mineral in your food, it's how much is absorbed

Zoom in on zinc

Some studies suggest that vegans' zinc intake may be a little on the low side, but this is found mostly in vegans who don't meet their daily calorie needs. Therefore, it's vital you are consuming enough nutrient-dense calories

per day to meet your mineral needs. Your calorie needs vary depending on your age and physical activity, but as a guide an average adult man needs 2,500kcal daily, while an average woman needs 2,000kcal. However, unless you feel you may be under-consuming or over-consuming your calorie intake, there's no need to count how many calories you are consuming daily.

Plant foods do contain plenty of zinc, but they also contain an anti-nutrient called phytic acid, which may inhibit the body's ability to effectively absorb zinc, as well as other minerals like iron.

Calcium

There's more to calcium status in the body than how much calcium you actually consume. It concerns how much you absorb, and how much you lose, and all three factors affect bone density. For example, high protein diets that are especially high in sulphur-containing amino acids can negatively affect calcium balance by increasing calcium loss from the



bones. Meat is considered to have a strong negative effect on calcium balance because it is a concentrated form of protein, and has particularly high levels of sulphur-containing amino acids. Vegan diets that are high in protein powders, especially soya protein, can also contribute to calcium loss. Of course, protein is an essential nutrient, but consuming excessive amounts can have drawbacks in terms of bone health.

Iodine

Worldwide iodine deficiency is a global public health concern, affecting nearly one out of every three people worldwide. Research shows that there may be an increased risk for individuals with plant-based diets to be deficient, especially those following the raw food diet. Iodine can be a difficult nutrient to find in a vegan diet, as iodine content varies widely depending on the soil in which the plants are grown. Good amounts of iodine are consistently found in only very few foods, such as dairy (iodine solutions are used to clean the cows' teats and dairy equipment, so it ends up in the milk) and seafood (including seaweed).

How to boost the power of your food

- Soak beans, grains and seeds for a few hours before cooking them. Soaking also makes them easier to digest and reduces the chance of gas and bloating.
- Sprout beans, grains and seeds and add them to salads or snacks. Sprouting dramatically increases the nutritional content of foods. For example, the vitamin C content in germinated lentils increases by 17.5 times and by 8.5 times in mung beans. It is also a great way to increase absorption of both iron and zinc.
- Incorporating fermented foods such as miso and tempeh into your diet significantly reduces phytates in soya foods. Fermented foods are also rich in enzymes and probiotics, which help you break down and digest other foods eaten at the same meal.
- Choose leavened grain products, such as bread, over unleavened foods, such as crackers, as leavened foods help break down phytate in these grain products.
- Aim to limit your intake of salty foods – use herbs, spices or seaweed flakes to enhance flavour instead. High amounts of sodium can increase calcium loss. For every gram of sodium the kidneys excrete, 23-26g of calcium is lost.



Essential minerals and where to find them

CALCIUM

FUNCTIONS Essential for healthy bones and teeth. Helps transmit messages from the brain to the nervous system.

SOURCES Legumes, sesame seeds, tahini, green leafy vegetables like broccoli, cabbage and okra (not spinach), fortified milks, calcium-set tofu (look for calcium sulphate in the ingredients), dried fruit such as prunes, raisins, figs and apricots.

PHOSPHORUS

FUNCTIONS Together with calcium it is essential for healthy bone and tooth structure.

SOURCES Beans, lentils, nuts, sunflower seeds and grains (especially oats).

MAGNESIUM

FUNCTIONS Essential mineral present in all human tissues. Needed for the activation of many enzymes and essential in nerve and muscle function.

SOURCES Dark green leafy vegetables, avocados, cashews, almonds, Brazil nuts, beans, lentils, wholegrains, dark chocolate (cacao).

SODIUM

FUNCTIONS Responsible for regulating the body's water content and electrolyte balance.

SOURCES Table salt, salted nuts, miso, soy sauce (processed foods also often contain high amounts of sodium).

POTASSIUM

FUNCTIONS Vital for regulating the body's water content and electrolyte balance and the normal functioning of cells, including nerves.



SOURCES White beans, potatoes, beetroots, sweet potatoes, parsnips, spinach and bananas.

IRON

FUNCTIONS Essential for the formation of haemoglobin in red blood cells. Vital in many enzyme reactions and has an essential role in the immune system.

SOURCES Green leafy vegetables, beans and lentils, tofu, chia, flax, hemp and pumpkin seeds, dried fruit, cashews, quinoa, amaranth and blackstrap molasses.

ZINC

FUNCTIONS A cofactor for numerous enzyme reactions and directly or indirectly involved in supporting major metabolic pathways. Vital for growth, repair, and reproductive and immune health.

SOURCES Beans and lentils, tofu, walnuts, cashews, chia, flax, hemp and pumpkin seeds, wholemeal bread, quinoa and wholegrains.

IODINE

FUNCTIONS An essential component of the thyroid hormones, which regulate metabolic rate, and of physical and mental development.

SOURCES Sea vegetables, iodized salt and potatoes.

COPPER

FUNCTIONS Needed to produce red and white blood cells. Important for immune system support, bone health and brain development.

SOURCES Seeds and nuts, wholegrains, dried beans and mushrooms.

SELENIUM

FUNCTIONS A component of antioxidant enzymes, which help protect the body against oxidative damage. Vital for reproductive function, immune health and thyroid hormone production.

SOURCES Brazil nuts, kidney beans, yeast and wholegrains. Just one Brazil nut a day may meet your needs.

MANGANESE

FUNCTIONS Essential for bone formation and energy metabolism.

SOURCES Wholegrains and cereals, kale, spinach, oatmeal, nuts, seeds and pineapple.



Eat more SEEDS

Seeds are a nutritional powerhouse and a must-have for any diet

Botanically, seeds are the embryo and food supply of new plants and, as such, are particularly nutritious, packed with vitamins and minerals, iron, healthy oils and protein. They are used to add flavour and texture to dishes. Like nuts, they can be toasted (which enhances their flavour and richness), made into pastes and butters, and can be sprouted or activated as well. Most seeds are valued for their nutritious oils as much as for a food.

Poppy seeds

The opium poppy is native to the western Mediterranean and southwestern Asia. Its tiny seeds have been cultivated from the plant's seed pods for thousands of years, both for medicinal purposes and to use in food (it's only the unripe seeds that have narcotic qualities, not the ripe seeds harvested for culinary use). The hard seeds vary from grey-blue (sold as 'black') to light cream. The dark seeds are popular in Central European, Eastern European and Middle Eastern cuisines, used to add crunch and a mildly nutty flavour to savoury and sweet bakes. In India, the ground pale seeds are used as a thickener in savoury dishes and in Japan they are an ingredient in shichimi togarashi seasoning mix for noodles and soups. In Jewish cookery they are pounded to a paste, sweetened and used to coat dumplings and

bagels. Toasting the seeds helps strengthen their flavour.

Nutritional benefits: They are a good source of minerals (potassium, magnesium and phosphorus).

Serving suggestions: Add poppy seeds to dressings; add a spoonful of seeds to pancake batter; add the black seeds to pale dishes such as a cauliflower salad or a celeriac, cabbage and apple remoulade; scatter over carrots before roasting; use ground and soaked white poppy seeds in coconut-based vegetable curries to act as a thickener; sprout the seeds and add them to salads or use as a garnish; add to a citrus dressing for fruit salad; add the seeds to oatcake dough.

Sunflower seeds

These pale brown-grey seeds come from the giant flower heads of the sunflower plant, a North American native, which now grows in temperate climates worldwide. The flower heads contain anything from several hundred to 2,000 seeds. They were used as a food by North American Indians for thousands of years, who extracted the oil from the seeds, and dried or roasted then ground them to use in cakes or soups. The seeds are sold with their stripy black and white or black shell intact, or hulled. They have an oily, slightly sweet taste, which is enhanced when toasted, and are high in protein.

Nutritional benefits: A rich source of vitamin E, B vitamins, minerals, protein, iron and calcium.

Serving suggestions: Add to bread dough, along with other seeds; toast and sprinkle over a vegetable pilaf; toast with soy sauce and use as a garnish for an Asian salad; add to a nutty granola; sprinkle into stir-fries or over roast



butternut squash; make a savoury crumble with oats, sunflower seeds, nuts and breadcrumbs; caramelize in a frying pan with a little sugar and sprinkle over puddings.

Pumpkin seeds

The dark green seeds of large squash varieties native to the Americas. The seeds are most often sold with their pale oval shells (husks) removed. The teardrop-shaped seeds have a delicately nutty flavour and chewy texture and can be eaten raw or cooked. In South America they are known as pipián and are roasted and ground to use as a thickener in savoury sauces (mole) for tacos, burritos or enchiladas. Pumpkin seeds are used as a garnish, and a snack. They are rich in healthy oils, contain more iron than any other seed and more protein than peanuts. To enhance their nuttiness, roast before using. When fresh pumpkins are in season, remove the seeds and roast them in their hulls.

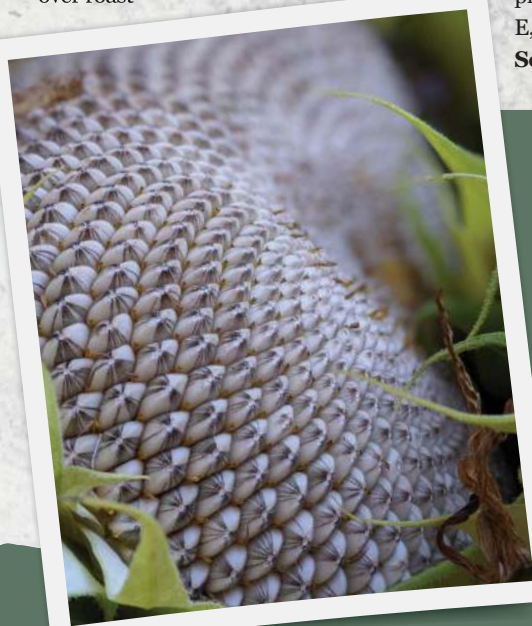
Nutritional benefits: A rich source of protein, iron, zinc, potassium, vitamins A and E, B vitamins and phosphorus.

Serving suggestions: Add the seeds to

bread dough; scatter toasted seeds over a pumpkin and sage risotto; make pumpkin seed pesto; make pumpkin seed butter (using the same technique as nut butters); toast, add maple syrup then leave to cool before chopping and sprinkling over desserts; add toasted seeds to date, cocoa and hazelnut energy balls; toast the seeds and sprinkle over a fennel, quinoa and orange salad.

Linseeds

Linseeds (also called flaxseeds) come from the flax plant, which is native to India. It is cultivated in temperate and tropical regions for its fibre (used to make linen) and its glossy seed (used primarily to make oil, but also for the seed). Linseeds are particularly rich in healthy omega-3 fats and high in fibre, and have a mild, nutty flavour. The seeds are often reddish-brown, but can also be dark yellow, depending on the variety, and are sold whole or milled (ground). They need to be ground in order to make their nutrients accessible and are best used raw, not cooked. Linseed oil is a good alternative to fish oil as a dietary »



Other seeds

HEMP SEEDS: Native to Central Asia and first cultivated in China, hemp seeds are a rich source of healthy oils, proteins, minerals and vitamin E. They can be roasted or eaten raw, and used in both sweet and savoury dishes. Hemp seeds are used to make a type of tofu, using a similar production process, which can be baked or crumbled into savoury dishes. Combine the mildly nutty seeds with herb and spice rubs to use as a seasoning, or add to smoothies.

CHIA SEEDS: These mottled grey seeds, native to Mexico and Guatemala and appreciated in these regions since Mayan times, have a distinctive crunchy texture and mild flavour, and are a rich source of healthy oils and an excellent source of vitamin E and minerals. They are sold milled or whole. Soak them until they swell, then add to smoothies, porridge, granola or bread. They develop a gelatinous texture when soaked in water for a few minutes, so make a good alternative to eggs in vegan puddings.



supplement (avoid heating the oil, which can destroy some of its beneficial nutrients). Linseeds can also be sprouted.

Nutritional benefits: Linseeds are a good source of fibre, magnesium, omega-3 fatty acids and zinc.

Serving suggestions: Add ground seeds to bread dough or make German leinsamenbrot (linseed bread); sprinkle ground linseeds over salads; make linseed crackers; soak the seeds in water overnight, then add to smoothies, porridge or granola; combine ground seeds with breadcrumbs to make a crunchy coating for deep-fried tofu or other vegetables of your choosing.

Sesame seeds

These are one of the most ancient oilseed crops. Native to India, sesame made its way through the Asian subcontinent and Anatolia over thousands of years, reaching China by the second century BCE – China is now the world's largest consumer of the seed. Sesame seeds are available in a wide variety of colours, but black and white are the most common. The white seeds are milder than the dark, but both have a delicate taste and add texture and nuttiness to sweet and savoury dishes. In China, both are used (the black seeds are ground to make a sweet paste for confectionery and puddings); in India the

white sesame seed is preferred, as a spice and in sweet dishes; in Japan, unhulled sesame seeds are ground with salt to make a condiment called gomashio, and the seeds are sprinkled over rice or noodles; and in the Middle East, they are eaten toasted or raw, used in baking, or made into tahini. Toasting them makes them aromatic and nutty.

Nutritional benefits: A good source of protein and calcium, vitamin B3 and niacin. Just 25g (1oz) provides nearly half the recommended RDA of iron.

Serving suggestions: Grind with sea salt to make a condiment for savoury dishes; scatter toasted seeds over fried apple or banana fritters; add black sesame seeds to citrus cake batters; sprinkle seeds over baked figs; add to a fruit crumble mixture; add white seeds to Chinese 'smashed' cucumbers, along with toasted sesame oil; sprinkle seeds into an apple and celeriac salad, or over a cool noodle and vegetable salad with a chilli-spiked dressing; scatter over grilled miso aubergine or baba ganoush; combine tahini, miso, lemon juice, sesame oil and sesame seeds to make a dressing for steamed broccoli; make sesame-seed dukkah and sprinkle over roast squash or sweet potato; add seeds to a dipping sauce for Vietnamese vegetarian spring rolls; sprinkle toasted seeds over an Asian-style mango, watercress and herb salad; roll falafel

in raw sesame seeds before baking or frying; make sesame brittle with maple syrup and white sesame seeds.

Tahini

This nutritious, oily paste made from hulled sesame seeds

is synonymous with the vast and varied cuisines of the Middle East, where it is often loosened with cold water and lemon juice (and sometimes garlic) to drizzle over savoury dishes and serve as a dip with mezze, or combined with chickpeas to make houmous. Tahini is also a key component of sweet, crumbly halva. It is rich in protein and there are two types: light and dark – the light is made with hulled seeds and is considered finer in taste and texture than the dark, nutty tahini which includes the hulls. Chinese and Japanese sesame pastes are made from roasted unhulled sesame seeds. ♥



How to activate NUTS, GRAINS and SEEDS

This is the first step of sprouting. It stimulates germination, converts proteins into easily digestible amino acids, is a faster way to increase the bioavailability of nutrients than sprouting and hydrates the nut/grain/seed.

- Rinse seeds, grains or nuts, then place in a bowl and cover with salted water (2 tsp salt for 2 cups of seeds/grains/nuts).

- Soak for 7-12 hours at room temperature, covered with a clean cloth, then strain and use. The soaking time depends on the size of the ingredient you are soaking.

- At this stage, the nut/grain/seed are ready for making milks.

Nuts need to be dehydrated in a very low oven after being soaked, until they are dry, but seeds and legumes do not require this. Nuts and seeds that take well to being activated include hulled pumpkin seeds, sunflower seeds and almonds (use raw nuts and seeds, not roasted).



Activating or sprouting seeds can enhance their nutritional value



The extract on pages 60-64 is taken from *The Vegan Kitchen* by Rose Glover and Laura Nickoll, published by Eddison Books. www.eddisonbooks.com (RRP £14.99.)

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Taste of Japan

Take your tastebuds on
tour with Tim Anderson's
Oriental recipes

Onigiri (grilled rice balls)

Onigiri is commonly translated as 'rice balls', but actually they're more commonly little rice triangles.

They can be stuffed with all kinds of flavourful fillings and/or grilled with a salty condiment, giving them exquisitely crisp, rice cracker-like crusts.

By Tim Anderson

Makes 6 | Prep 10 mins | Cook 15 mins | Calories 233 (per serving)

300g (1 ½ cups) rice
(uncooked weight)

a few pinches of sea salt

fillings of your choosing
(optional)

1 sheet of nori, cut into
6 rectangles

FOR YAKI-ONIGIRI

1 tbsp sesame oil

4 tbsp sweet miso sauce
(see right)

a little bit of oil, to grease

sesame seeds, to garnish

1 sheet of nori, cut into
6 rectangles

FOR THE MISO SAUCE
(makes 400ml (1 ½ cups))

300g (1 ¼ cups) miso – I like
a blend of white and red

6 tbsp mirin

50-60g (scant ½ cup)

sugar (any kind), to taste

3 tbsp water or sake

1 ½ tsp vinegar (optional)

- For the sweet miso sauce, stir everything together until no lumps of miso remain and the sugar has dissolved. Store in a jar in the refrigerator for up to 6 months.
- To make onigiri, cook the rice, then tip it out onto a plate to cool. When it's cool enough to handle, wet your hands to keep the rice from sticking and grab a big handful of rice.
- Compress the rice into a ball, using the joint between thumb and index finger on your dominant hand to press the ball into a triangular shape, while using your other hand to grip and flatten the ball into a kind of patty. Or just manipulate it into a puck shape – this is also an acceptable style of onigiri.
- Finished onigiri can be kept in the fridge, covered, for up to 4 days, but if you're not eating them fresh, give them at least 30 minutes to come up to room temperature before eating. Wrap each onigiri in a rectangle of nori just before eating.
- If you're adding fillings, before you start to compress the rice, flatten it out in your hand a bit. Add about 1 heaped tbsp of filling to the middle of the rice, then fold the rice up around it before shaping as above.
- Fillings can be just about anything, but they should be finely chopped and strongly flavoured: shiitake pickled in soy sauce, kimchi or shop-bought Japanese pickles are good options.
- Also, instead of fillings, you can work seasonings into the rice itself – finely chopped pickles work here as well, or you can go for the classic goma-wakame: toasted white sesame seeds and chopped-up, rehydrated wakame seaweed.
- For yaki-onigiri, stir together the sesame oil and sweet miso sauce. Lay the onigiri on a lightly-oiled baking sheet/rack and brush the sauce on one side. Place under a hot grill (broiler), on the second-highest oven rack, until the sauce begins to char. Turn each onigiri over and repeat. Garnish with sesame seeds. Wrap each yaki-onigiri in nori before eating.

3.1g Total fat
0.5g Saturates
0.38g Salt
2.9g Sugar
4.9g Protein



Stir-fried bean sprouts and cabbage with ginger sauce

This dish is based on a Japanese soul food classic called buta shōgayaki, or pork stir-fried with ginger. That dish is already about 50 per cent vegetables, maybe more, in the form of cabbage and bean sprouts. I wondered, would it work without any pork? And it damn well does. The veg has a glorious crunch, and it's no less satisfying sans meat.

By Tim Anderson

Serves 4 | Prep 15 mins | Cook 10 mins | Calories 193 (per serving)

60g (½ cup) fresh root
ginger, peeled and thinly
sliced against the grain

6 tbsp soy sauce

6 tbsp mirin

4 tbsp sake

1 tbsp ketchup

1 tsp sesame oil

1 tbsp cornflour
(cornstarch)

1 tbsp vegetable oil

1 onion, finely sliced

1 hispi (pointed) cabbage,
halved, cored and cut into
1 cm (½ in) wide strips

300g (3 cups) bean sprouts

2 spring onions (scallions),
finely sliced, to garnish

toasted white sesame
seeds, to garnish

cooked rice, to serve

- Purée the ginger, soy sauce, mirin, sake, ketchup, sesame oil and cornflour in a blender or food processor.
- Heat the oil in a wok or deep frying pan (skillet) over a high heat and add the onion and cabbage.
- Stir-fry for 4-5 minutes, then add the bean sprouts and the ginger sauce. Keep stir-frying until the sprouts have softened slightly and the sauce has coated everything, 3-4 minutes.
- Garnish with spring onions and sesame seeds, and serve with rice.

6.1g Total fat
1g Saturates
1.6g Salt
13.5g Sugar
5.7g Protein



Mushroom parcels with garlic and soy sauce

I always associate this preparation, or simple variations thereof, with izakaya – the wonderful Japanese drinkeries-cum-eateries where the food is highly varied but always conducive to drinking loads of good sake or beer – typically salty, snacky, shareable, crowd-pleasing dishes with bold but not over-the-top flavours. This is exactly that kind of dish, mushrooms simply steamed in a foil parcel with plenty of garlic and soy sauce – tearing open the foil is like opening a present on a particularly garlicky Christmas morning. It's lovely on its own, but I strongly recommend enjoying this with sake.

By Tim Anderson

Serves **2** | Prep **10 mins** | Cook **20 mins** | Calories **100** (per serving)

200g (2 cups) Japanese mushrooms – such as enoki, shimeji (beech), shiitake and eringi (king oyster) – often supermarkets sell an ‘exotic’ mushroom pack containing a few of each of these, which are perfect

2 tbsp soy sauce
1½ tsp sake
1½ tsp olive oil
3–4 garlic cloves, crushed and thinly sliced
a few grinds of black pepper
a few sprigs of flat-leaf parsley, finely chopped

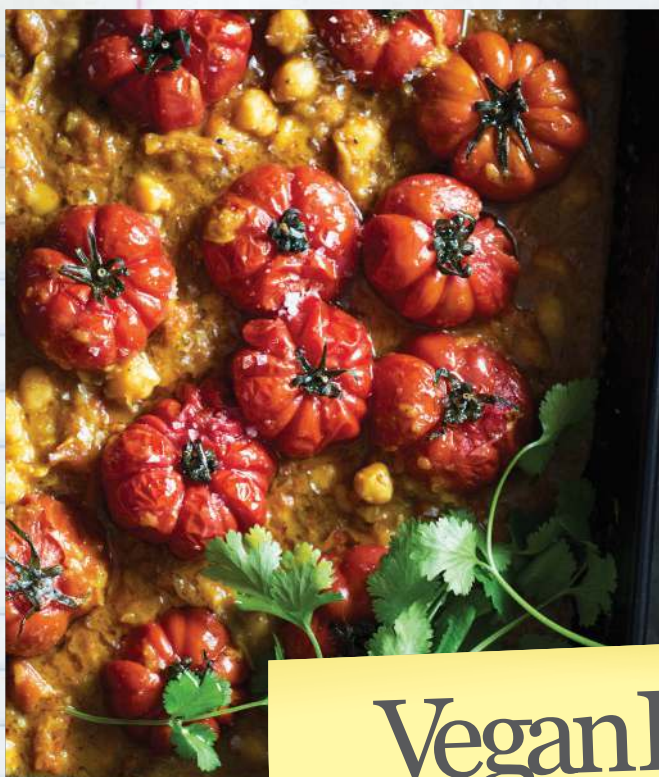
- 1 Preheat the oven to 220°C/Gas Mark 9.
- 2 Prepare the mushrooms: for enoki or shimeji, cut off their bottoms and break up large clusters; for shiitake, remove the stems; for eringi, cut them into roughly bite-size pieces.
- 3 Stir together the soy sauce, sake, olive oil, sliced garlic, black pepper and parsley. Toss the prepared mushrooms with the soy sauce mixture.
- 4 Set a wide piece of kitchen foil (about 40cm (16in) long) into a shallow bowl or dish, and place the mushrooms and the sauce into the middle of the foil. Gather up the sides of the foil to cover the mushrooms, crimping them together to form a tight seal.
- 5 Place the parcel on a baking sheet and bake for 20 minutes. Transfer the parcel to a plate, taking care not to tear the foil. Serve with the parcel closed and open it at the table.



The extract on pages 66–68 is taken from *Vegan Japanese* by Tim Anderson, photography by Nassima Rothacker, published by Hardie Grant. (RRP £22.)

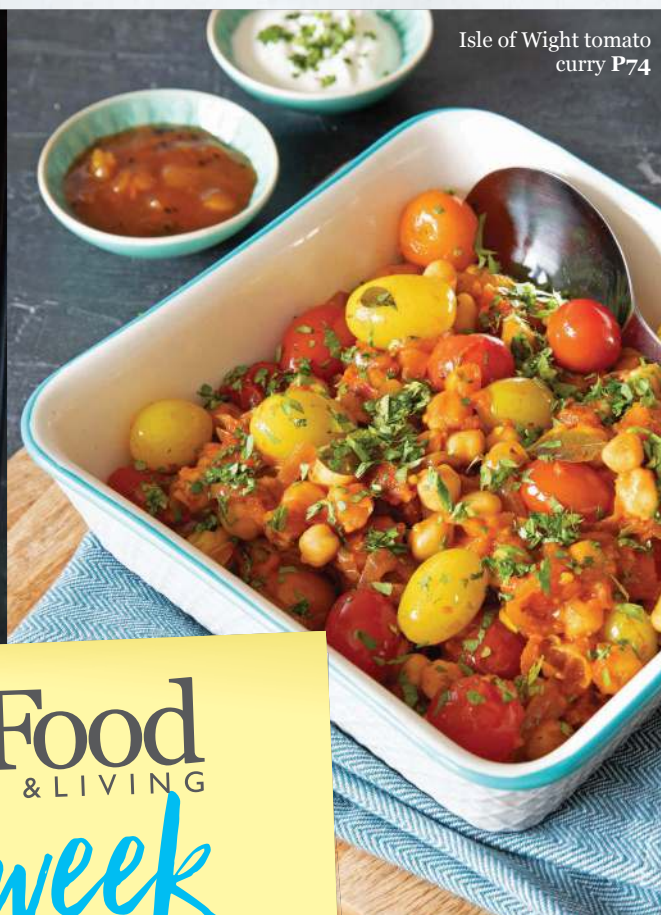
3.9g Total fat
0.6g Saturates
0.91g Salt
0.6g Sugar
4.2g Protein





Roasted tomato and chickpea curry with coconut and coriander P72

Tofu and woodland mushrooms with crispy fried noodles and satay sauce P76



Isle of Wight tomato curry P74

Lebanese dirty rice P73



Vegan Food & LIVING

Midweek MEALS

End the day on a culinary high...



Fregola with courgette, citrus and basil

By Greg and Lucy Malouf

Serves 4 | Prep 15 mins | Cook 15 mins | Calories 278 (per serving)

- | | |
|--|--|
| 1 litre (4 cups)
vegetable stock
or water | 2 spring onions
(scallions), thinly
sliced into rounds |
| 150g (1 ½ cups)
fregola | 10g (¼ cup) each
of shredded basil
leaves, shredded
mint leaves and
snow pea tendrils |
| salt and freshly
ground black
pepper | FOR THE
CITRUS OIL |
| citrus oil (see
right), or buy
a good quality
mandarin oil | 125ml (½ cup)
grapeseed oil |
| 50g (½ cup)
blanched
hazelnuts | 125ml (½ cup)
good-quality
olive oil |
| 1 ruby grapefruit | finely grated zest
of 2 oranges |
| 1 orange | 1 bay leaf |
| 2 baby courgettes
(zucchini), cut into
tiny dice | ¼ tsp coriander
seed |

This recipe is taken from *New Feast: Modern Middle Eastern Vegetarian* by Greg and Lucy Malouf, photography by Alan Benson, published by Hardie Grant. (RRP £20.) This book contains non-vegan recipes.



- For the citrus oil, combine the oils in a small saucepan. Use a microplane grater to zest the oranges over the oil, to capture any oils that are released as you grate. Add the bay leaf and the coriander seeds. Heat gently, just to blood temperature, then remove the pan from the heat. Leave to infuse for 24-48 hours, then strain and decant into a sterilized bottle or jar.
- Bring the vegetable stock to the boil and cook the fregola for 10 minutes at a healthy simmer. When cooked it should be tender, but still have a slight bite. Tip into a sieve to drain for a few minutes, then tip into a shallow tray.
- Season with salt and pepper and drizzle on 1 tbsp citrus oil. Toss and leave to cool. Heat a dry frying pan over a medium heat and toast the hazelnuts for 3-4 minutes, stirring frequently, until they are golden brown.
- Chop roughly and set aside. To prepare the grapefruit and orange, use a very sharp knife to peel them, taking care to remove all the bitter pith. Holding the fruit over a large mixing bowl to catch the juice, carefully slice each segment out of its skin casing and into the bowl.
- To assemble, add the courgette, spring onions, herbs and chopped hazelnuts to the fregola. Add a few tbsp citrus oil and toss gently to mix everything together well. Serve straight away.

10.9g Total fat	0.9g Saturates	0.05g Salt	11.2g Sugar	8.1g Protein
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Chantenay carrot Thai-style satay stir-fry

By Chantenay Carrots (chantenay.co.uk)

Serves 2 | Prep 5 mins | Cook 12 mins |

Calories 552 (per serving)

- | | |
|--|--|
| 3 tbsp peanut butter | 3 garlic cloves |
| 3 tbsp sweet
chilli sauce | 150-200g (1-1 ½
cups) Chantenay
carrots, sliced |
| 2 tbsp soy sauce | 300g (3 cups) green
stir-fry vegetables |
| 300g (4 cups)
straight to
wok vegan noodles | a small handful of
basil leaves |
| 1 tbsp oil | 25g (¼ cup)
roasted peanuts,
roughly chopped |
| 1 thumb-size
piece of ginger,
peeled and grated | |

- Mix the peanut butter, chilli sauce, 100ml (½ cup) water and soy sauce to make a smooth sauce.
- Put the noodles in a bowl and pour boiling water over them. Stir gently to separate, then drain thoroughly.
- Heat the oil in a large frying pan, then stir-fry the ginger, garlic and Chantenay carrots for 2 minutes.
- Add the rest of the veg, then stir-fry over a high heat for 1-2 minutes until the veg is just cooked.
- Add the noodles and stir-fry for another minute or so.
- Pour in the peanut sauce and stir it into the other ingredients.
- Divide between bowls and sprinkle over the basil leaves and peanuts to serve.



24.5g Total fat	5g Saturates	2.9g Salt	30g Sugar	22.6g Protein
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Tofu katsu curry

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

Serves 4 | Prep 20 mins plus draining | Cook 45 mins | Calories 680 (per serving)

**400g (2 cups) brown/
wholegrain rice**

FOR THE SAUCE

1 tbsp vegetable oil

2 onions, finely diced

5 garlic cloves, finely diced

4 carrots, peeled and chopped

4 tbsp plain (all-purpose) flour

2 tbsp medium curry powder

1 tsp garam masala

**1.2 litres (5 cups) vegetable
stock**

**1 tbsp vegan syrup, such as
maple or agave**

2 bay leaves

2 tbsp soya sauce

FOR THE SAUCE

- 1 Fry the onion in a little oil until soft and golden.
- 2 Add the carrots and sweat for 10-15 minutes (lid on) until they soften and begin to caramelise.
- 3 Add the garlic and stir for a further minute.
- 4 Stir in the flour, garam masala

and curry powder and cook for a minute.

- 5 Pour in the stock slowly and gradually to avoid lumps.
- 6 Add the soya sauce, syrup and bay leaf. Bring to the boil, then reduce the heat and simmer for 20-30 minutes so the sauce has thickened but is still pouring consistency.

FOR THE TOFU

**800g (4 cups) firm tofu,
such as 2 packets of
Cauldron or similar**

**240g (2½ cups) panko
breadcrumbs or use
gluten-free breadcrumbs**

5 tbsp plain (all-purpose) flour

5 tbsp water

vegetable oil, for deep frying

- 7 You can either keep the sauce chunky or pass through a sieve if you'd like it smooth.

FOR THE TOFU

- 8 Unwrap the tofu, drain and place in a colander. Cover with a clean tea towel or kitchen towel, then a plate. Place weights or tins of food on top. Let it drain over the sink and leave for 30 minutes minimum.
- 9 Slice each block of the tofu in half lengthways.
- 10 Mix the flour and water into a paste in a wide bowl and set aside. Add a little more flour or water if necessary, to create a thick, smooth paste.
- 11 Empty the panko breadcrumbs into a wide bowl and set aside.
- 12 Dip each chunk of tofu into the flour/water paste and make sure it is thoroughly covered.
- 13 Immediately dip the tofu chunks into the bowl of panko breadcrumbs. Again

cover thoroughly, pressing the breadcrumbs into the tofu.

- 14 If you don't want to deep fry the tofu, then heat the oven to 180°C/Gas Mark 4 and cook for 20 minutes (or until golden), turning once, then go to step 18.
- 15 To fry the tofu, heat a medium saucepan half full of vegetable oil on medium-high heat or use a deep fat fryer.
- 16 Lower the tofu chunks into the hot fat and cook for a few minutes or until golden brown and crisp.
- 17 Remove each piece with a slotted turner and place on kitchen roll to soak up the excess oil until ready to serve.

TO ASSEMBLE

- 18 Serve on a bed of rice. Slice the tofu and drizzle with the curry sauce. Garnish with chillies, carrot and spring onion.

18.6g Total fat	6.7g Saturates	0.71g Salt	12g Sugar	29.9g Protein
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Roasted tomato and chickpea curry with coconut and coriander

By Greg and Lucy Malouf

Serves 4 | Prep 15 mins | Cook 45 mins | Calories 410 (per serving)

1 kg (5 cups) medium-size vine-ripened tomatoes, stalks attached if possible	1 tsp ground coriander
80ml (⅓ cup) olive oil	½ tsp turmeric
salt	½ tsp freshly ground black pepper
6 cardamom pods, crushed for seeds, then crush the seeds	1 medium onion, grated
½ tsp fennel seeds	3 garlic cloves, grated
¼ tsp black mustard seeds	1 tbsp grated fresh ginger
6 cloves	250ml (1 cup) coconut milk
2 star anise	400g tin (1½ cups) of chickpeas, well rinsed and drained
1 small dried red chilli	chopped coriander (cilantro), rice and vegan yoghurt, to serve
1 tsp ground cumin	

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Arrange the vine-ripened tomatoes in a roasting tin. Drizzle on half the oil and sprinkle with a little salt. Roast for 10 minutes, or until the skins are just starting to split. Set aside 12 of the nicest tomatoes, then peel and chop the rest. (Save the skins for making stock.)
- 3 Heat a frying pan over a medium heat. Add the cardamom seeds, fennel and mustard seeds, the cloves and the star anise and fry for around 2 minutes, stirring frequently, until golden and aromatic (but not burnt!). Tip into a mortar; add the dried red chilli, and grind everything to as fine a powder as you can manage. Sieve to remove any larger bits and combine with the cumin, coriander, turmeric and black pepper.
- 4 Heat the remaining oil in a casserole or heavy-based saucepan. Add the grated onion, garlic and ginger and sauté for around 10 minutes until soft and translucent. Add the spices and fry for 2-3 minutes, stirring them around in the oily onion mixture. Add the chopped tomatoes to the pan, together with the coconut milk and season to taste. Heat to just below boiling point, then lower the heat and simmer gently for around 15 minutes. Add the chickpeas to the pan, together with the 12 reserved tomatoes. Simmer gently for 8-10 minutes, just until the tomatoes have warmed through. You want them to retain their shape.
- 5 Sprinkle on plenty of chopped coriander and serve with rice and plenty of yoghurt.

This recipe and the Lebanese rice on page 73 are taken from *New Feast: Modern Middle Eastern Vegetarian* by Greg and Lucy Malouf, photography by Alan Benson, published by Hardie Grant. (RRP £20.) This book contains non-vegan recipes.



28.9g	15.3g	0.29g	10g	8.4g
Total fat	Saturates	Salt	Sugar	Protein

Creamy braised leek pasta

By Lucy Parker @lucy_and_lentils for The British Leek Growers' Association. For more recipes visit www.britisheels.co.uk

Serves **2** | Prep **5 mins** | Cook **15 mins** | Calories **736** (per serving)

3 leeks
10g (1/3 cup) fresh thyme
1 tbsp olive oil
4 garlic cloves, minced
60ml (1/4 cup) boiled water
250ml (1 cup) plant-based single cream (optional)

5 sheets of vegan lasagne pasta
1/4 tsp pepper
1/2 tsp salt
TO SERVE
a sprinkle of chilli flakes (optional)
1 tsp toasted pine nuts (optional)

- 1 Chop the leeks into about 3cm (1 1/4 in) thick circles and fry in a drizzle of olive oil with the thyme and garlic for around 5 minutes.
- 2 Add the water, pop on a lid and simmer for a further 5 minutes.
- 3 While the leeks simmer, add the lasagne sheets to a separate pan of water; add a pinch of salt and boil for about 10 minutes.
- 4 Add the cream to the leeks, turning the heat right down to ensure it doesn't curdle. Season, add the lasagne sheets and allow to combine for a further 2 minutes.
- 5 Check the seasoning and garnish with a sprinkle of chilli flakes and toasted pine nuts.



31.8g Total fat
5.2g Saturates
0.81g Salt
8.9g Sugar
13.6g Protein



Lebanese dirty rice

By Greg and Lucy Malouf

Serves **4-6** | Prep **10 mins** | Cook **45 mins** | Calories **319** (per serving)

3 tbsp olive oil
1 medium onion, diced small
140g (1/2 cup) small black (beluga) or puy lentils
1 litre (4 cups) vegetable stock or water
80g (1/2 cup) long-grain rice, very well washed and drained
1 tbsp ground cumin
1 tsp ground coriander
1/2 tsp salt (optional)
1 tsp dried rose petals, to garnish (optional)

FOR THE TOPPING
2 medium onions, thinly sliced
2 tbsp cornflour (cornstarch)
1/2 tsp ground cumin
vegetable oil, for deep-frying

- 1 Heat half the oil in a saucepan and sauté the diced onion until soft.
- 2 Add the lentils and half the stock (or water), bring to a boil, then cover and cook for 20 minutes, or until the lentils are just cooked. Add the rice, mix well and continue cooking for a further 15-20 minutes, stirring every now and then and gradually adding more of the stock as it is absorbed (a little like making a risotto).

The dish is ready when the lentils have started to break down and the rice grains have swelled and almost burst – in fact, it looks rather like a dark brown porridge. (Black lentils hold their shape better than the brown lentils that are usually used for this dish, so it won't be quite as sludgy as traditional versions.)

- 3 While the rice and lentils are cooking, soak the onions in enough salted water to cover for 15 minutes. Drain, rinse, then pat very dry with kitchen paper. Dust the slices liberally with the cornflour and cumin so they are evenly coated.
- 4 Add the rest of the oil, cumin, coriander and salt (if using) to the rice and stir well. Keep the pan covered while you fry the onions.
- 5 Pour vegetable oil into a deep-fryer or saucepan to a depth of around 8cm (3 1/4 in) and heat to 170°C/325°F. Fry the onions in batches until crisp and golden, then drain on kitchen paper. Serve the mjaddarah at room temperature, topped with the onions and a sprinkling of crushed rose petals.

TIP We love the crunch of the onion topping and the pretty colour contrast they make with the dirty black rice. However, we acknowledge that this is a rather poshed-up version of mjaddarah! If you don't want to soak and deep-fry the onions, then shallow-fry them in a mixture of olive oil and vegan butter until they caramelise a lovely deep brown.

12.2g Total fat
1.8g Saturates
0.24g Salt
4.1g Sugar
11.6g Protein



Ginger harissa roast vegetable pilaf

By Discover Great Veg (www.discovergreatveg.co.uk)

Serves 4 | Prep 15 mins | Cook 30 mins |

Calories 621 (per serving)

2 parsnips, diced (380g (3 cups))
2 carrots, diced (300g (2¼ cups))
1 onion, diced (200g (1½ cups))
2 tbsp olive oil
5cm (2in) piece of root ginger, grated
1 tbsp harissa paste
200g pack (2 cups) of sliced cavolo nero
250g pouch (1½ cups) of super seeds with quinoa and chia
200g (1 cup) brown basmati rice
juice of 1 lime
yoghurt, to serve

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Place the parsnips, carrot and onion on a large baking tray and toss with 1 tbsp oil, ginger and harissa, season and then roast for 20 minutes. Add the cavolo nero, the seeds mix and toss in the remaining oil, roast for a further 10 minutes.
- 3 Meanwhile, cook the rice in boiling water for 20-25 minutes until tender and drain well.
- 4 Stir the rice into the vegetable mixture along with the lime juice, season and serve with the yoghurt.

TIP This is a great way to use up leftover cooked rice.

Isle of Wight tomato curry

By The Tomato Stall (thetomatostall.co.uk)

Serves 4 | Prep 10 mins | Cook 35 mins | Calories 244 (per serving)

500g (2½ cups) Isle of Wight tomatoes

3 tbsp vegetable oil

2 garlic cloves, crushed

2 tbsp grated ginger

1 red onion, thinly sliced

1 red chilli, deseeded and chopped

1 tsp lightly crushed fennel seeds

½ tsp paprika

½ tsp turmeric

1 tsp ground cumin

1 tsp ground coriander

12 curry leaves

400g (2 cups) Isle of Wight cherry tomatoes

400g tin (1½ cups) of chickpeas, drained and rinsed

100ml (½ cup) vegetable stock or water

- 1 Cover the tomatoes with boiling water in a bowl and leave for 3 minutes. Drain, cover with cold water and then peel off the skins and chop the tomatoes.
- 2 Heat the oil in a frying pan. Add the garlic and ginger. Fry for a minute, then add the onion and chilli. Fry gently until soft and then add the spices and fry for 2 minutes.
- 3 Add the chopped tomatoes, curry leaves and stock or water. Simmer for 10-15 minutes on a medium heat until thickened – add a little extra water if it's too dry. Add the cherry tomatoes and chickpeas, season and simmer for 5 minutes until the cherry tomatoes are soft, but still holding their shape.
- 4 Scatter with fresh coriander and serve with coconut yoghurt and mango chutney. And rice and chapatis if you like!

11.8g Total fat
2.2g Saturates
0.25g Salt
7.4g Sugar
6.6g Protein



21g Total fat
3g Saturates
0.27g Salt
13.5g Sugar
16.6g Protein



Chickpea tikka masala

By The Happy Pear for Bord Bia (www.bordbia.ie)

Serves 4 | Prep 10 mins | Cook 20 mins | Calories 509 (per serving)

FOR THE PASTE 1 tbsp tomato purée (paste)

1 tbsp cumin seeds

1 tbsp coriander seeds

2 garlic cloves

a thumb-size piece of fresh ginger

½ a fresh red chilli

a bunch of fresh coriander (cilantro)

1 heaped tsp garam masala

½ tsp smoked paprika

1 ½ tsp sea salt

½ tsp freshly ground black pepper

400g tin (1 ¼ cups) of chopped tomatoes

FOR THE CURRY

3 spring onions (scallions)

300g (3 cups) mushrooms – we love oyster, but any mushrooms will do

1 ½ tbsp oil

2 x 400g tins (3 ½ cups) of chickpeas

400ml tin (1 ½ cups) of coconut milk

juice of ½ a lime

chilli flakes (optional)

1 In a dry frying pan, fry the cumin and coriander seeds for 3-5 minutes on a high heat until the cumin seeds start to pop, stirring regularly. Peel the garlic and ginger.

2 To make the paste, whizz together the garlic, ginger, chilli, the stalks from the fresh coriander (setting the leaves aside for later), the garam masala, smoked paprika, salt, pepper, tomato purée, chopped tomatoes and the toasted cumin and coriander seeds in a blender until smooth.

3 Chop the spring onions into small slices and cut the mushrooms into small bite-size pieces. Put the oil into a large frying pan over a high heat, and, once the pan and oil are hot, add the mushrooms and fry them for 3-4 minutes. If the mushrooms start to stick, add a few tbsp of the paste.

4 Drain the chickpeas, rinse thoroughly and add to the pan together with the chopped spring onions, the rest of the paste and the coconut milk. Bring to the boil, then reduce the heat to a simmer and cook for a further 2 minutes.

5 Squeeze in the lime juice, taste, and season with more salt, pepper and maybe some chilli flakes if you think it needs it. Chop the reserved coriander leaves roughly and sprinkle over each serving as a garnish.

6 Lovely served with soya yoghurt and toasted almond flakes on top.





Tofu and woodland mushrooms with crispy fried noodles and satay sauce

By Richard Church (richardchurchuk.com)

Serves **2** | Prep **20 mins** plus pressing | Cook **35 mins** |

Calories **964** (per serving)

- 1 First make the satay sauce. Heat the groundnut and sesame oils in a saucepan and gently fry the onion for about 4-5 minutes, until soft. Add the garlic purée and cook for another 2 minutes, stirring often.
- 2 Pour in the coconut milk and bring to a gentle simmer. Add the veg stock, the vegan fish sauce (if using) and all the other sauce ingredients. Bring back to a simmer and cook for about 5 minutes, until you have a slightly thickened peanut sauce. Turn off the heat and set aside until needed.
- 3 Now you'll want to fry the tofu. Place it on a board on its edge and cut through its thickness to produce two thinner rectangles. Now cut these rectangles into either four or six pieces each, depending on how large you want them.
- 4 Half-fill a good-size saucepan with the frying oil and bring up to temperature. You can test this by placing a piece of tofu into the oil. It will begin to gently bubble around the tofu when it is ready. If it does not, remove the tofu with a spoon and leave it a little longer.
- 5 Fry the tofu for 6-8 minutes, until it is golden and crisp. Remove with a slotted spoon and set aside to drain on kitchen paper or a towel. Generously season with salt and pepper while it is draining. You can keep the oil on a very low heat as you will be using it again soon for the noodles.
- 6 For the stir-fry, heat the two oils in a wok or large frying pan and cook the onion, pepper and mushrooms together on a medium-high heat for about 6-8 minutes, until cooked and slightly browned. Add the fried tofu and cook for another 2 minutes, then pour over as much of the satay sauce as you would like. Simmer vigorously for about 4 minutes, stirring often, until the sauce has reduced.
- 7 While this is simmering, it's time to fry the noodles. For this you will want a slightly lower temperature than you used for the tofu, and you'll want to make sure that there is plenty of room in the pan, as the oil will rise when you put the noodles in. The first time I did it the oil spilled right over the top of the pan and all over the stove, so make sure your pan is large enough to allow for this. Put in a few noodles to test the temperature (the oil should start to bubble straight away) and, when it is ready, cook *half* of the noodles at a time. This will prevent the oil from rising too much and also allow you to serve them up in two batches, as they will come out pretty much in one piece. Fry the noodles for about 4 minutes or so, until you can see that they are crispy. Remove with either a slotted spoon or tongs and drain on some kitchen paper while you cook the second batch.
- 8 To serve, place the crispy noodles in the bottom of your bowl. Spoon over the satay stir-fry, and then top with a few slices of fresh chilli.

FOR THE SATAY SAUCE

- 1 tbsp groundnut oil
- 1 tbsp sesame oil
- 1 small onion, very finely diced
- 2 tsp garlic purée
- 1 tin of coconut milk
- 1 tsp vegetable stock
- 2 tsp vegan fish sauce (optional)
- 2 heaped tbsp smooth peanut butter
- juice of 1 lime
- 1 ½ tbsp dark soy sauce
- 1 level tsp ground cumin
- 1 tsp madras curry powder
- 1 tbsp dark brown sugar
- 150ml (⅔ cup) cold water

FOR THE TOFU

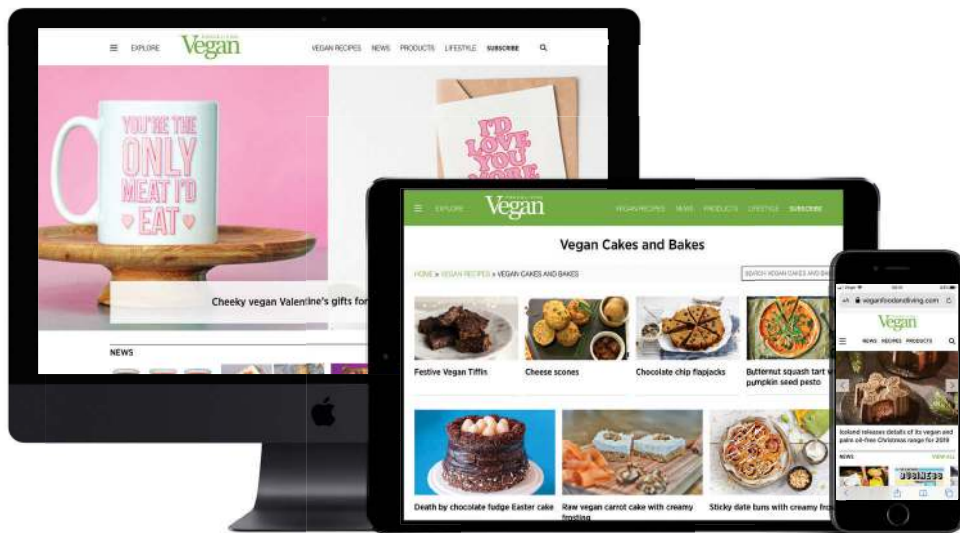
- enough vegetable or sunflower oil, for deep frying
- 400g block (2 cups) of extra firm tofu, pressed for about 1 hour, until most of the water is removed
- salt and pepper to taste

FOR THE STIR-FRY

- 1 tbsp groundnut oil
- 1 tbsp sesame oil
- 1 red onion, diced
- 1 yellow or green pepper, diced
- 150g pack (1 ½ cups) of woodland mushrooms (or whatever variety you prefer)
- 1 pack of fresh vegan protein wheat noodles (or similar fresh wheat noodles)
- a few red chilli slices, to garnish



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- ✓ Fashion & beauty news



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

The image features three white bowls filled with a Chinese-style rice dish, likely fried rice, topped with green peas, corn, and sliced green onions. The bowls are arranged on a green wooden surface. A packet of fried rice is visible in the background. Chopsticks are placed around the bowls. The text 'Friday night' is written in a large, white, serif font on the left side of the image.

Friday
night

CHINESE

takeaway

Make Chinese takeaway
favourites in your own
kitchen – vegan, quick,
cheap and healthy

八宝

Eight treasure fried rice

Why eight? In China the word for eight is ba, which sounds like fa, which means fortune.

By Kwoklyn Wan

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

Calories **316** (per serving)

- 1½ tbsp oil (vegetable, groundnut or coconut)**
- 1 small onion, diced**
- 1 small carrot, diced**
- 30g (¼ cup) tinned bamboo shoots, drained and sliced**
- 35g (¼ cup) tinned straw mushrooms, drained**
- ½ a red (bell) pepper, diced**
- 40g (¼ cup) tinned sweetcorn**
- 30g (¼ cup) peas**
- 250g (9oz) cooked steamed rice, cold (or use pre-cooked packets of rice)**
- 3 spring onions (scallions), sliced, plus extra to serve**
- 1 tbsp light soy sauce**
- ½ tbsp dark soy sauce**
- 2 tbsp mushroom stir-fry sauce (see below)**
- salt, to taste**
- 1 tsp sesame oil**
- FOR THE SAUCE**
- 4 medium dried shiitake or Chinese mushrooms**
- 250ml (1 cup) boiling water**
- ½ tbsp oil (vegetable, groundnut or coconut)**
- 1 nori seaweed sheet, ground into a powder**
- 2 tbsp light soy sauce**
- ½ tbsp dark soy sauce**
- 1 tbsp sugar**
- ¼ tsp salt**
- 1 tsp cornflour (cornstarch)**

- 1** For the mushroom sauce, rinse the mushrooms under warm water and put into a large bowl. Pour over the boiling water and leave to soak for 15 minutes until soft. Gently squeeze the excess water out of the mushrooms, reserving the liquid for later. Remove and discard the stalks from the mushrooms, then cut the caps into four slices. Heat a wok or non-stick frying pan over medium heat, add the oil and fry the mushroom slices for 3 minutes. Remove and set aside.
- 2** Place the mushroom liquid, nori, fried mushrooms, soy sauces, sugar, salt and cornflour into a blender and blitz until smooth. Pour the mixture into a small saucepan and gently simmer until the sauce has thickened and reduced by about a third. Remove from the heat and allow to cool.
- 3** For the rice, pour the oil in a wok and place on medium-high heat, then add the onion and carrot and stir-fry for 1 minute. Add the remaining veg and cook for 1-2 minutes, or until any liquid has been evaporated. Add the rice and cook for 2-3 minutes. The wok needs to be hot, hot, hot, so you can hear the ingredients sizzling as you cook.
- 4** Add the light and dark soy sauces, mushroom sauce and salt to taste. Continue frying until the rice is completely heated through and is piping hot. Remove from the heat, stir in the sesame oil, sprinkle with spring onions, serve and enjoy.

4.9g Total fat
0.8g Saturates
1.55g Salt
13.6g Sugar
7.4g Protein

福

Chinese orange tofu

Developed to cater for Western taste buds, this dish is a play on the ever popular sweet and sour dish we see in all Chinese takeaways and restaurants. It's made with fresh orange juice, for natural sweetness, zest for some twang, and a hint of garlic and ginger for that aromatic note.

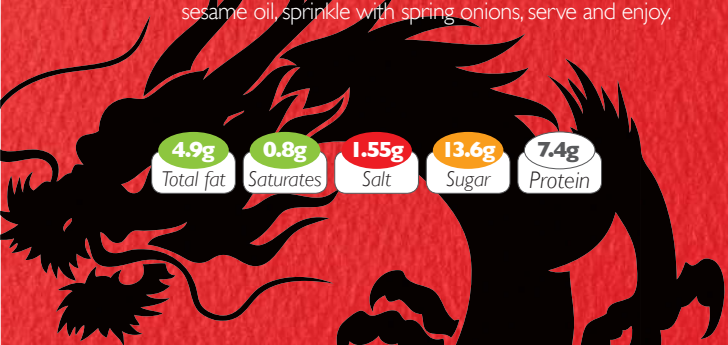
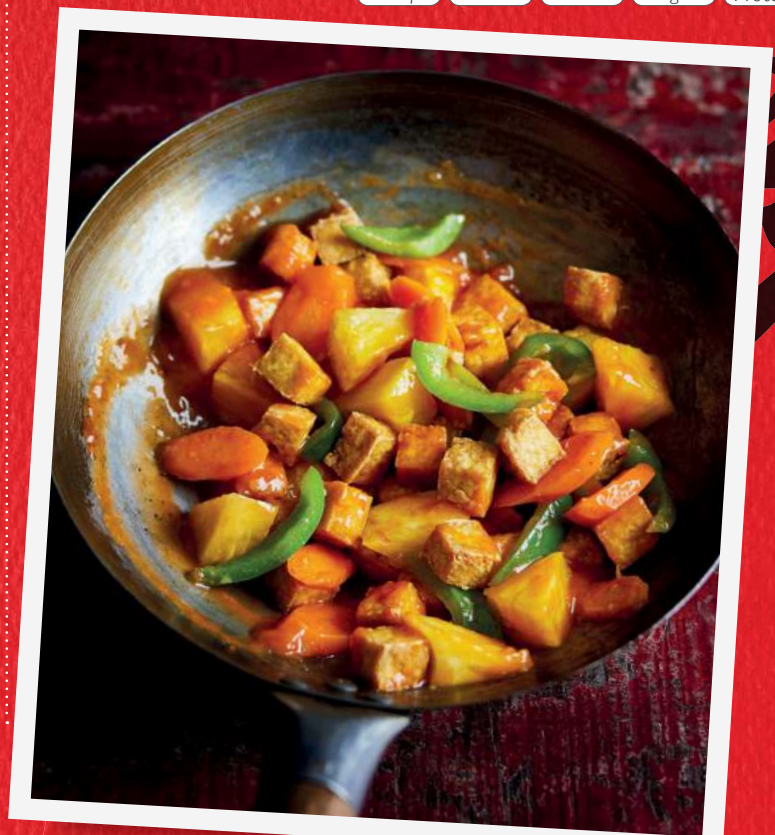
By Kwoklyn Wan

Serves **2** | Prep **10 mins** | Cook **15 mins** | Calories **365** (per serving)

- 500ml (2 cups) oil for shallow frying – vegetable, groundnut or coconut**
- 340g (1½ cups) firm tofu**
- FOR THE SAUCE**
- 1 tbsp oil – vegetable, groundnut or coconut**
- 1 green (bell) pepper, roughly chopped**
- 1 small carrot, cut into bite-size slices**
- ½ tsp grated fresh ginger**
- ½ tsp grated garlic**
- 1 tsp grated orange zest**
- 250ml (1 cup) orange juice**
- 2 tbsp sugar**
- 2 tbsp tomato purée (paste)**
- 3 tbsp rice vinegar or white wine vinegar**
- a handful of pineapple chunks**
- 2 tbsp cornflour (cornstarch) mixed with 4 tbsp water**

- 1** Heat the oil for frying in a large saucepan to 180°C/350°F. The oil needs to be deep enough for the tofu to float without touching the pan bottom. Cut the tofu into bite-size pieces and pat dry with kitchen paper; then gently add the tofu to the oil in batches and fry until golden brown. Drain on kitchen paper and set to one side.
- 2** Heat the oil for the sauce in a wok or frying pan and gently fry the green pepper and carrot over a medium-low heat until softened, then add the ginger, garlic and grated zest and fry until fragrant. Transfer to a bowl and set to one side.
- 3** Put the orange juice, sugar, tomato purée and rice vinegar into a large saucepan and place over a medium heat. Bring to the boil, then add the softened vegetables along with the pineapple and simmer for a further 5 minutes.
- 4** Give the cornflour mixture a stir and slowly pour into the sauce, a little at a time, stirring constantly until you have the desired consistency. Stir the tofu through the sauce to gently reheat and serve immediately.

14.6g Total fat
2.9g Saturates
0.05g Salt
29.5g Sugar
16.5g Protein



Ho chi min fried spring rolls

Growing up in my parents' restaurant, these pan-Asian rolls were my all-time favourite dish. Crispy rice paper spring rolls stuffed with crunchy peppers, crisp beansprouts and noodles, all wrapped up in an ice-cold lettuce leaf and then dipped in a sweet, tangy chilli sauce – sheer heaven.

By Kwoklyn Wan

Serves **3-5** | Prep **45 mins** | Cook **45 mins** |

Calories **456** (per serving)



- 1 Put the glass noodles into a large bowl, cover with boiling water and leave to soak for 3-5 minutes. Once the noodles are soft, drain and set to one side.
- 2 For the dip, combine the ingredients in a pan, bring to the boil and simmer for 3-5 minutes until slightly reduced and sticky.
- 3 Place a wok over a medium-low heat. Add the sesame seeds and slowly toast for 2-3 minutes, until they have turned golden brown.
- 4 Transfer to a plate and allow to cool. Put the oil, soy sauces, sriracha, Chinese five spice, Sichuan pepper and salt into a large bowl and mix well. Arrange the tofu slices on a shallow plate, then evenly coat the top of the tofu slices with the marinade, keeping some of the marinade for later. Set to one side and leave for 20 minutes.
- 5 Preheat the oven to 180°C/Gas Mark 4. Lay the marinated tofu pieces on a baking tray and bake for 10-15 minutes. Turn the tofu over; cover with the remaining marinade and bake for 10-12 minutes more. Remove from the oven and allow to cool. Once cooled, cut the tofu into 5mm (¼in) strips.
- 6 To assemble the rolls, soak a rice paper round in warm water for 20-30 seconds. Shake off any excess water and lay flat on a clean work surface. Add strips of vegetables, beansprouts and tofu, a sprinkle of sesame seeds and some glass noodles. Fold both sides over the filling, then roll up the rice paper to form a sausage shape.
- 7 Heat 250ml (1 cup) oil in a deep-sided frying pan over a medium heat. Carefully fry the rolls, turning them frequently so that they cook evenly, until golden brown all over. Drain on kitchen paper.
- 8 To eat, take a round lettuce leaf and place one crispy roll in the centre, wrapping the leaf snugly around the roll. Then dip

2 nests of glass (mung bean) noodles

1 tbsp sesame seeds

1 tbsp oil – vegetable, groundnut or coconut, plus extra to shallow fry

1 tbsp light soy sauce

1 tbsp dark soy sauce

2 tbsp sriracha chilli sauce

1 tsp Chinese five spice

1 tsp ground Sichuan pepper

½ tsp salt

225g (1 cup) firm tofu, cut into 5mm (¼in) slices

10 rice paper rounds, 22cm (9in) in diameter

½ a red (bell) pepper, thinly sliced into strips

1 carrot, thinly sliced into strips

3 spring onions (scallions), halved and thinly sliced into strips

a small handful of beansprouts

1 round lettuce, leaves separated, washed and drained, to serve

FOR THE SWEET CHILLI VINEGAR DIP

125ml (½ cup) water

125ml (½ cup) rice vinegar

50g (¼ cup) sugar

4 tbsp agave or maple syrup

1 tsp grated fresh ginger

½ tsp grated garlic

1 red bird's-eye chilli, finely chopped

1 tsp tomato ketchup



The extract on pages 78-80 is taken from *The Veggie Chinese Takeaway Cookbook* by Kwoklyn Wan, photography by Sam Folan, published by Quadrille. (RRP £15.) This book contains non-vegan recipes.

7.3g Total fat	1.4g Saturates	0.79g Salt	18.1g Sugar	8.4g Protein
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Enjoy with friends

Something for the weekend

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





Leek and squash filo crown tarts

By Lucy Parker @lucy_and_lentils for The British Leek Growers' Association. For more recipes visit www.britishleeks.co.uk

Serves **2-4** | Prep **15 mins** | Cook **35 mins** |

Calories **388** (per serving)

2 leeks
1 butternut squash
4 garlic cloves
1 roll of vegan filo pastry, quartered
a large pinch of salt
½ tsp coriander
1 tsp mixed spice
1 tsp fresh thyme
a large pinch of pepper
1 tsp olive oil
pomegranate seeds and fresh thyme, to garnish

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Slice the leeks (setting one or two slices aside to garnish at the end) and squash, roughly chop and peel the garlic cloves. Drizzle them all in olive oil and salt and then roast for 25 minutes.
- 3 Quarter all of the filo pastry sheets and, using a non-stick muffin tray, add one thin quarter and brush with olive oil, then layer with another two sheets. Repeat until you've filled 12 of the muffin holes.
- 4 Take the sliced leeks, garlic and squash out of the oven and pulse in a food processor with the spices for around 10 seconds until just combined. Raise the oven temperature to 200°C/Gas Mark 6.
- 5 Add the filling to the pastry and bake for 10 minutes.
- 6 Top with the leftover leek slices, pomegranate seeds and a few sprigs of fresh thyme.

4.4g Total fat
0.4g Saturates
0.08g Salt
6.4g Sugar
10g Protein



Tangy leek and corn fritters with lime mayo

By Lucy Parker @lucy_and_lentils for The British Leek Growers' Association. For more recipes visit www.britishleeks.co.uk

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

Calories **117** (per fritter)

250g (1 cup) sweetcorn
2 leeks
3 garlic cloves, minced
1 red chilli, finely chopped
1 tbsp olive oil
juice of ½ a lime
140g (1½ cups) chickpea flour (or plain flour)
a pinch of pepper
a large pinch of salt
FOR THE DRESSING
juice of ½ a lime
1 tbsp plant-based mayonnaise (alternatively use vegan soured cream or crème fraîche)

- 1 Finely chop the leeks, chilli and garlic.
- 2 Add to a food processor along with the sweetcorn, flour, lime, olive oil and a pinch of salt and pepper and pulse for around 20 seconds until a sticky texture forms.
- 3 Leave to sit for around 5 minutes for the flour to absorb the moisture.
- 4 Slightly wet your hands and begin to form each fritter – you're aiming for around the size of a palm.
- 5 Add the fritters to a piping hot non-stick pan and fry on each side for around 5 minutes.
- 6 Optionally, you can bake the fritters instead. Simply place on a baking tray and bake at 180°C/Gas Mark 4 for around 30 minutes, turning over after around 20 minutes.
- 7 For the dressing, mix the mayonnaise with the lime juice. Serve the fritters with the mayonnaise and lime dressing.

3.2g Total fat
0.4g Saturates
0.04g Salt
3.5g Sugar
4.8g Protein



Chestnut, mushroom and red wine pithivier

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

Serves 8 | Prep 30 mins | Cook 1 hr | Calories 544 (per serving)

640g vegan puff pastry – 2 x sheets, such as Jus-Rol

vegan butter/spread for frying

1 red onion, finely diced

2 leeks, ends removed and finely sliced

400g (5 cups) button mushrooms, halved

3 garlic cloves, finely chopped

½ tsp cayenne pepper

4½ tbsp plain (all-purpose) flour

2 tbsp tomato purée

200g (1¼ cups) vacuum packed chestnuts, roughly chopped

3 tomatoes, roughly chopped

10 sun-dried tomatoes, finely chopped

1 tbsp dried or fresh thyme, finely chopped

½ tbsp dried or fresh rosemary, finely chopped

1 tbsp balsamic vinegar

175ml (¾ cup) vegan red wine – use 1 tbsp red miso and 175ml (¾ cup) boiling water if doing an alcohol-free version

500ml (2 cups) vegetable stock (broth)

1 tbsp soft brown sugar

150g (1 cup) pre-cooked quinoa or lentils

2 tbsp soya milk, for brushing

1 Preheat the oven to 190°C/Gas Mark 5 and line a large baking tray with parchment.

2 Using a large dinner plate and on a floured surface, cut one of the pastry sheets around the shape of the plate. Take the next pastry sheet and again cut around the shape of the plate, but this time leave 2cm (¾in) extra pastry around the edge. Place the smaller circle on the lined baking tray and set aside.

3 Fry the onions in a little vegan butter until soft and golden. Add the leeks and fry for a further 5 minutes. Add the mushrooms and fry for another 5 minutes. Add the garlic and the cayenne pepper and fry for a minute.

4 Remove from the heat and stir through the flour until all the vegetables have been covered.

5 Place back onto the heat and then stir through the tomato purée and add all of the other ingredients apart

from the pre-cooked quinoa/lentils and soya milk.

6 Allow the mixture to simmer, stirring regularly, for around 15-20 minutes. Add the quinoa or lentils to the mix and stir through. The consistency should be thick, but not too thick. Add a little more stock if needed – you don't want it runny though.

7 Transfer the mixture onto the bottom layer of pastry and leave a good couple of inches of pastry free around the edge. Cover with the bigger circle of pastry and seal the edges with your fingers. Brush the edges with some oil. Brush the pastry with soya milk.

8 To create the sun pattern, make a tiny hole in the centre and score wavy lines from the centre to the outer edge of the pastry using a sharp knife. Place in the oven and bake for 25-30 minutes or until crisp and golden.

22.9g
Total fat

12.9g
Saturates

0.75g
Salt

9.6g
Sugar

11.5g
Protein



Jersey Royal black bean tacos

By Jersey Royal (jerseyroyals.co.uk)

Serves 4 | Prep 15 mins | Cook 25 mins | Calories 384 (per serving)

FOR THE FILLING

- 1 tbsp olive oil
- 2 shallots, diced
- 1 garlic clove, chopped
- 300g (2 cups) Jersey Royal potatoes, diced
- 300g (1½ cups) tomatoes, roughly chopped
- 1 tsp chipotle paste, add more to taste
- 120g (½ cup) black beans, drained and rinsed

TO SERVE

- little gem lettuce leaves
- 2 avocados, peeled, sliced
- edible flowers (we used violas) and tiger pink lemons

FOR THE PICKLES

- 75ml (⅓ cup) red wine vinegar
- 1 tbsp sugar
- a pinch of salt
- 1 large red onion, thinly sliced
- 6 radishes (we recommend breakfast and watermelon), thinly sliced

- 1 Warm the vinegar with the sugar and salt and stir until dissolved. Bring up to the boil, then pour it over the onions and radishes. Leave to steep and cool for at least 15 minutes.
- 2 To make the filling, heat the oil in a pan, add the shallot and cook gently for 5 minutes until completely softened. Stir in the garlic and cook for another minute, then add the Jersey Royal potatoes, tomatoes and chipotle paste with 100ml (½ cup) water. Bring to the boil, cover

and simmer gently for 15 minutes until the potatoes are tender. Stir in the beans and cook uncovered for another 5 minutes. Cool slightly.

- 3 To serve, spoon the potato mixture into the lettuce leaves, top with avocado slices, a few pickles and a lemon wedge for squeezing over. Garnish with edible flowers and extra lemon wedges.

24.1g
Total fat

4.7g
Saturates

0.07g
Salt

8.5g
Sugar

6.4g
Protein



Bombay leek and potato filo parcels

By Discover Great Veg (www.discovergreatveg.co.uk)

Makes 7 | Prep 25 mins | Cook 15 mins | Calories 231 (per serving)

300g (2 cups) new potatoes, halved

1 tbsp oil

400g pack (4 cups) of leeks, sliced (about 3 leeks)

100g (½ cup) frozen peas

1 tbsp medium curry powder

270g pack of vegan filo pastry – 7 sheets

50g (¼ cup) vegan butter, melted

mango chutney, to serve

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Cook the potatoes in boiling water for 10-15 minutes until tender; drain well and roughly crush.
- 3 Meanwhile, heat the oil in a large frying pan and fry the leeks for 5 minutes, add the peas and curry powder and cook for 1 minute. Stir in the crushed potatoes and season. Allow to cool and divide into seven equal piles.
- 4 Unfold the filo pastry and cut in half to give 14 squares.
- 5 Brush one square with butter and top with another square at right angles. Brush this with butter and place a filling pile in the centre. Gather up the filo edges into bundles and place on a baking tray. Repeat to make seven parcels in total.
- 6 Brush with remaining butter and bake for 15 minutes until golden and crispy.
- 7 Serve with mango chutney.

9.2g	4.1g	0.35g	2.5g	5.8g
Total fat	Saturates	Salt	Sugar	Protein



Coconut potato bowl with lime and ginger

By Jersey Royal (jerseyroyals.co.uk)

Serves 2 | Prep 20 mins | Cook 30 mins | Calories 443 (per serving)

200g (1½ cups) Jersey Royal potatoes, roughly chopped

150g (1½ cups) cauliflower florets

2 tbsp coconut oil, melted

sea salt and pepper

100g (¾ cup) asparagus

½ tsp olive oil

75g (1 cup) soy (edamame) beans, cooked

10 cherry tomatoes, halved

3 spring onions (scallions), sliced

100g (½ cup) superfood salad, such as baby kale with beetroot

15g (¼ cup) coconut flakes, toasted, to garnish

FOR THE DRESSING

1 tbsp olive oil

finely grated zest and juice of 1 lime

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

- 1 Preheat the oven to 200°C/Gas Mark 6. Place the potatoes and cauliflower florets in a roasting tray, drizzle over the coconut oil and toss to coat. Sprinkle with sea salt and pepper and roast for 30 minutes until tender and beginning to brown.
- 2 In the meantime, prepare everything else; brush the asparagus with ½ tsp olive oil, heat a griddle pan until hot and cook the stems until charred and tender. Set aside.
- 3 For the dressing, whisk together the olive oil and lime juice, then stir in the zest and ginger and season with salt and pepper.
- 4 To assemble, arrange the potatoes and cauliflower to one side and place the other ingredients around the bowl (or how you prefer), drizzle with the dressing and scatter over the coconut flakes, or serve on the side.

23.5g	15.4g	0.44g	8.9g	11.9g
Total fat	Saturates	Salt	Sugar	Protein



Baked shallots and squash with a crispy breadcrumb topping

By UK Shallots (ukshallot.com)

Serves 4 | Prep 15-20 mins | Cook 1 hr | Calories 308 (per serving)

1 kg (8 cups) butternut squash, peeled, deseeded and cut into 5cm (2in) chunks

5 tbsp olive oil

12 shallots, peeled

sea salt and freshly ground black pepper

3 garlic cloves, peeled and finely chopped

1 red chilli, deseeded and chopped

1 tbsp rosemary leaves, chopped

2 tbsp flat-leaf parsley, chopped

finely grated zest of 1 orange

120g (2 cups) fresh white/brown breadcrumbs

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Peel the squash and discard the seeds. Cut the flesh into large, bite-size chunks of about 5cm (2in).
- 3 Place the shallots in an ovenproof dish and toss with 1 tbsp oil, season with sea salt and black pepper and place in the oven for 15 minutes.
- 4 Remove the dish from the oven and add the butternut squash, making sure the vegetables are well coated with the oil, and cook for a further 15 minutes.
- 5 Meanwhile, heat the remaining olive oil in a saucepan over a moderate heat with the garlic and cook for one minute, taking care not to burn the garlic.
- 6 Add the chilli, rosemary, parsley and the orange zest, stirring all the time. When thoroughly mixed, add the breadcrumbs and season. Cook for a further minute, then take off the heat and set aside.
- 7 Remove the shallots and squash from the oven and reduce the heat to 180°C/Gas Mark 4 and spread the breadcrumb mixture over the top. Return to the oven for a further 25-30 minutes or until the breadcrumbs have become a deep golden colour.

7.7g Total fat	1.1g Saturates	0.07g Salt	5.5g Sugar	6.6g Protein
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Shepherdless pie

By The Happy Pear for Bord Bia (www.bordbia.ie)

Serves 6 | Prep 20 mins | Cook 40 mins | Calories 348 (per serving)

FOR THE LENTILS

- 2 red onions
- 4 garlic cloves
- ½ a medium carrot
- ½ a medium parsnip
- 100g (⅔ cup) fine green beans
- 2 x 400g tins (3½ cups) of cooked lentils
- 2 tbsp oil
- 1 tsp sea salt
- 2 x 400g tins (3½ cups) of chopped tomatoes
- ½ tsp freshly ground black pepper

- 1 tsp smoked paprika
- 2 bay leaves
- 1 tbsp maple syrup
- 2 tbsp tamari/soy sauce
- a few sprigs of fresh flat-leaf parsley

FOR THE TOPPING

- 1 kg (4½ cups, diced) potatoes
- 3 tbsp olive oil
- 100ml (½ cup) dairy-free milk
- sea salt and freshly ground black pepper

1 Peel and finely chop the onions and garlic, and finely slice the carrot and parsnip. Cut the fine beans into bite-size pieces. Drain the lentils and rinse thoroughly. Put the oil into a large pan on a high heat, add the onions and garlic and cook for 2 minutes, stirring regularly. Add the carrot and parsnip together with the salt, and cook for 3 minutes, stirring regularly.

2 Add the drained lentils to the pan, along with the chopped tomatoes, black pepper, smoked paprika, bay leaves, maple syrup and tamari. Bring to the boil, then lower the heat and add the fine beans and parsley (roughly chopped) for some colour. Leave to simmer, checking from time to time that the mixture is not sticking to the pan. Continue to simmer while the potatoes cook, stirring occasionally to ensure nothing sticks to the pan.

3 Preheat the oven to 200°C/Gas Mark 6.

4 While the filling is simmering, chop the potatoes evenly into small bite-size pieces and put them into a medium pot. Cover with boiling water; bring back to the boil, then reduce the heat and leave to simmer until tender; about 15 minutes.

5 Drain the potatoes, return them to the pot and mash with a potato masher, adding the oil and dairy-free milk a little at a time until your mash reaches the right texture – smooth but not sloppy. Taste and season with salt and pepper.

6 Tip the lentil mixture into a lasagne-type casserole dish and top with the mashed potato (aim for approximately half lentil and half potato). Bake in the preheated oven for 20-30 minutes, until the top of the potato is turning golden and starting to crisp. Remove from the oven and serve.



The perfect Sunday lunch

Five dishes come together for the perfect gluten-free roast

Colourful roasted root veg

This colourful root veg side dish is really quick and simple to prepare. It will add some serious colour to your Sunday lunch table.

By James Wythe from Healthy Living James (healthylivingjames.co.uk)

Serves **6** | Prep **5 mins** | Cook **25 mins** |

Calories **138** (per serving)

8-10 carrots – I use thin and multicoloured ones, if using thicker carrots then slice into quarters

4-5 parsnips, sliced into quarters

a large bulb of garlic, sliced down the middle, or add a handful of garlic cloves

3-4 small beetroot, scrubbed and sliced into halves

1 large red onion, sliced into quarters

olive oil

salt and pepper

fresh rosemary and thyme, to serve (optional)

- 1 Preheat the oven to 200°C/Gas Mark 6. Drizzle 2-3 tbsp olive oil into your oven dish and place in the oven.
- 2 Meanwhile, prep the veg as instructed above.
- 3 Once the oven is up to temperature, remove the dish and place all the veg into the tray along with a few glugs of olive oil and a couple of generous pinches of salt and pepper.
- 4 Place in the oven for 20 minutes before roughly turning the veg and place back in the oven for 5-10 minutes.
- 5 Simply top with fresh rosemary and thyme and an extra pinch of salt before serving.

TIP 1 If you are tight for time or your oven just isn't big enough to cook everything, then simply prepare these the day before and store in your fridge inside a large container with a lid. Simply place them back in the oven for 5-10 minutes before serving to warm up!

TIP 2 Ovens can vary, so keep an eye on the veg if your oven runs very hot, as the time may be faster for you.

2.6g Total fat	0.4g Saturates	0.12g Salt	11.4g Sugar	2.6g Protein
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6.4g Total fat
2.7g Saturates
0.38g Salt
3.8g Sugar
9.3g Protein

*A Sunday roast is
easy to cook and always
guaranteed to impress*

Cauliflower cheese

It's incredibly simple to make and full of flavour – it's simply the best cauliflower cheese you can find.

By James Wythe from Healthy Living James
(healthylivingjames.co.uk)

Serves **6** | Prep **5 mins** | Cook **20 mins** |
Calories **133** (per serving)

1 cauliflower
50g (1/2 cup)
cashews, soaked
for 5 minutes in
hot water

200ml (1 cup)
unsweetened
almond milk – I use
Rude Health as it's
quite thin

4 tbsp nutritional
yeast

1 tbsp olive oil
1 tsp Dijon
mustard

a pinch of salt
and pepper

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 Slice the cauliflower into large quarters – no

Lentil Wellington

This is easy and super quick to make and bound to impress your guests.

By James Wythe from Healthy Living James
(healthylivingjames.co.uk)

Serves **8** | Prep **5 mins** | Cook **30 mins** |
Calories **220** (per serving)

2 sheets of vegan,
gluten-free puff
pastry – I use Jus-Rol
200g (2 cups)
chestnut
mushrooms,
finely chopped
150g (1 cup) pre-
cooked chestnuts,
finely chopped

2 tbsp tamari
2 x 400g tins
(3 1/2 cups) of pre-
cooked lentils,
drained and rinsed

2 garlic cloves,
crushed
2 tbsp gluten-free
gravy powder
2 tsp Dijon mustard
1 tbsp tomato
purée (paste)
a large sprig
of rosemary,
finely chopped
a large sprig
of thyme,
finely chopped
olive oil

- 1 Preheat the oven to 200°C/Gas Mark 6.
- 2 To a large pan, add a drizzle of olive oil, the mushrooms, chestnuts and tamari and cook together for a few minutes until the mushrooms soften and brown off.

- 3 Add the drained lentils (make sure no excess liquid), garlic, gravy powder, tomato purée, Dijon mustard, rosemary and thyme and mix.
- 4 Cook together for a couple minutes, then take off the heat and allow to cool for 5-10 minutes.
- 5 Meanwhile, place your first pastry sheet onto a baking tray, then spoon on the lentil mix, making sure to not go right to the edges. Give it some height, I aim for 5cm (2in) and keep it compact.
- 6 Once the shape is formed, place the next pastry sheet on top and press tightly round the edges.
- 7 Cut off any excess pastry (save for shapes), then press round the edges with a fork before slicing a few lines into the top to release steam. Lightly glaze the top with olive oil.
- 8 Place in the oven for 20 minutes until lightly golden. Allow to sit for 5 minutes before slicing – make sure to cut carefully with a sharp knife.

TIP As with the roasted vegetables, if you are really tight for time, you could prep this the day before, place it in the refrigerator sealed overnight, then glaze with olive oil and bake on the day – it may need an extra 5-10 minutes from chilled.

need to remove the leaves or core (this reduces food waste and adds texture and flavour).

- 3 Place the cauliflower into boiling water and simmer for 5 minutes.
- 4 Meanwhile, soak the cashews in hot water for 5 minutes.
- 5 Drain the cashews, add to a blender cup along with the almond milk, nutritional yeast, olive oil, Dijon mustard, salt and pepper and blend until smooth.
- 6 Drain the cauliflower and place into a baking dish or skillet pan.
- 7 Pour over the cheesy sauce and place in the oven for 15-20 minutes until golden.

TIP You can cook this the day before, store in the fridge and reheat for 10-15 minutes, but it's definitely best served hot straight out of the oven.

7g Total fat
1g Saturates
0.11g Salt
3.4g Sugar
7.5g Protein





Rosemary-infused roasted potatoes

People often wonder how to get roast potatoes crispy on the outside and fluffy on the inside. This recipe helps you achieve that using only a few simple ingredients.

By James Wythe from Healthy Living James
(healthylivingjames.co.uk)
Serves **6** | Prep **10 mins** | Cook **1 hr 15 mins** |
Calories **283** (per serving)

2kg (10 cups) Maris Piper potatoes
olive oil

fresh rosemary (optional)
salt and pepper

- 1 Preheat the oven to 200°C/Gas Mark 6, add a couple glugs of olive oil into a baking dish and place in the oven to heat up.
- 2 Place a large pot with water on a boil and add three large pinches of salt.
- 3 Meanwhile, peel the potatoes and slice in half at an angle.
- 4 Once the water is boiling, add the potatoes along with three springs of fresh rosemary and boil for 10-12 minutes or until a knife can slide through them, but with a little resistance.
- 5 Drain the potatoes, removing just the rosemary stems (keep as many leaves as possible as they stick into the potatoes when cooking) and place the potatoes back into the pot you boiled them in. Put the lid on and give them a couple of firm shakes. This helps to break them up and get nice and crunchy.

- 6 Remove the baking dish from the oven, place the potatoes inside – you should hear them sizzling from the hot oil/dish.
- 7 Drizzle a good few glugs of olive oil across the potatoes, making sure each is covered evenly, along with a good few pinches of salt and pepper. Place in the oven for 30 minutes.
- 8 Remove from the oven, turn the potatoes so they cook evenly and place back in the oven for 25 minutes.
- 9 Remove from the oven once again, add 4-5 springs of fresh rosemary and place back in the oven again for 5-10 minutes more or until your desired consistency.

TIP These can also be prepared the day before and stored in a large container with a lid on, left on the worktop. Place them back in the oven for 15-20 minutes before serving to warm up.

2.3g Total fat	0.3g Saturates	1.46g Salt	3.3g Sugar	6.7g Protein
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Yorkshire puddings

Extremely simple to make, crispy and the perfect side dish to share. These beauties need to make an appearance at every Sunday lunch.

By James Wythe from Healthy Living James
(healthylivingjames.co.uk)
Serves **6** | Prep **5 mins** | Cook **30 mins** |
Calories **217** (per serving)

75g (⅓ cup) gluten-free self-raising flour
75g (⅓ cup) cornflour (cornstarch)

2 heaped tsp baking powder
200ml (1 cup) unsweetened vegan milk – I use almond milk
6 tbsp sunflower oil

- 1 Preheat the oven to 210°C/Gas Mark 6.

- 2 In a deep cupcake tray, add 1 tbsp sunflower oil into each hole and place in the oven for 15 minutes – you need the oil very hot!
- 3 Meanwhile, make the batter by adding both flours and baking powder to a large mixing bowl and then whisk out any lumps.
- 4 Pour in the milk and firmly whisk until smooth. Allow to rest for 5 minutes before transferring to something that pours well.
- 5 Remove the tray from the oven and evenly pour the batter into each well, making sure to not overfill. Place back in the oven for 15 minutes. (Try not to open the oven while they're cooking.)
- 6 Finally, with a spoon, push in the middle to allow space for gravy!

TIP Best served fresh from the oven to retain crunch! These may take practice, so try them out before the big day.

15.3g Total fat	1.5g Saturates	0.08g Salt	0.1g Sugar	2.4g Protein
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A photograph of four small glass jars filled with a dark, smooth chocolate pudding. Each jar is garnished with a slice of dried orange. A wooden spoon is placed in the central jar, and another spoon lies on the surface in front of it. The background is dark and textured, with some orange slices and crumbs scattered around. The text is overlaid on the top left of the image.

Sweet treats! **Dessert** RECIPES

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



Double chocolate and peanut butter muffins

By Richard Church (richardchurchuk.com)

Makes **18-20** | Prep **15 mins** | Cook **25-30 mins** | Calories **299** (per muffin)

DRY INGREDIENTS

425g (3½ cups)
self-raising flour
50g (½ cup) chickpea flour
2 heaped tsp baking powder
1 tsp bicarbonate of soda
50g (½ cup) cocoa powder
½ tsp salt
250g (1 cup) sugar
½ tsp ground ginger
¼ tsp mild chilli powder

WET INGREDIENTS

1 tsp vanilla extract
400ml (1½ cups) plant milk
125ml (½ cup) vegetable oil
2 heaped tbsp peanut butter
150g (1 cup) vegan dark
chocolate, chopped
vegan butter for greasing

FOR THE TOPPING

100g (½ cup) vegan dark
chocolate, melted
a dusting of icing
(confectioner's) sugar

- 1 Preheat the oven to 190°C/Gas Mark 5.
- 2 Put all of the dry ingredients into a large mixing bowl and stir to combine. Now mix all of the wet ingredients together, including the chopped chocolate, and add to the dry. Stir fully with a fork until you have a smooth batter. Try not to over-mix it.
- 3 Grease a muffin tin with the vegan butter; then use two spoons, or an

ice-cream scoop, to fill the holes in the muffin tin with the batter; almost to the top. Place the tin in the middle of the oven and bake for 25-30 minutes, until risen and cooked through – you can check this by putting in a cocktail stick, it comes out clean when done.

- 4 Allow to completely cool, then drizzle the melted chocolate over the top and dust with the icing sugar.

12.7g	4.5g	0.15g	20.3g	5g
Total fat	Saturates	Salt	Sugar	Protein



Welsh cakes

By Richard Church (richardchurchuk.com)

Makes about **22** | Prep **20 mins** (plus chilling) |

Cook **8 mins** per batch | Calories **218** (per cake)

550g (4 cups) plain flour	240g (1 cup) vegan butter or margarine
250g (1 ¼ cups) caster sugar	140g (1 cup) currants (or raisins)
1 tsp mixed spice	100ml (½ cup) vegan milk
1 ½ tsp baking powder	several tbsp caster sugar, to dust
½ tsp salt	

- 1 Put the flour, sugar, mixed spice, baking powder, salt and butter into a large mixing bowl and rub between your fingers until you have a breadcrumb-like consistency. This will take about 8 minutes.
- 2 Once this is achieved, stir in the currants and then pour in the vegan milk. Mix until it all comes together and then use your hands to knead for just a minute to form a pastry dough.
- 3 Cover and chill in the fridge for 30 minutes.
- 4 Once the dough is chilled, roll out on a lightly floured surface, to about 1 cm (just under ½ in) thick. Use a round pastry cutter, approximately 9cm (3.5in) diameter and cut the rounds out of the pastry. You will need to re-roll the pastry a few times to use it all up.
- 5 Heat a griddle, or heavy-based frying pan until quite hot, then grease with just a small amount of oil. Place up to four (depending on the size of your pan) Welsh cakes into the pan and cook for about 4 minutes each side on a medium heat, until they are quite well browned but not burnt.
- 6 Set the cooked cakes on a wire rack to cool while you get on with the other batches.
- 7 Pour the extra caster sugar out onto a large plate and dip both sides of the Welsh cakes into the sugar, until they are reasonably coated. Serve straight away or store for 24 hours.

8g	2g	0.06g	13.9g	2.8g
Total fat	Saturates	Salt	Sugar	Protein



Gooseberry crumble bars

By BerryWorld (berryworld.com)

Makes **18 bars** | Prep **20 mins** | Cook **40 mins** |

Calories **339** (per bar)

FOR THE FILLING	200g (2 cups) porridge oats
400g (2 ½ cups) red gooseberries, trimmed	250g (1 cup) vegan sunflower spread
200g (1 cup) sugar	175g (¾ cup) muscovado sugar
1 ½ tbsp cornflour	100g (¾ cup) pumpkin seeds
FOR THE CRUMBLE	1 tbsp agave or maple syrup (optional)
300g (2 ½ cups) self-raising flour	

- 1 First make the filling. Put the gooseberries, sugar and cornflour in a saucepan on a medium heat and bring to a simmer. Cook, stirring occasionally, for 8-10 minutes until the sugar has dissolved and the juices become thick and jammy. Set aside.
- 2 Preheat the oven to 190°C/Gas Mark 5 and line an oven dish about 18x25cm (7x10in) with greaseproof paper.
- 3 In a bowl, combine the flour, oats and spread and rub together with your fingers. Gently break up the spread until the mixture looks like coarse crumbs.
- 4 Stir in the sugar and seeds, again using your fingers to break up the lumps of sugar, then tip half of the mixture into the prepared oven dish and press down firmly with your hands.
- 5 Spread the berry mixture over the base, then top with the rest of the crumble and press down again, as firmly as you can without squishing the fruit out. If using, drizzle the top with syrup, then bake for 35-40 minutes until golden.
- 6 Cool in the dish, then cut into 18 bars. Keep in an airtight tin.

TIP This recipe works with any berries, such as strawberries, raspberries or blackcurrants, just taste the 'jam' when it's cool enough and adjust the sugar if necessary.

15g	8g	0.4g	24g	5g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate orange ganache pots

By Niki Webster from Rebel Recipes (www.rebelrecipes.com)

Serves 6 | Prep 20 mins plus chilling | Cook none | Calories 329 (per serving)

FOR THE CHOC POTS

250ml (1 cup)
coconut cream

2 tbsp coconut oil

2 tbsp maple syrup

1 tbsp orange essence

100g bar (½ cup) of
vegan chocolate

2 tbsp raw cacao

FOR THE ORANGE SYRUP

150ml (⅔ cup) orange juice

2 tbsp coconut sugar

- 1 Break up the chocolate and add to a large bowl.
- 2 Heat the coconut cream, coconut oil, maple syrup and orange essence in a saucepan until just before boiling. Stir constantly.
- 3 Pour the mix over the chocolate and leave for a few minutes to allow the chocolate to melt.
- 4 Fold in the raw cacao and stir gently so that everything is combined.

- 5 Spoon the mix into glasses or espresso cups, then pop in the refrigerator to firm up for about 4 hours or overnight.

FOR THE ORANGE SYRUP

- 6 Add the orange juice and coconut sugar to a pan, heat gently until the sugar dissolves and the juice thickens. Set aside to cool.
- 7 To serve, top the choc pots with the orange syrup.





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up for
free!

Looking for love?

If you're struggling to find the perfect partner who shares the same ethical values as you, we're here to help! Dating another vegan means having to make less compromises with what you believe in and being able to truly enjoy your life experiences with someone who is passionate about similar things. And we've got thousands of fellow single vegans just waiting to meet you at **Vegan Dating Online**, brought to you in association with **Vegan Food & Living!** Join today at vegandatingonline.com.



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

Tips for baking gluten-free cookies

We all love a good cookie. It's the perfect replacement for a hug when no one is around. Gluten-free cookies are so common now it's really easy to recreate your favourite childhood cookie without the gluten guilt. Here are some super quick tips for baking gluten-free cookies to keep you baking like a professional and relive those memories of mum's treats.

SARA KIDD



sarakidd.com



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

For more recipes, tips

and resources go to my

website www.sarakidd.com



1 COOKIES ARE generally a formula of flour, fat and sugar with other ingredients. Flour is the largest component, fat the second and sugar the third. Choosing your gluten-free flour is important, as they are a small bake and you don't want them to be gritty in texture. Choose a finely ground gluten-free flour for best results and generally look for recipes that use a combination of gluten-free flours.

2 ALWAYS CHILL your cookie dough before baking. This is great for a few reasons. It will help your cookies keep



their shape when baking, because you're allowing the vegan butter to solidify. It also makes it easy to cut them into shapes, especially with shortbread or sugar cookie recipes.

3 IF YOU ARE chasing a more chewy cookie – use brown sugar, use a high protein flour, underbake the cookie slightly and use a vegetable shortening as a fat source.



4 IF YOU ARE after a more crispy cookie – use granulated sugar, use a low protein flour, use a margarine and aim to use less liquid.

5 INVEST IN kitchen scales as gluten-free flours weigh more than wheat flours. This may be the reason your non-gluten-free recipes don't turn out when you try to substitute with gluten-free flours.



Gluten-free rose water thyme shortbread

By Sara Kidd (sarakidd.com)

Makes 30 small cookies | Prep 15 mins plus 30-60 mins chill time |

Bake 25 mins | Calories 153 (per cookie)

FOR THE COOKIE

200g (1 1/4 cups) white rice flour, plus extra

100g (1/2 cup) cornflour (cornstarch)

50g (1/2 cup) ground almonds

250g (1 cup) vegan butter or margarine, cold and cubed

2 tbsp rose water, more if your rose water is weak, less if it's super strong

1 tsp vanilla bean paste

80g (1/2 cup) icing (confectioner's) or powdered sugar

2 1/2 tbsp lightly chopped fresh thyme leaves

FOR THE LEMON BUTTERCREAM

100g (1/2 cup) vegan butter or margarine

100g (1/2 cup) icing sugar

1 tbsp lemon juice

1/2 tsp high-quality lemon essence

1/2 tsp high-quality vanilla bean paste

vegan pink food colouring

50g (1/2 cup) crushed pistachios

1 For the cookies, sieve all the flours, almonds and sugar into a mixing bowl. Add the thyme and mix.

2 Add the cubed cold butter, rose water and vanilla. Using your hands or a pastry cutter, rub the butter into the flour until it becomes a soft dough ball. If it's too wet you can add more rice flour (not cornflour). If it's too dry add 1 tbsp water. Alternatively, you can add all ingredients into a stand mixer with a paddle attachment and mix it together and create a ball.

3 Cover and chill in the fridge for around 30 minutes or until the dough starts to become stiff. Preheat the oven to 155°C/Gas Mark 2 1/2. Line two large baking trays with baking paper.

4 Roll the dough out on a bench floured with rice flour to 5mm (1/4 in) thick and cut with a cookie cutter. I used a 6cm (2 1/2 in) round cutter. If the dough is still too mushy, chill it in the refrigerator for another 20 minutes.

5 Place the cookies on the tray and bake for 25-27 minutes on the top rack of your oven. Check them at the 22 minute mark. They will remain pale, but go slightly brown on the bottom and around the edges. The tops should be firm. Remove from the oven and allow to completely cool before icing.

6 For the lemon buttercream, using a hand mixer beat the butter, icing sugar, lemon juice, lemon essence and vanilla together in a small mixing bowl, until completely smooth and creamy. Colour with a little pink food colouring. Ice a small amount of buttercream on top of each cookie and sprinkle with pistachios and leftover thyme leaves.



10g Total fat 2.3g Saturates 0.01g Salt 6.3g Sugar 1.3g Protein



How a vegan diet can save the PLANET

Eva Killeen shares five ways a
vegan diet helps save the planet

Few would argue with a vegan diet being the ethical choice when it comes to animal welfare. Meanwhile, the health benefits of 'going vegan' are increasingly known around the world, with more and more studies linking vegan lifestyles to a reduced risk of chronic diseases such as obesity, diabetes, heart disease and cancer.

Now, with increased public awareness around sustainability and climate change, more and more people are asking the question: can a vegan diet help save the planet too? We believe the answer is a resounding 'yes!' According to research by Oxford University, through the simple act of cutting meat, dairy and eggs from their diet, the average person can reduce their carbon footprint by 73%.



SAVE THE OCEAN AND ITS INHABITANTS

A recent report by *Current Biology* stated that more than 85% of the world's oceans are dying. Alongside its wider impact on the ocean's health, the consumption of seafood is depleting global fish stocks at a rapid rate, with experts warning the world's oceans could be empty of fish by 2048.

As the situation nears crisis levels, there are signs of progress; for example, the average person now largely avoids single-use plastic,

REDUCE EMISSIONS

The blame for climate change and emissions has long been pointed at transportation. However, animal agriculture has a higher impact than all the world's cars, trucks, buses, ships and aircraft combined, contributing to up to 18% of all human-caused greenhouse gas emissions. Every time a cow, sheep or goat burps or passes gas, a little puff of methane enters the atmosphere. Each puff added together can have a big effect on climate because methane, like carbon dioxide, is a potent greenhouse gas.

While methane doesn't linger as long as CO₂, it's more devastating to the climate given how effectively it absorbs heat. Farming activity accounts for about 40% of the annual methane presence.

Following a vegan lifestyle is a no-brainer: according to scientists, the emissions from pea production, a key ingredient in vegan meat products such as the Beyond Burger, is one-sixth that of the US beef industry. While by no means a silver bullet, transitioning the global population towards a predominantly plant-based diet (and reducing the devastating effects of livestock-related emissions) could allow the planet time to regenerate.

such as straws and plastic bags, in large part due to their well-documented impact on the ocean.

Just as important as ditching plastic, however, is the fact that half of all plastic found in the ocean comes from discarded fishing nets – in which billions of marine animals, including endangered fish, whales, sea turtles, dolphins and seals, are accidentally caught and killed each year. These animals make up 40% of the world's total catch, equating to 63 billion pounds, according to Oceana.

It follows that the best way to help save the ocean is by not supporting the harmful fishing industry and avoiding all fish products.

3 Save our wildlife

Farmed animals are not the only ones that are suffering at the hands of the world's meat and dairy industries; the world over, wild animal populations are disappearing as a direct result of industrialised meat production.

Among other sources, the WWF says that humankind's appetite for animal products puts an "enormous strain on our natural resources and is a driving force behind wide-scale biodiversity loss."

Wild animals, including horses, mountain lions, kangaroos, wolves, owls, foxes, koalas and otters, are harmed and often killed when land is cleared to make room for the animals raised for human consumption, with research by PNAS estimating that humans have meant the loss of 83% of all wild animals and 50% of plants.

Ditching animal products to go vegan could give wild animal populations the chance to rebalance and their habitats the opportunity to thrive.



ALLEVIATE WORLD HUNGER

As a global food source, meat and dairy products are unsustainable, for the simple reason that animals eat more food than they 'produce'.

Breaking it down to the basics, for every 100 calories fed to farmed animals, we only receive 40 calories back from consuming their meat and dairy products; by feeding ourselves with those crops directly, we could feed billions more people worldwide.

In summary

Global meat consumption is expected to double by 2050. To meet this growing demand, animals will likely be reared more intensively and cheaply, resulting in further pollution, and increased water and land usage.

Given the rapid pace of global population growth, if we don't curtail this demand now, the environmental impact of the meat industry will worsen, and fast. While the food choices you make every day may not feel all that significant, there's a much bigger story behind every purchase you make. No one person is going to step in and save the planet for us. We, as individuals, have so much control over what happens next. You – yes, you! – actually have the power to help save our planet from extinction. With the food purchases you make every single day, you get to choose to be part of the problem or part of the solution. The choice is yours.



Halt deforestation

As we know, trees are one of the best weapons in our armoury to reduce atmospheric CO₂ levels and avert climate change. The problem, though, is space. With 30% of the earth's land surface now used for livestock, there is less and less room for this potentially game-changing solution.

Fanning the flames of the problem (quite literally) is the further removal of vital tree coverage. Animal agriculture is the single leading cause of global deforestation; it's responsible for up to 91% of Amazon destruction, with about 80% of the crops that are grown in the Amazon being used as cattle feed.

The land needed to support a vegan lifestyle is between 33-50% less than that needed for a typical meat and dairy-based diet. It's simple maths: fewer meat-eaters means more trees, and additional carbon absorption and storage.



EVA KILLEEN

A nutritional therapist and freelance health writer, editor and content creator. Eva's key areas of interest include nutrition and wellness, veganism, cruelty-free beauty, plant-based food and the environment. You can keep up to date with Eva at @ASprinkleofHealthy

Creating a **VEGAN** world- ACTIVISM BEYOND DIET

Toni Vernelli, Veganuary's Head
of Communications, helps
us to change the world,
one step at a time



Whatever your motivation for becoming vegan, this change in our lives usually starts – and often ends – with the food we buy, cook and eat. But, whether we quit animal products for our health, the planet or for animals, there is always more we can do to contribute to a kinder, healthier and more compassionate world.

What we wear is what we eat

Once we stop putting animals into our bodies, it's natural to consider the animal parts we put onto our bodies. Most people abhor the cruelty of fur, but may feel less sure about the ethics of leather. But what is leather other than fur with the hairs scraped off? It's the same thing! And don't forget wool. It's not a harmless product either, and buying it helps prop up the meat trade that we boycott in our food shopping.

Some new vegans may choose to empty their wardrobes and donate their animal skins and fibres to charity shops, while others may phase them out as the items wear out. Either way is fine. There are now many excellent and readily available non-animal alternatives for coats, hats, sweaters, gloves and more.

Getting active: Check out PETA's campaigns and find out how you can help educate others about the impacts of leather, wool, fur and silk.

Coming clean

The use of animals to test cosmetic products or their ingredients is banned in the UK and in all member states of the European Union. Since March 2013, it has also been illegal to sell cosmetics products within the EU that have been, or which contain ingredients, newly tested on animals. It's good news! But brands that want to sell in other countries may still conduct animal testing – it just doesn't take place inside Europe.

Another consideration is that many products contain bits of animals we absolutely would not want to be smearing on our faces or rubbing into our hair. Lanolin, collagen, shellac, squalene, keratin and many other animal-derived ingredients find their way into our daily routines. Thankfully, it's easy to avoid contributing to animal suffering – simply look out for products that are certified as vegan.

Getting active: To join the campaign to end animal testing globally, check out Cruelty-Free International and Humane Society International's websites for online and real-world actions you can take.

Animal advocates everywhere

When our eyes are opened to the suffering of farmed animals, we start to realise that animal suffering is all around us, in sports like dog and horse racing, in entertainment parks, zoos and aquariums, in the pet industry, and more. And much more is hidden from our daily lives, for example, in the shooting and 'pest' control industries.

Getting active: Campaign groups like Animal Aid, PETA and the League Against Cruel Sports campaign to end some of these cruel industries and practices. Visit their sites to find out how you can help support their work.

Vegans for the environment

Of course, not everyone is vegan primarily to help animals; the environment is a key motivator too, and finding out the scale of damage done to the planet by animal

agriculture can drive people to want to find out – and do – more.

Ecosystems suffer when we douse the earth with pesticides, lay new roads and rail lines, and pollute them with plastic and other man-made detritus. As for climate change, it is clear we must all take meaningful action, and fast, to avert catastrophe. Being vegan is the single biggest thing we can do to help the planet, but it's certainly not the only thing.

Getting active: We can take personal action by cutting air miles for our food and ourselves. We can support local vegetable box schemes and choose organic wherever we can afford to do so. We can walk more or use public transport and drive less. We might investigate growing our own food at home, via a local community gardening scheme or by getting an allotment. We can plant wildflowers and put up bird boxes and bee hotels to help support local wildlife. You might encourage friends and family to watch documentaries like *Cowspiracy*.

We can also join campaign groups

to help drive systemic change for our planet. Check out Extinction Rebellion, Friends of the Earth, Greenpeace and Sea Shepherd to see what they are doing to ease the burden on our planet.

A healthy vegan is a happy vegan

It's surprisingly easy to forget that the food we eat is the fuel that powers, heals and protects our bodies, but the evidence is clear: vegans have a lower risk of heart disease, type 2 diabetes, obesity and some kinds of cancer. Switching to a plant-based diet can prevent, halt and even reverse some of these killers.

If you would like to help others discover how a change of diet could also change their lives, there is a lot you can do.

Getting active: Check out the campaigns by the Physicians Committee for Responsible Medicine (PCRM). You may like to encourage friends and family to watch *Forks Over Knives* or *The Game Changers*, and you could buy everyone you know a copy of Dr Michael Greger's book *How Not to Die* for their next birthday!

Help make more vegans

The world needs more vegans. A lot more vegans. Not only is it the single biggest thing we can do to help the planet, it's kinder for our bodies and better for animals. It also reduces pressure on the world's resources and supports a more equitable distribution of food.

Getting active: You could support groups like Veganuary, Viva! and Vegan Outreach Scotland, who specialise in vegan campaigns and helping people transition to a plant-based diet. You might get active yourself and take part in a 'Cube of Truth' or share relevant posts on your social media. You might volunteer at a farmed animal sanctuary and take a non-vegan friend with you to introduce them to the animals. You might give books, films and other gifts that promote a positive vegan message. And one way we can influence others to become vegan is to be a great example of a vegan ourselves. ♥

Being vegan is the single biggest thing we can do to help the planet, but it's certainly not the only thing



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

OM is the new yes

Charlotte Willis reveals how to take stock of your life and learn to re-prioritise

Living life on 24/7 schedules can lead to something called job-related burnout. This is a stress-induced condition that involves physical and psychological exhaustion, reduced personal identity, and can lead to further mental health complications, including depression and chronic stress. Added worries from additional juggling of our partners, friends, social events, children, and even simple tasks such as cooking, can lead to burnout in our everyday lives. In her book *Rushing Women's Syndrome*, Dr Libby Weaver details the threat to our health posed by a never ending list of tasks. Being tired but wired is an expression coined by Weaver, describing the feeling of pure mental exhilaration resulting from burnout-related exhaustion. We

have a desperate need to carry on, save face, and breakdown later on. All because it's hard to say no.

Diagnose yourself

It can be hard to see yourself burning out, or indeed to admit that you may need to take a step back. Our relentlessness to keep calm and carry on can lead us to develop a distinct disconnection with our bodies and minds. We get too busy to notice signals of distress, we fight through illnesses and push ourselves harder every day. If you think you might be experiencing burnout, or are concerned about how much time you dedicate to your work, this exercise may help you to identify the problem.

To help you analyse your current state of mind, begin by making a list of everything that you have whirling around inside your head, and I mean everything! From work tasks to moments in your personal life, and everything on your mind that falls in-between and outside these categories. Next, allocate an estimate of how much time in your day each one of these thoughts dictate. Be honest with yourself.

You may work 8 hours per day, but how much work do you take home with you? How much time do you spend scrolling through social media? How many hours do you spend thinking about your budget for the month?

I'll put good money on your hourly total being a surprisingly high number. If estimating is difficult, make a diary of your thoughts every day for a week, and note the times your mind wanders to various topics. When I did this exercise, I found that I spent an overwhelming amount of hours thinking about work, sometimes in excess of 12 hours per day. If you can relate, perhaps it is time to re-think your relationship with yourself.

Emotional reflection

Another great way to reconnect with how you are feeling about your current schedule is to keep an emotional reflection journal, taking notes every day of how each activity makes you feel. For example, how is your mood on your commute? How did you end your working day? Are you left feeling satisfied and accomplished, or exhausted and strained? How much sleep would you achieve in an average night? Do you awake feeling refreshed, or reaching for the

snooze button? Emotional reflection is an essential part of being more aware of yourself.

We can fall into a vicious cycle of working hard, rushing around, living from meeting to meeting without so much of a thought as to how we are feeling. After all, there's no time to be emotional or stressed

out when you've got that much work to do. Failing to acknowledge how we feel every

*You may even
decide the time
has come to say no
more often*



day can leave us blind to our emotions. So much so, that when something wonderful happens to us, we have a rather muted emotional experience. Not because we are underwhelmed with the event, but because we aren't used to feeling excited or elated. These emotions become dulled down as we have spent so long ignoring them every day, overwhelmed by stressors in our lives.

Re-connect in 5 minutes

One day, quite recently if I'm being completely transparent with you, I decided to say no. After one too many working weekends, countless colds, and a newly acquired, extremely one-sided work-life balance, enough was enough. I made one of the healthiest decisions for me, and began to focus on developing myself. I began to turn my attention back towards my body. I stopped suppressing my friends and family, putting back into perspective what I really wanted to achieve each and every day, and prioritising a balance between what was required from me both professionally and personally. How so? I began to meditate.

Nope. You don't require an award-winning, Instagram-worthy morning ritual. You won't need to own a single stick of sage to burn. Nor do you need to regularly practice yoga, rub your chakras with crystals, nor listen to vibrations. All you'll need is a little silence, five minutes every day, and your breath. A simple combination of three free ingredients, with an extremely effective outcome. If only you could bottle it and sell it for a premium price, eh?

It's time to begin your journey back to yourself

Disclaimer alert: I am no meditation expert. I have not spent half of my life with Buddhist monks, showering myself in the enormous grandeur of silence that pours from the peaks of great mountains in far-flung locations (yet). Still, the untapped potential in the power of breathing and inner focus, is undeniable.

Beginning your journey back to yourself is as personal as both your biological and psychological fingerprints. Each of us will have a preferred way to re-connect to ourselves, and a different definition of what achieving a connection will entail. For some of us, re-connecting will involve combining our



working day with meaningful reflections, regular breaks, and walks around the city. For others, a more in-depth re-centring may be necessary, involving immersive reflecting using diaries and group support sessions. Regardless of where you decide your path leads you, the journey back to yourself usually begins at the same crossroad as everyone else – making the decision to change.

Reap the benefits

You're stressed out, but you're making money. So why should you decide to alter your lifestyle now? There are many incredible advantages to be discovered when you decide to lean out a little more often, rather than constantly leaning in. By practicing regular meditation, you may experience a reduced level of anxiety and stress, and with it an improvement in mood, enjoyment of life, and sense of purpose. You'll heighten your self-awareness, gaining much-needed insight into how daily activities and work affect your emotions. Hey, you may even decide the time has come to say no a little more often.

Guided meditation

One of the most common options for individuals beginning their journey into self-reflection and re-connection is to use a form of guided meditation. These videos, coaches and podcasts will help lead beginners through the basics of meditation, using softly spoken prose and journeys into your thoughts. You'll learn how to master breathing, focusing your mind, and take note of how you feel.

Luckily, you don't need to know a Sensei to begin your practice towards mindfulness. There are some truly wonderful YouTube videos, and apps such as Calm, to help you begin your journey. A guided meditation can last as little as five minutes, or as long as an hour. For your first week or month, I would begin slowly, building up your meditation time only when you feel you are able to focus for your entire session with ease. Try

to meditate at least twice per week, paying close attention to how you feel on days when you are particularly stressed, strained or overwhelmed. Prior to meditation, it can be beneficial to write all of your thoughts down. This acts as a mental dump (no, really) to help your meditation become more focused on your emotions and breathing, rather than being distracted by any impending deadlines and tasks.

Yin Yoga

A truly wonderful way to embrace mindful meditation and breathing practice is to try out Yin Yoga. Unlike traditional Yang Yoga, which is extremely high energy and kinetic, Yin focuses more upon breathing practice and appreciation of your body. Yin utilises traditional beliefs of Chinese medicine, holding gentle poses for prolonged periods of time, which are designed to stretch the tendons, smooth muscle and ligaments. If you're struggling to find a form of exercise which calms you, Yin practice once per week is an ideal place to start.

Finding your way back to your inner self is a difficult and challenging journey, but one that is tremendously rewarding once you decide to take those important first steps. By reminding yourself of your emotions, taking time to appreciate your mind and all of its individual thoughts, and reassessing your priorities, I hope that you will laugh harder, clear some space in your calendar, say no a little more, and never cancel on that friend in need. ♥



CHARLOTTE WILLIS

Charlotte is a freelance journalist and health writer who has worked with *Veganuary*, the Vegan Society and other online vegan publications. Her fields of expertise and

interest include vegan nutrition, holistic healthcare, mindfulness and fitness.

How to live more

Declare labels, Cradle To Cradle, GreenScreen, Blue Angel, GreenGuard and Good Weave. Plus there's Environmental Product Declarations (EPDs) to help transparency as well.

Don't buy new furnishings, reclaim them

If you are buying anything made of new timber, please check it is from sustainable sources. Look for FSC or PEFC labels for reassurance. This applies to paper goods too. If it's not a sustainable source, it could be from an illegally logged area. Unsustainable forest management can mean that natural habitats for wildlife are removed, trees aren't replanted, and workers are poorly paid and work in poor conditions. Yearly in the UK we use around 10 million tonnes of wood and wood products – and create wood waste of nearly half of that, 4.1 million tonnes. Use your local wood reclamation yard for timber that's far cheaper and saved from going to waste.

When you buy upholstered furniture *please* don't remove the fire label. Without it, it can't be resold by reselling organisations, especially charities. The label should be sewn in an out of the way place and you shouldn't need to remove it. Resist doing it! Yearly we throw away 1.6 million tonnes of bulky waste. If you combine the percentages for furniture and bulk textiles (such as mattresses) it's over 60%! A huge 51% of this is either instantly reusable or reusable with a slight repair.

Try and repair if you are able to. If you can't do it yourself, is there a skills swap you could do or is there a repair cafe or 'mending meet-up' near you? If you are using a professional to repair, then you are doing something fantastic by keeping skills alive as well.

50 million litres of paint a year is wasted in the UK. That's huge. Especially as most is petrochemical based. Yes, it's sensible to keep some for touching up of wear and tear, but it's estimated that 15-25% of paint we buy in the UK is never used. Paint companies have online paint calculators and advice on use of primers and undercoats, which make the top coat paint go further. There's various ways

We're all much more conscious of our impact on the planet in our daily lives and try to live in an environmentally better way. Katie and I have got together to give you some tips on how to live more sustainably. By rethinking our diets and eliminating or reducing meat and dairy, our impact on the planet is reduced greatly. But what else can we do?

I'm Chloe. I'm an interior designer specialising in avoiding animal products. For me it's impossible to do animal-friendly interiors without doing planet-friendly as well! I really encourage clients to slow down when they update their homes. Do you need to have a clear out and reorganise what you have better and appreciate it more? Can the use of rooms be rejigged to make better use of natural light? Do friends or family have unwanted items? Embrace vintage! It's usually so much better made.

Keep an eye on sites like Freecycle and Freecycle – there are some amazing things on there and it's a great place to give away things you no longer need. A home with collected items from travels, family and friends and has so many more stories to tell, is so much more original looking and it has soul. I really think aesthetically that every room needs a vintage find in it. If you are buying new, please buy the best quality you can afford and buy things you *love*.

Guides such as the *Ethical Consumer* magazine and the Good Shopping Guide website are a great help. There are also lots of standards you can look out for such as BRE, Soil Association, Global Organic Textile Standard (GOTS), EU Ecolabel,



**SWAP
NOT
SHOP**



SUSTAINABLY

Chloe Bullock and Katie Proctor explore all the ways you can live a more sustainable life

old paint can be reused. Research in your area – it can be reused, used for community projects (look up Community RePaint) or recycled into new paint (such as Paint 360). While we're on the subject of paint, check that the end product and the ingredients are not tested on animals and be aware animal bristle brushes and wool roller sleeves are still available on the market. Can you borrow brushes and kit from someone rather than buying new?

It surprised me when I heard a power tool is used only five times in 30 years. Ellen MacArthur said "I don't need a drill, I

need a hole in the wall". The Sharing Economy is the future, and lending kiosk The Library of Things is one to watch. It's being piloted and hopefully will soon spread across the country. Could you set up a Whatsapp group with friends listing occasionally used household items to share?

Cut down on waste and bills

Home running costs and resources can be reduced. I think most of us are now using energy efficient and longer lasting LED bulbs, and we are better at turning off lights and »

Zero Waste

REduce. use. cycle. peat.

BUY Vintage



RE use. cycle. peat.

appliances – but have you switched to a renewable energy supplier yet? BHESCO (not-for-profit community energy co-op) helps households switch to clean and renewable energy, helps to make homes easier to heat and helps reduce fuel poverty. Most households are paying too much because they don't regularly do an energy price comparison and switch to a cheaper energy supplier. New tariffs and deals come out every week, so it's important to shop around. Average savings for a household that has not switched for over a year is £300. BHESCO suggest using an energy comparison site like the one offered by Citizens Advice. It's quick to do and you just need your last bill to do it.

Another quick win to save on bills and resources is to add a Waterblade water-saving device to your handbasin mixer tap. It's easy to do and pays for itself in 6 months.

Katie's lifestyle tips

Now some lifestyle tips from me, Katie. I'm passionate about sustainability and I have a podcast called 'Sustainable Squad'. I thought I'd share some of my findings with you. Just over a year ago I decided to make a point of living a life with less impact. It turns out, being vegan is extremely sustainable. Unlike Chloe, I'm not yet fully vegan, but I'm making better choices every day. It's important to acknowledge it's a big scary leap at the beginning, but the more you investigate, the easier it becomes.

The word vegan can be a badge of honour and a point of ridicule, depending on who you're talking to. I find the people who ridicule aren't ready to make changes and don't understand why they should. But that's cool, we all have to start somewhere – not that I've ever ridiculed someone for it – but it's always best to lead by example and excite people to try it for themselves.

My journey of discovery has led me to places like Eden, an amazing perfume shop who can match your favourite branded perfume scent with a vegan, cruelty-free alternative. I was sceptical at first, but I



PAINTHOUSE



SUPERLOOPER

have recently learnt that the perfume I wear every day is sold in China (where animal testing of cosmetics is still mandatory), so I promised myself I would find an alternative once my existing bottle ran out. Not only did Eden accurately match the scent, they encouraged me to bring back my empty bottle to refill it! Zero waste never smelt so good.

Borrowing clothes instead of buying

The rise of the craft beer has been a pretty epic movement, and the best of them create vegan beers. Franklins Brewery is based in Sussex, which is local to us. They make a conscious effort to save on water and energy. They also use a commercial recycling company called Paper Round, who are a 100% zero to landfill service. If they can't recycle it, they generate energy from incinerating it and selling it back to the grid. Genius!

I couldn't believe all beer wasn't vegan! When I spoke to Franklins Brewery, I discovered that a substance made from dried fish bladders is used to clarify the liquid, so it looks perfectly clear. Back in the day, a cloudy beer meant the beer wasn't good quality, but this isn't the case any more, so there's no need to use this method. This goes for wine too.

I've also discovered that fashion is one of the biggest polluters of them all, so choosing pre-loved items and renting clothes are great ways to reduce your impact. A lot of my friends have children now, they begrudgingly buy maternity clothes that won't get worn again after they have dropped the baby weight, and they have drawers and cupboards full of gorgeous baby outfits that are inevitably quickly outgrown. Think of all the expensive, good quality outfits that are bought as gifts or by people with a healthy bank balance.

There's a not-for-profit company launching this year called SuperLooper who plan to tackle this problem. They're a lending library for maternity and children's clothes. No waste, no landfill, no stress – just lovely, good quality clothes for your baby and you to wear for as long as you need.

As I continue to discover, there are so many creative and passionate people doing amazing things to help us all to reduce our impact on the environment. We just have to talk to each other, do a little research and share what we find. ♥

Zero Waste

KATIE PROCTOR

Katie Proctor is passionate about sustainability and has a podcast called Sustainable Squad. She loves creating content and connecting with people who are trying to make a difference. You can listen to the Sustainable Squad podcast on Apple podcasts and Spotify. youtube.com/SustainableSquad



CHLOE BULLOCK

Chloe Bullock is a Registered Interior Designer® at the British Institute of Interior Design. She offers animal-friendly, human-friendly, planet-friendly interior design. She was the first interior designer in the UK to be vegandesign.org certified and is a fellow of the Royal Society of Arts. materialiseinteriors.com



EDEN PERFUME



WATERBLADE

But
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Swap
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ROYAL MAIL

A vegan's guide to... Jersey



It's the largest and southernmost of the Channel Islands and promotes itself as the 'warmest place in the British Isles'. Richard Webber discovers that the warmth extends beyond the climatic conditions...



Friendly people, inviting landscapes, intriguing culture – Jersey is a gem of a place to explore. About nine miles by five, it's an ideal short-break destination, with plenty to see and do. Whatever season you visit, pack hiking boots, because there are myriad walking opportunities. Whether you prefer a gentle beach stroll or more challenging trek on rugged cliff paths, you'll be spoilt for choice. As for the vegan scene, we discovered an exclusively vegan café in St Helier, while many places offer a vegan menu or range of options.

Where to eat

The Sinful Vegan

This cosy café-cum-restaurant is, as far as I could tell, the only 100% plant-based eatery on the island. Situated in the heart of St Helier, Jersey's main town, Italian-born Clarissa Negro opened Sinful Vegan in 2018 and has never looked back. Black and white are the dominant colours here with pops of green courtesy of countless plants dotted around the restaurant. Around 95% of the food dished up is prepared on the premises, using local produce, with the Ultimate Sinful Burger the most popular item on the menu. I chose the vegan hot dawg (seitan sausage with crispy onions, ketchup and mustard served with chips, £9.50), followed by delicious

chocolate cake. Other main course options include Kentucky No Chicken Fillet Burger, Classic Burger (soy patty garnished with lettuce, tomato, red onion and sauce, £10.50) and Rice Rolls (£7.90). Breakfasts, sandwiches, desserts and plenty of drinks are available.

Open: Mon-Sat 10am-5pm (once the alcohol licence is granted, hopes are to open Friday and Saturday evenings). 25 Halket Street, St Helier; thesinfulvegan.com

R Fresh

With three outlets within short distance of each other in St Helier centre, R Fresh is about pre-packed grab-and-go food. Don't let that put you off – food is fresh, tasty and all packaging is non-plastic. If you fancy resting weary limbs, there are a few tables and chairs to choose from. Around 30% of the produce on offer is vegan, while oat, almond and soya milk are available for drinks. When I visited, choices included edamame and soya with spice (£2) and homemade houmous with carrot (£1.90). I tried the vegan pot (spiced cauliflower rice beans, onion, carrot and parsley in a chilli sauce topped with coriander, radish and sesame seeds, £3.80).

Open: Mon-Fri 7.30am-3pm;

Charing Cross branch

open Saturdays
9.30am-3.30pm

6 New Street,
12A Charing
Cross and 12 La
Colomberie, St
Helier; rfresh.je





Kismet Cabana

Promoted as a “celebration of beach culture and street food from around the world”, you’ll find this colourful wooden snack bar in the car park overlooking Ouaisné Bay in Jersey’s southwest corner. Owner Chris has more than 20 years’ catering experience and serves everything from breakfast and snacks to lunch and dinner. There is a dedicated vegan menu and I sampled the delicious sweet potato and spinach curry served with smoked tofu, pineapple salsa and rice followed by a soya-based ice cream for dessert. Other options included a grilled halloumi burger (£6). There’s a choice of eating al fresco or sitting under a marquee lit by fairy lights.

Open: Check the website or Facebook page for opening hours. Rue de Ouaisné, St Brelade; kismetcabana.com

Ransom’s Garden Centre Tearoom & Restaurant

This family-run garden centre in St Martin, one of 12 parishes on the island, opened its doors in 1966. It was born from the combined passion of Sarah Ransom, a qualified patisserie chef, who dreamt of opening a restaurant, and her mother, who’d always wanted to run a tearoom. This combination of ideas works extremely well and the place is popular with locals and tourists alike. The tearoom, where I enjoyed delicious vegan cakes, has been operating since 1991 with seating for over 100 people. The company started offering vegan food four years ago and has seen demand grow. Soup is always vegan, while the main menu contained such offerings as skillet of stuffed aubergine (£11.95), vegan fish finger burger (£10.95), black bean and beetroot burger (£11.95) and grilled vegan chorizo (£9.95). Menus are seasonal, so check the website. When it comes to the cakes on offer, the owners state on their website: “The cakes and pastries provide a catwalk of gastronomic delight and desire for everyone from the young to the less young.” And I can vouch for that. Blueberry and vanilla pod cheesecake and chocolate cake are scrummy.

Open: Mon-Sun 9am-6pm. La Grande Route de Faldouet, St Martin; ransoms.je



Samphire

Open all day in the centre of St Helier, Samphire is viewed by many as one of Jersey’s top restaurants. The menu contains a few vegan dishes. When I visited, main courses were miso-glazed aubergine, spiced baba ghanoush, borlotti beans and basil or tagliatelle, creamed mushrooms, garlic and tarragon. For dessert, I enjoyed strawberries, almond mousse and rhubarb sorbet. The current menu (see website) offers plant-based dishes such as herb gnocchi (£14) and two desserts, including sticky date sponge (£9).

Open: Mon-Fri 8.30am-late, Sat 10.30-late.
11 Don Street, St Helier; samphire.je

Nude Beach

Situated above the slipway at La Haule, along the coast from St Helier, you’ll find Nude Beach. Its unbeatable beachside setting makes it a popular spot, so it’s best to book for an evening visit. The painted wood cabin has seating inside and on the terrace overlooking the beach. Vegan wine and alcohol, plus hot and cold drinks are available. The menu when I visited included a beetroot and quinoa burger in a vegan bun with handcut chips (£10) and, as a light bite, cauliflower fritters with a mango chilli and lime salad (£7.50).

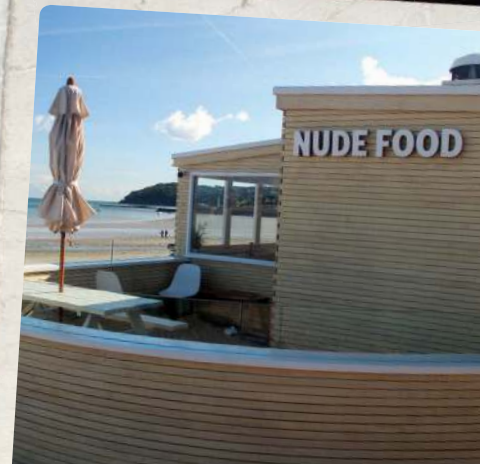
Open: Mon-Thurs 9am-4pm; Fri 9am-4.30pm and

5.30pm-11pm; Sat 9am-4pm and
5.30pm-11pm; Sun 9am-4pm La
Haute, St Aubin; nudefood.je

Ocean Restaurant

The Atlantic Hotel’s superb restaurant isn’t the cheapest on the island, but it’s among the best, hence the awarding of a Michelin star for the 11th consecutive year. What I particularly liked is that staff are more than happy to adapt dishes to suit dietary requirements. The restaurant, with its muted colours, splashes of aquamarine and white shutters framing beautiful views, exudes a tranquil Mediterranean vibe. Although the menu is largely non-vegan, ask the staff to modernise dishes or, if you’re looking to treat yourself and have deep pockets, try the seven-course vegan tasting menu (£85). When I visited, dishes included beetroot tartare with fresh horseradish, dill salad and beetroot powder; steamed asparagus with pea purée, edamame beans and wilted baby gems while a sweeter course involved dark chocolate and avocado cake.

Open: Lunch served Mon-Fri 12-2pm,
Sat & Sun 12.30-2.30pm. Dinner served
between 6.30pm-9.30pm. Le Mont de la
Pulente, St Brelade; theatlantichotel.com »



Top five places to visit

1 Jersey Lavender Farm

If you visit the island between Easter and autumn, pop along to Jersey Lavender Farm, where the plant has been produced for over three decades. Within nine acres, 55,000 lavender plants produce a blaze of colour when in bloom. Kids will enjoy the Discovery Nature Trail, while in the bottling lab you can see where the oils are matured and blended with other ingredients to form fragrances for perfumes and toiletries.

2 Jersey's Beaches

I've spent much time exploring the coastline and the island's many wonderful beaches, which come in all shapes and sizes. Everyone has their favourites and I like Grève de Lecq on the north coast because its golden sands are easily accessible with plenty of parking opportunities close by. The beach is sheltered – unless a northerly is blowing! My favourite to walk along, though, is St Ouen's Bay, popular with surfers who ride the Atlantic rollers crashing onto this five-mile stretch of sand.

3 Jersey War Tunnels

A must for your itinerary. Between 1941-44, forced labourers, working in horrendous conditions, dug nearly a mile of tunnels and chambers into the rock, producing an underground network protected from air or

land attack. There are informative displays throughout the tunnels, one spotlighting what life was like for locals during the German occupation.

4 La Hougue Bie Museum

Here you'll learn about Jersey's Neolithic community 6,000 years ago, among other things. One of Europe's most impressive passage graves, you can walk up to a medieval chapel sitting atop a prehistoric mound. Treasures displayed in the geology and archaeology museum include swords, spears and coins. Apparently, the world's tenth oldest building sits on the site!

5 Castles & Historic Buildings

You'll come across lots of interesting historic buildings on the island, including Mont Orgueil Castle, which protected Jersey against a French invasion over 600 years ago. Meanwhile, Elizabeth Castle is worth visiting, too. It can be reached on foot at low tide or by small ferry at low or high tide. Make sure you also visit Le Moulin de Quetivel, the island's only surviving working water mill. Situated in one of the island's prettiest valleys, it's surrounded by water meadows.



PART 2

Guide to Guernsey is in the May issue, on sale 15 April

Where to stay

The Atlantic Hotel

Staying at the family-owned Atlantic Hotel, which sits above St. Ouen's Bay on Jersey's west coast, is an experience you'll never forget. It's a fantastic place and I can't recommend it highly enough. Its unbeatable location had me entranced the moment I saw the view from the step-on balcony (make sure you book a seaview room). Nothing beats sitting and staring out towards the Atlantic Ocean, listening to the distant sound of waves breaking over rocks. Facilities include an award-winning restaurant, outdoor and indoor swimming pools, free parking, tennis courts and much, much more.

Le Mont de la Pulente, St Brelade;

thatlantichotel.com

Getting there

We travelled with Condor Ferries (condorferries.co.uk – 0845 609 1024), which operates a year-round service to the Channel Islands from Poole with its fast ferry, alongside a conventional ferry service from Portsmouth. The biggest advantage of choosing the fast ferry is speed: it reduces crossing time by at least half. We took our own vehicle, but if you'd like to hire a car or book a hotel close to your point of departure before travelling, contact Holiday Extras (holidayextras.co.uk – 0800 131 3777). For information on Jersey, go to visit jersey.com, the official tourist information site, or call Jersey Tourism on 01534 448800. ♥



RICHARD WEBBER

Richard Webber writes for various national papers and magazines, including *The Daily*

Mail and *Sunday Telegraph*. A keen traveller, he's also editor of the family-focused review site Travellowdown (travellowdown.com) and he can be found tweeting on @Travellowdown.



VeganFood & LIVING Next issue

HAPPY EASTER!

ON SALE
18 MARCH

Treat your friends and family to fun Easter bakes and the perfect three course lunch – we help you celebrate the vegan way!

GLUTEN-FREE VEGAN

Being gluten-free as well as vegan isn't always easy, but we share some top tips to make your life less stressful



VEGAN START-UPS

New vegan companies seem to be appearing every day, so we check out the best of the new start-ups



CAKE BY VALENTINA FOIS HESMONDHALGH FROM LEE'S LONDON
(WWW.LEESLONDON.COM); PHOTOGRAPHY BY SPOONFUL OF HAPPY
*CONTENTS SUBJECT TO CHANGE

FUR WARS:

IS FAUX OR REAL BETTER FOR THE ENVIRONMENT?

Sascha Camilli discovers if faux fur is an eco-friendly choice and how it measures up to the real thing

In 2018, a ground-breaking move shook the fashion industry: iconic Italian fashion brand Gucci, whose whimsical, seventies-inspired take on nerdy chic had taken over fashion pages since the arrival of creative director Alessandro Michele, announced that it was going fur-free, starting with its Spring/Summer 2018 collection. The brand's CEO, Marco Bizzarri, said at the time that wearing animal fur was no longer modern: "It's a little bit outdated. Creativity can jump in many different directions instead of using furs."

Gucci's power move inspired virtually all of the other biggest names in fashion to follow in their footsteps: shortly after their announcement, brands including Burberry, Chanel, Michael Kors, Versace, Diane von Furstenberg,



Jean Paul Gaultier and, most recently, Prada all vowed to ban animal fur from their collections. In just a few short seasons, animal fur seemed to have disappeared from the international catwalks entirely.

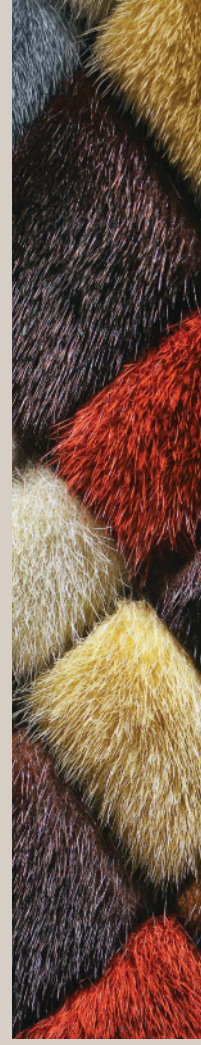
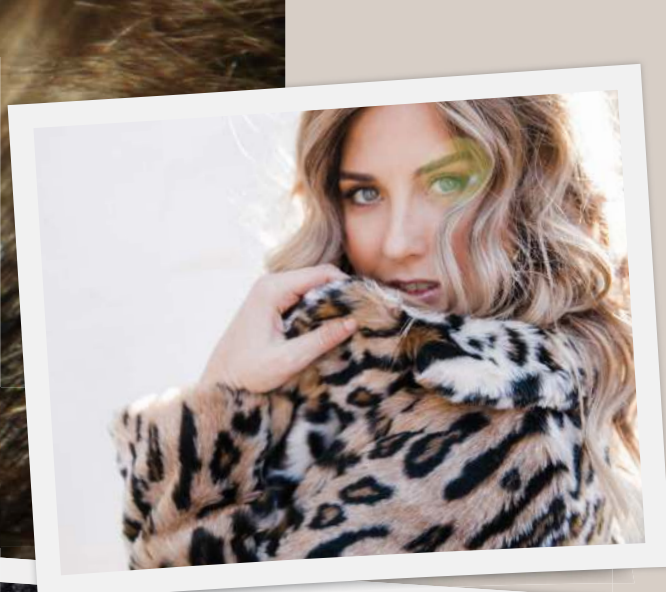
Animal rights activists everywhere rejoiced, but of course, the fur industry was not happy. Apparently in a panic after losing some of its most prominent supporters, the trade focused their efforts on enhancing animal fur's 'natural' factor. "It's time to call out the fake news about fake fur", said International Fur Federation CEO Mark Oaten. "Natural fur is the responsible choice when compared with fake fur or other synthetics."

But how natural is fur, really? If we look into the production of animal fur, it's clear that it's only natural while it's still on the animal

who was born with it. To begin with, there is not much natural about keeping wild animals in extreme confinement, including semi-aquatic animals like mink, whose natural needs can never be fulfilled by life on a fur farm. A large part of today's fur comes from China, where there are no animal protection laws or regulations – but even on farms in so-called 'high welfare' countries, undercover investigations have found animals living in filthy wire cages, being left without adequate food, water and veterinary care, and living next to the rotting corpses of their cage-mates. Many of them resorted to cannibalism and self-mutilation, all of which can hardly be described as 'natural'.

Fur production is toxic

As soon as the fur is taken off the animal, a very unnatural process begins – the one that's put in place to keep fur from biodegrading. Yep, you read that right: despite sites like furisgreen.com, made by the Fur Council of Canada, touting the environmental benefit of fur by



sustainability, we cannot close our eyes to the fact that faux fur, as it stands, is far from being the most eco-friendly material on the planet. Mainly made from petroleum-based plastics, faux fur isn't biodegradable and releases

harmful microplastics into the waterways when washed. But, while the industry is beginning to find solutions to these issues (such as using tools such as GuppyFriend, a washing bag to be placed in the washing machine along with faux furs and other synthetics to capture part of the microplastics and keep them from reaching the waterways), there is no escaping the fact that animal fur is part of animal agriculture, which we know contributes to many

of the most urgent climate issues facing our planet today. "A common misconception is that so-called natural materials are supposed to be free of environmental impact," says Arnaud Brunois, Communications Manager at French faux-fur artisan Ecopel.

"But we know that animal-based fibres have a huge impact on our environment."

The impact of animal fur is staggering:

studies of lakes and rivers in Nova Scotia found "degradation in water quality to be primarily a result of high phosphorus inputs resulting from releases emanating from mink farming operations."¹ The World Bank ranked fur dressing among the world's five worst industries when it comes to toxic-metal pollution. In Denmark – one of the world's top fur-producing countries, where

more than 19 million minks are killed for their fur each year – over 8,000 pounds of ammonia is released into the atmosphere annually. A CE Delft study compared fur with textiles and found that animal fur has a higher impact per kg in 17 of the 18 environmental categories, including climate change, eutrophication and toxic emissions. Arnaud Brunois continues: "It's false to imagine that animal fur is sustainable in any shape or form: in Finland, the factory farming of foxes for the fur industry represents 10 per cent of ammonia emissions, a contributor to air pollution with a documented impact on human health. A fur coat is loaded with petrochemicals – this is why it lasts three decades, not because it is natural."

Recycling faux fur

How does Ecopel – a leader in the new-generation sector of conscious faux fur – aim to advance the production of eco-friendlier materials? The pioneering company's plans include collecting post-consumer plastic bottles at its mills in Asia to transform them into a luxurious faux fur, thus putting an end to claims that faux fur isn't green, and helping solve the plastic pollution crisis. Recycled faux fur is still in the development stages, but once it arrives, it will signify a big step for vegan fashion.

Another development from Ecopel that was unveiled is KOBA, the world's first bio-based faux fur. Made partially from corn-based ingredients from the bio-fuel industry, KOBA incorporates the low-impact Sorona® technology developed by Dupont. At the end of last year, Stella McCartney debuted the material in the form of a glamorous full-length coat worn by Russian supermodel Natalia Vodianova. This new innovation will put to rest the notion that faux fur has to be made from plastic, which further goes to prove that we as humans can improve our production methods – but killing an animal will always mean taking a life, and there is nothing natural, ethical or sustainable about that. ♥

¹: Judith Lavoie, "Mink Farm Pollution Key Culprit in Rendering Nova Scotia Lakes Unswimmable: Report," *The Narwhal*, 5 August 2014

proudly proclaiming that fur is biodegradable, the last thing the industry wants is for the coats to rot on the wearers' backs, so the pelts are treated with a toxic cocktail of harsh chemicals such as formaldehyde and hexavalent chromium (remember the cancer-causing chemical Julia

Roberts was campaigning against in Erin Brockovich? That's the one.) In their report *Toxic Fur: The Impacts of Fur Production on*

the Environment and Risks to Human Health, Humane Society found that ethylene glycol, lead and toluene, all known to be developmentally and reproductively toxic, are used in the processing of fur. The International Agency for Research on Cancer has classified lead as "probably carcinogenic to humans" and toluene "possibly carcinogenic to humans".

When it comes to environmental

It's false to imagine that animal fur is sustainable in any shape or form

My vegan life

Monika Mateja



Want to take your love of vegan food to the next level? Meet Monika Mateja, a CNM (College of Naturopathic Medicine) Vegan Natural Chef Graduate, who did just that...



I used to work as a supply chain manager for an engineering and construction company. I was always interested in healthy eating, natural therapies (I am a spa lover) and wellness. After 14 years in the corporate world I hit the burnout and was signed off with mild depression. My Type 1 diabetes (which was diagnosed at the age of 17) was out of control. I was advised to cut out simple carbs and processed fats, and to exercise. I followed this as much as I could, but I hit a wall at the age of 40. I put on weight, demand for insulin increased and I was recommended to take statins for my cholesterol levels. I was also diagnosed with disc prolapse and had an operation. Although it was a mechanical injury, I now know that a lot of stress can accumulate in the lower back.

I started to look into natural therapies in late 2017. I was going to a yoga studio and noticed my body craved peace and quiet and nourishment rather than sugary food and alcohol. This inspired me to look further into this topic and I switched to a plant-based diet from January 2018. Since going into natural therapies I can manage stress better and move more freely as I don't spend as much time behind a desk. I lost over a stone, my skin cleared, I don't have to take much insulin and my cholesterol levels have gone down so I don't need to take statins.

It's not easy to change and pursue something new, especially as I had quite a successful career and a good salary. However, I did ask myself, do I really want to do this for the next 20 years? Also, my mum died from cancer at the age of 52. She is my true inspiration to help as many people as I can to eat and look after themselves in the most natural way possible.

Leaving the rat race behind

What attracted me to CNM was that I could study during weekends while still having my

full-time job. I read other student stories, looked at the curriculum that, aside from the cooking skills, has very good naturopathic content and internship hours. The easily accessible college location suited me too.

I loved the practical approach to learning about nutrition and cooking in the CNM Natural Chef kitchens. The course was professional and fun. I enjoyed many knowledgeable teachers who showed us what

is possible with vegan food and that it doesn't have to be salad only. The practical knowledge given by the lecturers was invaluable. We had a fantastic set of students in our group and we kept in touch.

Since doing the CNM course, I left my previous job and started my own business. I always wanted to be an entrepreneur and studying at CNM gave me that chance. I trained as a health coach and I received my certification. I run cooking workshops and supper clubs at my house, as well as having private clients who I guide to transfer to a plant-based diet. I love coaching, as this is truly a way to help people to get better. I am honoured when I can help my clients learn about the most suitable food for them, their body and their lifestyle; one-on-one coaching is very powerful.

I have never felt fitter and healthier. I am now 41 and was always told that at this age it is difficult to lose the weight as our metabolism slows down, but studying at CNM helped me discover otherwise. I love my healthier version of me. ♥

I wanted to be an entrepreneur and CNM gave me that chance

CNM®
Vegan Natural Chef

MONIKA MATEJA

Monika Mateja is a
CNM (College of

Naturopathic Medicine) Natural Chef graduate. CNM trains successful natural therapy professionals, online and in class with colleges across the UK and Ireland. Visit naturalchef.com or call 01342 410505.

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