

• Fresh look • Extra recipes • More compassion •

# VeganLife

May 2020 | issue 62 | £4.99

The lifestyle magazine written by vegans for vegans

## Become more self-sufficient

7 ways to provide for yourself

**32**  
new  
food ideas

## On the frontline in Vietnam

The charity that's  
educating vets and  
saving animals

## Special Report

Exposing water  
use in the  
dairy industry

# Bowls of goodness

Get your hands on our selection of  
tasty buddha bowls

## Get Gorgeous

How to  
veganise your  
beauty regime

BBQ Teriyaki  
Quorn Fillets &  
Pineapple Buddha  
Bowl p30

Avant garde Vegan



We meet chef  
Gaz Oakley



The truth about zoos | Running a vegan business | Vegan pregnancy



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**PRIMEIMPACT**  
EVENTS & MEDIA



# Hello,

Since we last brought this magazine to you, the world has, indeed, been turned upside down. The outbreak of the coronavirus has carried with it many changes into our everyday lives, with only essential trips and one daily bout of exercise outside of the house allowed (I'm living for my lunchtime bike rides, right now). Businesses and plans may have been put on hold, but we must live on and we need to stay optimistic.

It is from my dining room table-now-desk that I write to you, hoping to continue to share the vegan message, as well as spread some much-needed positivity. When we pull together, we can do great things, as many amazing vegan companies and individuals have shown. I was warmed to learn that plant-based seafood brand, Sophie's Kitchen, recently donated 4,500 cans of their vegan 'Toona' to hospitals and foodbanks (p11) and have heard so many similarly uplifting stories of peoples' acts of kindness. If there is ever a community that knows how to lead by example, it is surely the vegan community, as our columnist, Karin Ridgers, discusses this month (p66). Someone that is certainly showing us the way, is Catherine Besch, one of the founders of Vietnam Animal Aid and Rescue, who are working hard in Vietnam to re-educate vets and spread veganism to save animals. She shares their story on p34.

If you're looking to learn new skills whilst we're in lockdown, turn to p62 to find out how to become more self-sufficient, and try your hand at Gaz Oakley's tasty recipes (p89). We chat to the passionate vegan chef on p18.

And in good news, we've now made the move to become a digital publication. We hope this will help us to reach more of you from the touch of a button. Alongside *Vegan Life*, you will now receive three other titles for free, to inspire, entertain and motivate you.

Have a great month and stay safe,

**Gemma Tadman**  
Editor



@veganlife\_mag



@veganlifemagazine



@veganlife\_mag

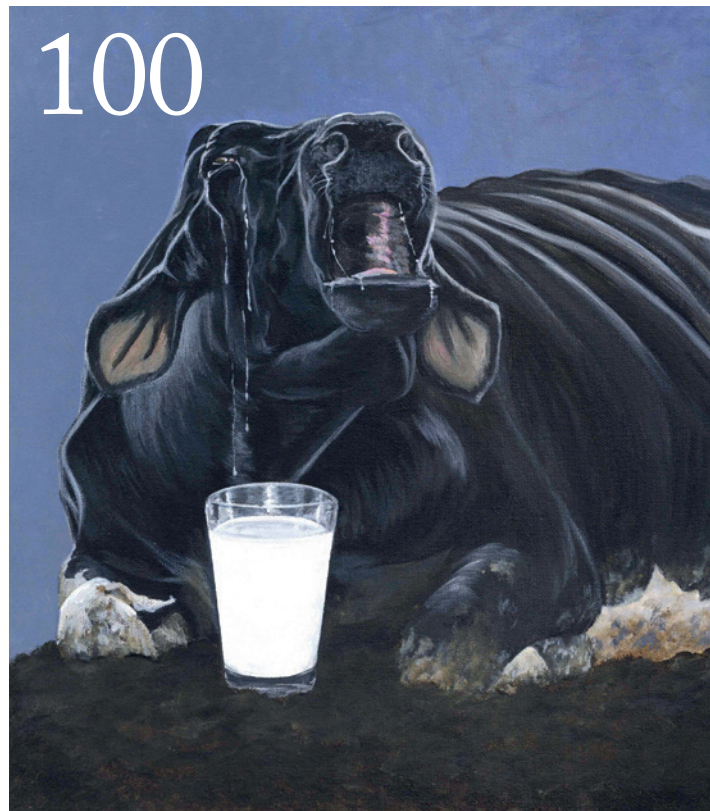
"Being vegan isn't about restricting oneself in any way, it's simply about ceasing to take things which clearly are not ours."

*Mango Wodzak*



Cover Image:  
BBQ Teriyaki Quorn Fillets & Pineapple Buddha Bowl p30







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# Over to you

Your letters, emails and musings

## Next Month's **Star** Letter Prize

Worth  
£65  
WIN!



Send your letters to **Gemma.Tadman@primeimpact.co.uk** to be in with a chance of winning a duvet from 100 per cent vegan brand, Duvet Hog. Cruelty-free, Earth-friendly and made from recycled water bottles, the brand has bags of eco credentials. Super fluffy and cloud-soft, all of their vegan-down duvets are allergy-safe and chemical-free. Each eco-duvet is made from hundreds of recycled PET water bottles, which are expertly spun like candy floss into minuscule silky-soft fibres. And if it you thought it couldn't get any better, think again — all of their vegan-down duvets are made in their zero-waste eco factory, which is powered on 100 per cent renewable energy!

For more info, visit **duvethog.co.uk**

### Star Letter

Dear *Vegan Life*,  
I wanted to thank you for featuring PETA founder Ingrid Newkirk and her new book, *Animalkind*, in the March 2020 issue. I had thought I was well informed about animals, but this book opened my eyes to many aspects of their lives about which I had no idea. Who knew that male frogs use drainpipes to amplify their mating calls, that fish 'sing' underwater, or that squirrels bury their nuts by the position of the stars? This book is a must-read for all animal advocates — after all, getting to know animals as fascinating individuals will go a long way towards helping us protect them and defend their right to a life free from cruelty.

Sincerely,  
Lydia Smyth  
Lydia wins Red Letter Days vouchers for Stem + Glory, worth £59.

Hi *Vegan Life*,  
I really enjoyed Sasha Gills' take on making the best use of food scraps in your April issue. Never again will I discard a squash seed rather than roasting it or miss out on the opportunity to blitz a carrot top into pesto heaven!

Turns out I don't even need to feel guilty for not peeling my potatoes before mashing — not when it's done in the name of nutrition.

We've been given reason of late to be thankful for the vast array of delicious food available to us. Appreciating vegetables in their entirety whilst eliminating food waste can only be a good thing.

Best wishes,  
Natalia Bailey



## Stay Social

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 @veganlifemagazine  
 @veganlife\_mag

Share your pictures with us



@thesashadiaries



@vatasandra



@veganfoodieposts



@veggievision\_tv\_





Booking for  
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**Summer 2021  
now.**

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# Vegan news

All things vegan from the worlds of entertainment, politics, sports, animal advocacy and more. Got news for us? Email [vegannews@primeimpact.co.uk](mailto:vegannews@primeimpact.co.uk)



## China permanently ban the consumption and illegal trade of wild animals

After years of animal activists fighting to end wild animal trade in China, the outbreak of the virus COVID-19 has

backhandedly brought about what campaigning could not. China have finally approved a permanent nationwide ban that forbids the hunting, transportation, trade and consumption of all terrestrial wild animals — captive-bred or wild-caught. The Chinese state media said the prohibition intends to 'safeguard public health and ecological security,' aiming to 'completely ban the eating of wild animals' and 'crack down on illegal trade of wildlife,' (CNN).

China's trade of wild animals was temporarily suspended back in January this year, in an effort to curb the spread of COVID-19 — thought to have been started at Huanan Seafood Wholesale Market in Wuhan. Scientists propose the virus was transmitted to humans by either pangolins or civets, both of which are allegedly already protected under China's Wildlife Protection Law.

Whilst it hasn't yet been made clear which species are protected by the new ban, we know that it doesn't include poultry, 'livestock' and aquatic species. It's a great start in protecting animals — but China still have a long way to go.



## Product of the month



### Booja-Booja Heavens on Earth Ice Cream

Lusciously light and mouth-wateringly moreish, Heavens on Earth is one of two new ice creams just launched by the vegan confectioner, Booja-Booja. The dessert is a delicious combination of refreshing mint ice cream and rich chocolate truffle sauce. Like all Booja-Booja treats, Heavens on Earth is made with a few, simple and natural ingredients, including nutritious organic cashew nuts — the secret to its incredible creaminess.

£5.49, [boojabooja.com](http://boojabooja.com)



### The Vegan Chef School hosts free online cooking classes

To help people who are struggling to cook for themselves, and to spread a little joy during these uncertain times, chef Day Radley from The Vegan Chef School in London is hosting free daily cooking skills classes. The online sessions are being streamed on Facebook to people at home, during which Radley will cook a dish with viewers, while giving general how-to tips, too.

Announcing the classes, Radley said: "I will be teaching cooking skills every day at midday. I'll be starting with one pot and pan dishes, which are hugely versatile, meaning you can use loads of different veggies and other ingredients. This is a great time to learn how to cook or boost your existing skills. On Facebook Live, you can ask me questions as I cook. I used to do this on Periscope (many moons ago) and then on Facebook. It's a great way for you to learn. Many people like to watch first and ask questions and then watch on playback whilst they cook."

For more info, visit [theveganchefschool.com](http://theveganchefschool.com)





# Animal in focus

## Coatimundi

**C**oatimundis (or coatis) are intriguing looking creatures related to racoons. Coatis have stretched, flexible snouts that they can move 60 degrees in any direction. In the wild, they typically live up to eight years old. They are between 13 and 27 inches in size, weighing from 4.4 to 17.6 pounds, with males larger than females. Coatis are found from southwestern United States down through Central America and into Brazil. They are versatile, living in habitats ranging from hot and arid areas to humid rainforests, but can even survive in the cold mountains of the Andes.

### Food:

- Coatimundis are omnivorous, with their diet mostly made up of insects and fruit.
- They use their long noses to poke around underneath rocks and inside crevices to find food.

### Gender:

- Males and females don't tend to live together as adults. Female coatis form loosely organised groups of up to 25

individuals. Adult males usually live solitarily, owing to their aggressive tendencies.

- Coatis become sexually mature at around two years old.
- The gestation period is typically 77 days, with offspring born in litters of three to five.

### Behaviour:

- Coatimundis are diurnal, being mostly active during the day.
- They are fierce when provoked, using sharp claws and teeth to attack predators.
- Groups will communicate with one another using clicking, whistling, barking, chirping and grunting sounds.
- Coatis are great climbers, making treetops in the rainforest their homes — building nests in the branches.

### Population and threats:

- Coatimundis are listed as 'least concern' on the ICUN Red List, however, their numbers are decreasing.
- Although they are widespread and adaptable, coatis are at risk from habitat loss, and are running out of land to keep up numbers.



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## V-eat Out...

### Chiquito

From nachos with lashings of plant-based cheese to fajitas served with piles of veg, UK-based Mexican restaurant, Chiquito, offer a jam-packed vegan menu that'll have you reaching for your sombrero! The chain recently unveiled their brand-new vegan breakfast options, including a plant-based full English — the Vegan Sizzler, and a hash brown and seitan sausage-stuffed Breakfast Burrito. If you wake up hungry, go for The Vegan Sizzler, a hearty meal comprising scrambled 'eggs' made from tofu, beans and coconut milk, hash browns, seitan sausages, baked beans, flat mushrooms and seasoned roasted tomatoes.

For a tasty lunch or dinner, you can't go wrong with the Vegarrito — a beautifully pink beetroot-flour wrap filled with salty and smoked Oumph!, black beans, jalapeño slaw, rice and greens. Make sure to try the Banana Blossom Croquettes — crispy balls of banana blossom that come with a delicately-flavoured Oatly! crème fraîche.

For the first time ever, Chiquito have just added exciting plant-based options to their children's menu, including a Mexican Bean Stew that comes with dairy-free cheese. And, dessert lovers can also get their sweet hit from the restaurant's vegan churros, passionfruit sorbet or chocolate lava cake.

Check out the full vegan menu at [chiquito.co.uk](http://chiquito.co.uk)



## 3 ways to eat... Vietnamese



**Dine:** Bambo, Colchester  
[bamboorestaurant.co.uk](http://bamboorestaurant.co.uk)

**Make:** Tofu Banh Mi  
[veganlifemag.com/tofu-banh-mi](http://veganlifemag.com/tofu-banh-mi)

**Buy:** Purearth, Souper-Power  
Vegan Broth,  
Four pack £21.96,  
[yumbles.com](http://yumbles.com)



If the UK population  
was killed at the  
rate farmed animals  
are killed around  
the world, it would  
end in just

# 11 hours

([vegansociety.com](http://vegansociety.com))

## Vegan companies leading the way by helping those in need

As the spread of the virus COVID-19 worsens, people around the world have been struggling to get by, with a massive knock to incomes and global food shortages. However, amid the madness, incredible people and organisations are pulling together, showing kindness and giving aid to those who need it.

Vegan companies across the globe have been doing their bit, from donating items to serving free food to those who are striving to make ends meet. Plant-based seafood brand, Sophie's Kitchen ([sophieskitchen.com](http://sophieskitchen.com)), recently donated \$210,829 USD worth of food amid the crisis, with CEO, Miles Woodruff, personally delivering 4,500 cans of plant-based 'Toona'. He has also pledged to give 2,900 cases of vegan seafood to several food banks in San Francisco's Bay Area, US.

Woodruff wrote on Instagram: "While we all Netflix and chill our way through the next few weeks, please remember we have an amazing excuse to do good and help people out right now."

Similarly, in the UK, vegan and cruelty-free grooming brand Bulldog Skincare ([bulldogskincare.com](http://bulldogskincare.com)) has been providing free care packages for NHS workers.

Bulldog said: "Here at Bulldog, we've been putting our heads together on how we can do our bit to say thank you to the amazing staff who are keeping the NHS going under such unprecedented and extreme circumstances. The pictures of NHS workers who've spent 12-hour shifts in protective face masks — plus reports on staff who need to shave their beards to ensure protective masks fit properly — made us want to help. We appreciate that male grooming is far from an essential right now, but as the NHS staff work tirelessly across the UK, we want to do what we can to make their lives a little easier."



*Woody Harrelson  
on being vegan*

“  
In this world that is spinning  
madly out of control, we have to  
realise that we're all related. We have  
to try to live harmoniously  
”



## Squeaky Bean launch vegan pastrami, ham and kebab-style slices

Innovative new meat-free slices have launched into Waitrose, Sainsbury's and ASDA and on Ocado, giving both vegans and omnivores the opportunity to shake up their sandwiches. The vegan slices, made by plant-based food producer, Squeaky Bean (@squeakybeanveg) come in three exciting variations: Pastrami Style — 'beef' flavoured with a deliciously herby taste, Ham Style — reminiscent of pork, and Chicken Kebab Style — aromatically spiced cuts that go well with vegan mayo and salad.

Made with wheat, gluten, chickpea flour and vegetables, Squeaky Bean's slices are high in protein and a great source of fibre. They are the latest in the company's range of plant-based products, which also includes chicken-style pieces, fishless fingers and pancakes.

## 3 of the best... **Vegan sanitisers**

Plant-powered sanitisers to make sure you're keeping germ-free



### The Body Shop Mango Hand Cleanse Gel

A spritz of this mango gel from The Body Shop will have you thinking of juicy fruits and warmer climes.

£2.50, [thebodyshop.com](http://thebodyshop.com)



### Botanicals Sanitising Spritz

A pure and natural sanitiser to keep your hands clean and your family safe, packed with organic ingredients.

£8.95, [botanicals.co.uk](http://botanicals.co.uk)



### Dr Bronner's Organic Lavender Hand Hygiene Spray

Wash away the nasties with the soothing scent of lavender, using this organic Dr Bronner's spray.

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## JUST Egg

The plant-based 'egg' has become the first vegan brand to win a highly acclaimed NEXTY Award. JUST Egg's new folded 'egg' product was awarded the title of Best New Frozen Product and has recently been launched into 5,000 supermarkets across the US.

## Vegan Meat

Sales of plant-based meat are skyrocketing — with Nielsen data reporting that purchases were up 279.8 per cent for the week ending on 14<sup>th</sup> March. Plant-based alternatives saw the highest jump in sales in the meat category, with chicken only moving by 51.8 per cent that same week.

## UK Nurseries

In a bid to encourage a more sustainable, ethical and healthy diet, nursery group Top Day Nurseries have declared they will now provide free vegan meals for staff across all their 30 schools.

## HERO to ZERO

What's going up and down this month

## Great Apes

Scientists are concerned for the safety of great ape populations, amid the COVID-19 epidemic. According to research from the journal *Nature*, the virus could be a threat to chimpanzees, gorillas and orangutans.

## SeaWorld

The cruel marine park recently lost another official partner — confectionary brand Snickers. The brand joins British Airways and Virgin Holidays who announced earlier this year that they had both severed ties with the exploitative organisation.

## Ice Loss

New satellite data shows that Earth's great ice sheets, Antarctica and Greenland, are now losing mass six times faster than they were during the 1990s, thanks to warming conditions. Between 1992 to 2017, 6.4 trillion tonnes of ice were lost, pushing up global sea levels by 17.8mm.

## Vegan pasty wins gold at British Pie Awards

Pies and pasties are a favourite comfort food in the UK, and Cornwall-based company Ginsters ([ginsters.co.uk](http://ginsters.co.uk)) recently proved that vegan pastries are more than up to scratch. The brand won 'Highly Commended' and Gold in the Vegan Pie class, whilst its vegan-friendly Moroccan Vegetable Pasty also scooped Gold for the second year in a row.

A whopping 848 pies competed for prizes, with all entries assessed by a panel of 140 experts, who judged both appearance and taste.

Kieran Hemsworth, Ginsters managing director, comments: "We're passionate about celebrating and protecting the heritage of one of Cornwall's most-loved exports while creating innovative new recipes such as our Ginsters Vegan Quorn Pasty. It has won legions of fans since launching last year and to get the seal of approval from such expert judges is a proud moment for us."

The win shows that vegans do not need to miss out on one of the best-loved foods in Britain, and will hopefully encourage more people to adopt plant-based eating and go vegan.



## Dairy giant Arla Foods is launching vegan milk

Another day, another dairy firm announce it's going to make plant milk. Arla Foods, Scandinavia's largest producer of dairy, will release three new dairy-free oat-based drinks, under its new plant-based umbrella brand, JÖRD. The drinks will initially launch into the UK, Denmark and Sweden, in Oat, Oat & Barley and Oat & Hemp flavours.

With vegan milks soaring in popularity throughout Europe, the company see great opportunities in the venture. Hanne Søndergaard, executive vice president for Arla's global marketing and innovation, explains: "More and more European consumers are looking towards plant-based products," she says. "And we know that consumers are enjoying dairy and plant-based drinks side by side. We are committed to deliver in the plant-based category. We have the willingness and the capability to serve what the consumers desire."

As veganism becomes more popular, dairy products are dropping out of favour and more farms are filing for bankruptcy. Whilst Arla's dip into the plant-based market is purely for monetary gain, it certainly shows that things are moving in the right direction — with the explosion of vegan milks proving that more people are opting for plant-based choices.



## Follow me Socially So Vegan

This vibrant vegan recipe platform is run by plant-based power couple, Roxy Pope and Ben Pook. Across Instagram, YouTube and Twitter the pair share fuss-free and fun vegan recipes along with simple sustainable living tips. Their debut cookbook, *So Vegan in 5*, was released in 2018 and brings their exciting recipes to life in print.

Follow their foodie journey at [@sovegan](https://www.instagram.com/sovegan) or visit [wearesovegan.com](https://www.wearesovegan.com)

Those who eat meat spend



# £645 extra a year

on food, compared to those  
on a meat-free diet

(vegansociety.com)

## Editor's Choice



### FLOWERAZZI by Yardley, Magnolia & Pink Orchid Nourishing Hand Cream

Washing your hands numerous times a day can severely dry out your skin. Make sure to keep them in tip-top shape with a caring moisturiser. This vegan and cruelty-free hand cream from Flowerazzi by Yardley is enriched with organic aloe vera and oat flour that leaves hands super soft. It's made from 96 per cent naturally-derived ingredients, incorporates vitamins A, C and E, along with organic and sustainably-sourced camellia oil, helping it to repair damaged and dry skin.

£3.33, [yardleylondon.co.uk](https://www.yardleylondon.co.uk)



## Vegan Entrepreneur

### Honey Bunny Lashes

Aiming to bring plant-based glamour to everyone, Honey Bunny Lashes is the UK's first fully vegan and cruelty-free luxury lash brand. Founded in December 2019 by passionate vegan and beauty lover, Lia Ludlow, the company has been described as offering the closest thing to mink on the market.

Lia, who has been vegan for 20 years, grew up in a mostly vegetarian family that would often rescue animals, including pigeons, ferrets, goats, donkeys, snakes, parrots, pigs and chinchillas. Her animal-packed upbringing embedded in her a love of all creatures and led to her wanting to do business differently. Even the glue that comes with her lashes is non-animal tested and completely animal-free!

Lia says: "I started this brand because mink lashes seemed to be taking over the beauty industry, and faux mink fur lashes were so boring! I knew I had to combine my passions of entrepreneurship and veganism, with my love of high-end, luxury products for everyone to enjoy."

For more from Lia, visit [honeybunnylashes.com](https://www.honeybunnylashes.com)

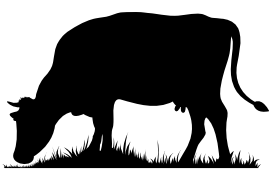




# Dairy milk sales in the UK fell by around

# £240 million

between  
2014  
and 2016



(vegansociety.com)

## Time to *pause*

### 3 quick tips for a more mindful May

#### 1 Focus on the moment

Try to concentrate on one thing at a time — what you're doing or where you are — not on the distractions around you. When spending time with others, many of us are guilty of checking phones, emails and news, and we miss out on the present moment of happiness.

#### 2 Learn to meditate

Using easy meditation practices will help your concentration, and equip you with multiple ways to deal with stress, bringing calm and consciousness to your day.

#### 3 Set daily intentions

Create for yourself little goals like 'Today, I will be kind to myself' or 'I will be patient with others'. Throughout the day, check in with yourself and revisit your intentions.

## Green energy installations threaten key conservation areas

Researchers are calling for a stop to the building of renewable energy stations in important conservation areas. The investigators from the University of Queensland, Australia, found that more than 2,200 green energy plants including wind, solar and hydro power installations have been constructed within the boundaries of our planet's remaining wildernesses. According to their data, about 17 per cent of renewable facilities are located in protected areas worldwide. Despite this, a further 900 plants are under development in key areas of biodiversity. Whilst it is vital that we develop more eco-friendly ways of sourcing energy and build more green energy stations, we must construct them in appropriate locations with minimal effects on areas of environmental significance.



## Leah Doellinger

Brisbane-based activist, Leah Doellinger, has over 36k followers on Instagram, and supporters worldwide. She is the passionate founder of Meat The Victims, a group that plans mass trespasses on animal farms around Australia, to film what's happening inside and raise awareness of inhumane animal treatment. Leah has been arrested 22 times, but she says the threat of jail time won't stop her — she will continue to stage protests, break-ins and rescue animals from lives of misery.

Follow @leahdoellinger or @meat\_the\_victims

# Ask the experts

## The Veganuary team answer your questions about veganism

Each month, send us your questions and we'll pitch them to those in the know. Whether you're unsure about the best way to cook tofu, or you need some vegan dating advice, we've got your back.

**Q** What's the best replacement for honey?

Bees make honey to keep their colony well fed and healthy throughout the winter. When we take it, we confiscate the nutrients they need and compromise their immune systems.

The best honey replacement depends on your taste, how much you want to spend and what you plan to do with it!

At the top end of the range is Vegan Honea from Plant Based Artisan ([plantbasedartisan.com](http://plantbasedartisan.com)), which comes in three subtle floral infusions — original, lavender and orange blossom — and is available from various online stores. Each flavour profile comes with recommendations for usage, but all three are fantastic on toast and pancakes, or stirred into herbal tea.

Another option you might consider is agave syrup, which can be found in supermarkets and comes in 'light and mild' and 'dark and rich' varieties. These are excellent in salad dressings and cake recipes, as well as drizzled over roast parsnips.

If you would like to make your own plant-based honey using only fresh ingredients, there are some great recipes online which require just apples, lemon juice, sugar and baking soda. It's cheaper, requires less packaging and still tastes delicious.

### Our star buy

#### Plant Based Artisan Vegan Honea Taster Selection

Want to discover your new favourite honey replacement? Test out Plant Based Artisan's most popular flavours including original, orange blossom and lavender in this neat little gift set. Each pot is packed full of gut-helping prebiotics, too.

£15, [plantbasedartisan.com](http://plantbasedartisan.com)



**Q** My birthday is coming up. How can I politely let friends and family know that I'd only like gifts that align with my ethics?

Family and friends who understand your veganism will undoubtedly do their best to buy you something you love. But, for those who don't really understand what veganism is all about, or who have previously surprised us with a birthday trip to the zoo or races, it is best to speak up sooner, rather than later.

If you feel comfortable broaching the issue directly, you could say, 'If you were planning on buying me a present this year, there is something I would really love. Can I send you the information?' And then forward them a link to what you want so there is no chance they will go off on a tangent and accidentally buy you a fur coat.

If this feels too direct, you could let them know that vouchers would be particularly welcome. And if this still feels too bold, why not ask someone you know and trust to have a subtle conversation with them to help direct them to something you'd like?

If you do receive something that is not vegan, be gracious. Not everyone understands fully, and mistakes will happen. You can always quietly donate the unwanted gift to a charity shop. The longer you are vegan, the easier this gets, and you can always try again next year!

For more from Veganuary, head to [veganuary.com](http://veganuary.com) ■

Email [Gemma.Tadman@primeimpact.co.uk](mailto:Gemma.Tadman@primeimpact.co.uk) with your questions about veganism.



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Photographer: Peter O'Sullivan



“ I realised that food could be my form of activism, a way to explain veganism in a non-confrontational way ”

## We catch up with plant-based chef Gaz Oakley, A.K.A. Avant Garde Vegan

**G**az Oakley has certainly come a long way — from small beginnings working in Cardiff’ kitchens, to crafting an incredible Instagram page with over 430k followers, producing three bestselling cookbooks and building a YouTube channel with coming up to one million subscribers. The 26-year-old chef has proved that with determination and talent, you can achieve your dreams, and you can also combine your passions to make the world a better place — and spread veganism.

### How did you get into cooking?

I started cooking at around the age of eight years old with my dad at home — he was a passionate cook and I just thought it was the thing to do! I was mesmerised by the flames, the knives and all that stuff and then when I started cooking with him, I realised that it was a brilliant outlet for my creativity. He was always cooking, so I was always helping him!

### What is it about creating food that appeals to you so much?

It’s my art and my skill, and it’s all I know — cooking is one of the only things I’m good at! As well as this, it’s something I really enjoy and since going vegan, it’s now my form of activism, so it’s even more important to me than it ever was.

### Tell us about your journey to veganism.

Well, I was cooking with professional chefs from the age of 15 in some really good kitchens in my hometown in Cardiff. I wasn’t vegan at the time, but I was learning how to cook properly — like French and classic styles. After

working in the industry for five or six years, I actually dropped out at about 21 after getting burnt out from doing it from such a young age — with 80 hour weeks. I left the industry, and cooking took a back step for a while and I just got a different job. It wasn’t until I went vegan four years ago that I got back into it — just from watching a YouTube video that literally made me go vegan overnight. It was Gary Yourofsky’s speech at the Georgia Institute of Technology: *The Best Speech You Will Ever Hear*. It gave me this awakening, and I instantly jumped back into the kitchen and started experimenting with all these new plant-based ingredients that I’d never cooked with before, and that was how I started my social media as well, from experimenting.

### Why did you first set up your Instagram page @avantgardevegan?

For ages I tried to tell my friends why I’d gone vegan, and warn them about heavy meat consumption and animal cruelty, but they would never really listen. They would put up this brick wall and turn off on the conversation. So, one day I invited them round and cooked really good vegan burgers and instantly they were sort of sold on the idea of veganism. In fact, after that, a few of them went vegan, and I realised that food could actually be my form of activism, a way in which I could explain veganism in a non-confrontational way. They all encouraged me to start sharing my food on social media, and eventually I decided to post my first picture. It took me a lot of time because I didn’t really want attention

— I had to build up the courage to post. That it has turned into what it is today is mad, all these three/four years later. It’s all thanks to the encouragement from friends and family, wanting to share veganism, and the thought of helping people on their vegan journeys, too, by giving them an outlet.

### Why did you take things up a notch — to creating videos on YouTube? How did you find the change?

Well, again, to give people the platform — there weren’t any cooking shows for vegans at the time and no high-quality recipe outlets for vegans on social media, in my opinion. I saw lots of smoothie bowls and salads, but I wanted to show people that you can eat traditional food with meaty textures and umami flavours and I wanted to show them how to make these dishes. I’d never had any experience on camera before, so it was a real shock and I was shy and nervous in the first couple of videos, but I gradually got into it and the YouTube started. I never, ever imagined it to turn into what it is — I just thought it may get to the same level as my Instagram. At the time, I had 35k Insta followers and I thought I might eventually get to that on YouTube, but never in a billion years did I think would I get to one million, but I’m fast approaching it now — it’s crazy!

### If you could only eat one dish for the rest of your life, what would it be?

It would be something really simple to be honest. I would just love a nice kale salad with a beautiful mustard dressing >



and that's me done — that's my go-to dish, really!

**Your cookbooks have all done so well. What can people expect from your latest release, *Plants Only Kitchen*? Does it differ from your previous titles?**

For the first two books, looking back on them — the first especially — I just put in all the recipes I'd created that I was most proud of since going vegan up until the book came out. Upon reflection, some of those were complex and I want veganism to be as accessible as possible, as well as flavoursome. So, I've used the skill that I have to make sure that the recipes in my new book are simple but also full of flavour. There are techniques you can use to make a dish taste like it's been cooked over two hours, but actually, it's taken 15 minutes! So, I've made sure that these meals are simple, with lots of 15-minute-meals, one-pots and protein-rich recipes that can be used for meal prep, so it's the most accessible cookbook I've ever done. I'm hoping it really helps people.

**We're all looking forward to making the lasagne at VL HQ!**

I had to put that recipe in because it did so well on YouTube and everyone was asking me 'Is it in the book, is it in the book?!' It wasn't originally — it was just my go-to lasagne that I had veganised. People actually come over to me and don't say anything but say, 'That lasagne is amazing'. Sometimes they don't even say hi, they just say, 'Lasagne!' So, I had to get it in the book and it's one of my favourites for sure. Actually, that should be my one dish to eat for the rest of my life!

**How did you decide what recipes to include?**

It was difficult, because I come up with several recipes each day in my mind — on the train or wherever, they just pop into my head; what I could do and new ideas, so it was hard to choose but I just had to make sure there was something for everyone. I love to be inspired by different cuisines from around the world, so when choosing I would think, 'Well, let's get a Caribbean recipe in there, let's get an Indian, let's do some Welsh dishes'. I do love a bit of spice, so there's quite a lot of spicy dishes, and when I'm choosing recipes I'll try and make sure that I'm using an array of vegan proteins, like tempeh and tofu, and different wholefoods, like

lentils and pulses. It was challenging narrowing them down, but I'm proud of every recipe in the book, for sure.

**What are your top vegan cooking tips?**

For cooking in general, particularly for vegan, make sure you have a powerful blender. It's really helpful, even if it's just for chopping up the base of a lasagne or Bolognese because it saves you chopping for half an hour, especially if you haven't got good knife skills. You can just throw everything into a blender — it can be used to make your own plant milks, cheeses, houmous, falafel and burgers, so definitely get one! I'd also say to make sure you have lots of dried or canned lentils and pulses on your shelf, so that you can make a quick curry or stew, and stock loads of different herbs and spices. Vegan food, like any, can be bland and boring if people haven't seasoned the meal properly, so make sure you have a good array so that you can add a quick punch of flavour.

*"Since going vegan, cooking is now my form of activism, so it's even more important to me than it ever was"*

**We love your Avant-Gard'n dish at Wagamama. How did the collaboration come about?**

It was amazing to do — it feels like ages ago now. I like to think that they saw my ramen recipe video on YouTube where

I first attempted to make a vegan egg. It was actually only the second time I had made it and usually I test my recipes several times before I put them on YouTube, but I was so excited about this egg that I had made one day at home — I just had to try and get it in this ramen I was recording for. Luckily, it turned out okay. I like to think that Wagamama ([wagamama.com](http://wagamama.com)) saw that, because shortly afterwards we started talking, and I gave them some ideas for a dish. We talked about the vegan egg and then it was like 'Okay, let's get in the kitchen and create a dish using it!' and we created the Avant Gard'n. It was just supposed to go to a couple of restaurants, like Cardiff and London, but it did so well that it went to all Wagamama restaurants in the UK and in America. It is so amazing to collaborate with such a big high street restaurant that isn't vegan, but has great plant-based offerings and are exploring ideas like vegan eggs and ribs. It's also awesome that it appeals to omnivores, in some locations more so than vegans I think! It's a great way of getting people onto the idea of veganism and showing them that you can get the same taste and textures from plants.

**What would be your dream restaurant to collaborate with?**

Waga's was my favourite restaurant growing up — I was obsessed with it when I was in my teens, so I'm so lucky to have collaborated with them. When I was working in fine dining food, some of my favourite restaurants were ones I visited quite often whenever I had a day off. I would travel to places like London and Birmingham to eat at some really great



Photographer: Peter O'Sullivan

Michelin star restaurants, so, cooking with their top chefs would be amazing. But actually, in terms of collaborations, I've done so well already. I've done Waga's twice now and I'm executive chef at Vurger ([thevurgerco.com](http://thevurgerco.com)) in London. I've created some great plant-based burgers for them which was exciting and a little different. Now, I actually just can't wait to open up the doors to my own restaurant, so that's probably the next collaboration I want... one with myself!

### **Congrats on your documentary *Salt of The Earth*. What kind of feedback have you received?**

Thanks! The feedback has surprisingly been really, really good. You can't dislike it to be honest, because it's just a happy, fun thing to watch! Personally, I'm such a perfectionist that I would like to have improved so much — it was all just done by myself and my team, who are basically my mates. I would like to create another doc like it, but using a professional team that have done similar things several times, so with a director, doing reccy's etcetera, because we just turned up on a beach with our stuff and I had to drag this portable kitchen across all these rocks around Wales — it was really just off the cuff and DIY! So, as much as people say they enjoyed it, for me, I can't see past the potential improvements that I feel like I should make. But that's just a typical creative mind-set. I'm really proud of the team and very happy with the feedback, and the fact that I was able to do it in my home country.

### **Where's your favourite place you've travelled to for vegan food?**

The best place for vegan food I've probably been to is Ubud in Bali. Portland in the US in Oregon is also great. I was only there for about two days, but I had one of the best meals I've had in a vegan restaurant there. Likewise, LA is amazing for vegan food. I'm very lucky to be able to travel around and eat at so many brilliant restaurants and be able to get inspiration for my own cooking.

### **Have you got any more exciting projects planned for 2020?**

Yes, ever since I started my YouTube I've said that when I reach one million subscribers I'll reveal where my restaurant will be, and I'm fast approaching that now — I have something in mind to announce and I'm



Photographer: Peter O'Sullivan

looking forward to doing that. With the new book, I'm bringing out some really cool merch to go with it — all sustainable and ethically-made. I'm also going to start some other fashion projects this year — I'm really passionate about style. I'm going to collaborate with a sneaker brand from Amsterdam, and we're going to make an incredibly beautiful pineapple leather trainer, so I can't wait for that to come out. And then, I'm also going to work with a brand in Germany who makes ethically-made and sustainable jackets — rather than using down, they use Future Down, which is plastic that has been fished from the ocean and turned into this insulated material that goes inside their jackets. We should be launching summer and winter stuff this year. Apart from all of that, I want to keep making the best food content possible. I've got a great team now; the YouTube videos that we put out weekly are getting better and better. I feel like it's no longer a case where I'm just making YouTube videos, it feels like I'm actually making a TV show that is on YouTube. Because the content that we're making is good we're getting special guests on, and fingers crossed that one day the concept that I'm

doing goes over to a larger platform like Netflix or Amazon, that's the dream!

### **What are your future hopes for yourself and veganism?**

Personally, just to make sure that I'm happy and that my family is happy, and I hope to launch my own restaurant — that's been a dream of mine since I was a kid. In terms of veganism in general, I hope that it keeps on growing, that people aren't nervous, worried or unsure of what to eat or do when they first go vegan, because it can be quite daunting, but help is always out there. I hope that we continue to spread the message in a peaceful way, the way I feel that my platforms do — with food, probably the most non-confrontational way. I'm going to continue doing that and I hope that there's no animosity created between meat eaters or the meat industry and vegans because of it — I hope that we can just come to a peaceful agreement. I don't like seeing any bad energy and confrontation!

For more from Gaz, head to [avantgardevegan.com](http://avantgardevegan.com) or follow [@avantgardevegan](https://www.instagram.com/avantgardevegan) ■





### Get Vits Spatone Spatone Iron Apple With Vitamin C

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From £11.49, [spatone.com](http://spatone.com)

# Vegan Spotlight

Our favourites this month



### Feel Zen Bumblezest Calm & Comfort Lavender, CBD & Spirulina Shot

The newest shot from health drink brand Bumblezest, is sure to get you feeling relaxed after a stressful day. The Calm & Comfort shot drink with lavender, 12mg of CBD and spirulina is a cool, minty, floral shot that's perfect for chilling out. It also contains chamomile, half a lemon, mint, cinnamon, Himalayan salt and a drop of maple. Sip any time when peace, calm and clarity is needed, or before bed when you want to drift off into a rejuvenating night's sleep.

£2.49 each, [bumblezest.co.uk](http://bumblezest.co.uk)



### Fizzy Reinvented Lo Bros Organic Kombucha

Brewed in small batches in Berkshire, Lo Bros Organic Kombucha range is made with the finest organic teas and fruits to create lightly sparkling and detoxifying living tonics that are packed full of live cultures. Coming in an assortment of flavours, including Original, Ginger and Lemon, Passionfruit, Watermelon and Raspberry and Lemon, Lo Bros' is naturally low in sugar, containing just 1.6g per 100ml. A great alternative to alcohol, kombucha is well-loved for its fizzy taste and benefits to digestion and the gut biome.

£2, [lobros.co.uk](http://lobros.co.uk)

### Waste Not, Save Lots ChicP Chilli Pumpkin Houmous

ChicP's delicious dips are created from surplus and imperfect vegetables — helping to combat waste and change people's view of food. Their Chilli Pumpkin houmous is delightfully creamy, packed with veg and has a welcome hint of heat — it's ideal for having with flatbread or dolloping onto a big bowl of grains and greens. Completely gluten, dairy, nut and pesticide-free, all of ChicP's dips are suitable for vegans, low-waste lifestyle fans and health-conscious cooks.

£1.99, [chicp.co.uk](http://chicp.co.uk)



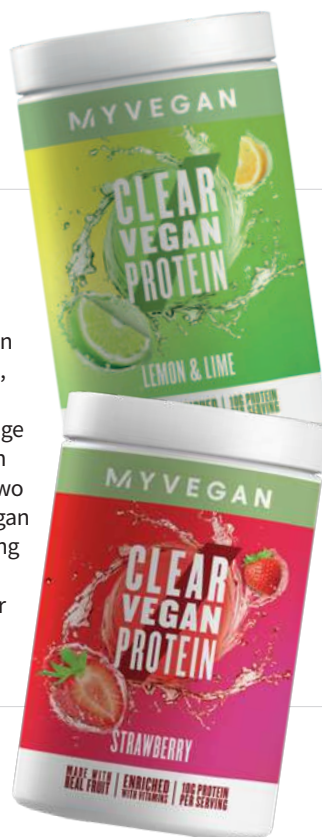


### Blueberry Madness Pip & Nut Trail Mix Blueberry Almond Butter

Pip & Nut's latest limited edition flavour is a uniquely delicious blend of all of their favourite trail mix components. Each pot contains smooth almond, sunflower and pumpkin seeds butters, with blueberries, coconut and almond nibs for added crunch. Swirl it into porridge, or dip in apple slices for an energy-packed snack.  
**£3.95, pipandnut.com**

### Plant-Based Gains MyVegan Clear Vegan Protein

For those of you that want to increase your protein intake, but dislike the usual, milky taste of shakes, MyVegan has launched brand new Clear Vegan Protein, providing an exciting alternative. The range has been developed using hydrolysed pea protein to create a light, juicy protein drink. Available in two flavours, Lemon & Lime and Strawberry, Clear Vegan Protein is made using real fruit for a truly refreshing taste, and is bursting with vitamins and minerals. Each shake delivers 10g of plant-based protein for only 57 calories, 1g of sugar and 0.1g of fat.  
**£24.99, myvegan.com**



### Break The Fast Fibreful Original Oatbran Porridge

Fibreful Oatbran Porridge has a deliciously creamy texture and a rich, nutty flavour. Not only does it provide you with a total of 10.2g of dietary fibre in a 40g portion, within each serving you're also getting 80 per cent of the recommended beta glucan fibre for heart health. Plus, there's added chicory inulin — a scientifically-proven prebiotic fibre to support healthy digestion — and no added sugar.  
**£4.95, fibreful.com**

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[raisedspirit.com](https://raisedspirit.com)



# Buddha bowls



Recipe  
p26

Gado Gado  
Buddha Bowl

Tuck into our trendy assortment  
of salads



## Buddha Bowls

# Gado Gado Buddha Bowl

Serves 4

Gado Gado is an Indonesian dish usually consisting of vegetables, egg and tofu with a spiced peanut dressing. This Buddha bowl version contains a mixture of raw and cooked vegetables with tofu, sweet potato and a peanut dressing.

- 2 tbsp **olive oil**
- 600g (21oz) **sweet potato**, chopped
- 280g (10oz) **extra firm tofu**, chopped
- 200g (7oz) **green beans**
- 150g (5oz) **baby corn**, halved
- 4 **carrots**, shredded
- 4 **spring onions**, sliced
- 6 **radishes**, sliced
- 1 **avocado**, sliced
- 1 **red chilli**, sliced
- ¼ **red cabbage**, finely sliced
- 4 tsp **sesame seeds**
- 1 **lime**, cut into wedges

### For the dressing:

- 4 tbsp **peanut butter**
- 1 tbsp **soy sauce**
- 1 **lime**, juice only
- 1 tsp **curry powder**
- 1 tbsp **maple syrup**
- 3 tbsp **warm water**

- 1 Preheat the oven to 200°C/400°F/Gas 6. Add the sweet potato to a baking tray and drizzle with olive oil and place in the oven to roast for 25-30 minutes until the sweet potatoes are cooked through. Add the tofu to a tray and drizzle with the oil. Bake for 20-30 minutes until it is crisp on the edges.
- 2 Bring a pan of water to the boil, add the green beans and baby corn and cook for 3-4 minutes until cooked through.
- 3 For the dressing, add the peanut butter, soy sauce, lime juice, curry powder, maple syrup and water to a bowl and whisk until smooth, season to taste.
- 4 Assemble the salad by adding the sweet potato, tofu, green beans, baby corn, carrot, spring onions, radishes, avocado, red chilli and cabbage to a bowl, top with the sesame seeds and serve with the dressing and a wedge of lime.

### Per serving (547g)

**Calories:** 788, **Carbohydrates:** 64g, **Sugars:** 23g,  
**Protein:** 31g, **Salt:** 0.85g, **Fat:** 51g, **Saturates:** 9.1g



Recipe created in-house by the  
*Vegan Life Chefs*



# Crispy Rice Salad

Serves 4

Rice gives for a filling dish, and, combined with the veg and delicious dressing makes for an extremely satisfying meal.

- 200g (1 cup) **easy-cook rice**
- **Vegetable oil**, for frying
- 1 tbsp **fresh ginger**, finely grated
- ½ head **cabbage** (sweetheart, white or red)
- 2 **spring onions**, roughly chopped
- 1 large **carrot**, grated
- 1 tbsp **vegan 'fish' sauce**
- 1 tbsp **lime juice**
- 1 tbsp **agave syrup**
- 2 **garlic cloves**, crushed

## For the garnish:

- Large handful **fresh coriander**, roughly chopped
- Handful **fresh mint leaves**, roughly chopped
- ½ **red onion**, thinly sliced

## For the dressing:

- 2 tbsp **dark soy sauce**

- 1 Cook the rice according to the directions on the package. Once cooked, drain to make sure there's no water left. Spread the rice out onto a baking tray and allow to cool completely at room temperature. Leave overnight (or for at least 1 hour) in the fridge to dry out. This recipe requires cooked and cooled rice. It's important that the rice is cooled as quickly as possible once cooked to reduce the possibility of getting food poisoning. This is why it is recommended to spread the rice out onto a tray to increase the surface area, so it can cool quickly.
- 2 The next day, pour enough oil into a large frying pan to cover the base of it generously. Heat over a medium-high heat. Test the temperature by dropping a grain of rice into the oil, if it starts to bubble, it is ready.
- 3 Turn the heat down to medium-low then take a handful of rice and add it to the oil. Stand back as the oil will bubble up and may spit. Once the rice has reached a golden colour, remove from the oil with a slotted spoon to a plate lined with some paper kitchen towel. Repeat this two more times so you have about 3 handfuls of crispy rice.
- 4 Remove the pan from the heat and decant most of the oil into a heatproof container, leaving some oil in the pan.
- 5 Return the pan to the heat. Add the ginger and cook over a medium-low heat for 1 minute. Add the cabbage and cook for 4-5 minutes, stirring often, until softened slightly. Add the remaining cooled rice, the spring onions and grated carrot and stir together in the pan on the heat.
- 6 In a jug, mix all of the dressing ingredients together. Pour over the rice and vegetables in the pan and stir to coat.
- 7 Tip the contents of the pan out onto a serving dish. Top with the crispy rice, coriander, mint and red onion. Eat warm.

## Per serving (138g)

**Calories:** 226, **Carbohydrates:** 48g, **Sugars:** 2.5g, **Protein:** 5.5g, **Salt:** 2.1g, **Fat:** 1.5g, **Saturates:** 0.2g

Recipes and images from:  
Izzy Hossack, [topwithcinnamon.com](http://topwithcinnamon.com)



# Moroccan Buddha Bowl

Serves 3

This Buddha bowl is packed with a variety of different flavours and textures. The spices are nicely balanced by the cooling yoghurt.

### For the cumin roasted carrots:

- 1 tbsp **olive oil**
- 2 tsp **maple syrup**
- 2 tsp **cumin seeds**
- 3 **carrots**, peeled and chopped

### For the roasted chickpeas, walnuts and pumpkin seeds:

- 1 tsp **olive oil**
- 1 tsp **ras el hanout**
- ½ 400g (14oz) tin **chickpeas**, drained
- 60g (2oz) **walnuts**, quartered
- 30g (1oz) **pumpkin seeds**

### For the falafel:

- 1 400g (14oz) tin **chickpeas**, drained
- 1 **onion**, finely diced
- 1 **clove garlic**, chopped
- 1 tsp **ground cumin**
- 1 tsp **ground coriander**
- ½ tsp **ground cinnamon**
- Handful chopped **parsley**
- 3 tbsp **plain flour**

### For the beetroot couscous:

- 180g (6oz) **Israeli couscous**, cooked per packet instructions

- ½ **beetroot**, grated
- ½ **lime**, juice only
- 1 tsp **ground cumin**

### For the lime and coriander yoghurt:

- 80ml (⅓ cup) **soya yoghurt**
- ½ **lime**, juice only
- Handful chopped **coriander**

### To serve:

- 150g (5oz) **kale**
- 6 **radishes**, finely sliced
- 3 tbsp **flaked almonds**, toasted
- 3 tsp **sesame seeds**
- 3 **spring onions**, finely sliced

1 Preheat the oven to 180°C/355°F/Gas 4. For the carrots, mix together the oil, maple syrup, cumin seeds and carrots. Place on a tray and roast for 30-35 minutes until cooked, season to taste.

2 For the roasted chickpeas, walnuts and pumpkin seeds, mix together the oil, ras el hanout, chickpeas and walnuts. Spread over a baking tray and roast for 20 minutes. Sprinkle over the pumpkin seeds and roast for a further 10 minutes.

3 To make the falafel, add all of the ingredients to a food processor and blend until a thick paste is formed, season to taste. Form into 9 small patties, place on a lined baking tray and cook for 15

minutes until browned on the outside and cooked through.

4 Add all of the ingredients for the beetroot couscous to a bowl and mix well, season to taste.

5 For the lime and coriander yoghurt, add all ingredients together and whisk until smooth, season to taste.

6 To serve, bring a pan of water to the boil, then add the kale, boil for 2-3 minutes then drain. Add this to the base of a bowl, followed by the carrots, falafel, radishes, chickpea mixture and couscous. Sprinkle with the almonds, sesame seeds and spring onions, and drizzle with the yoghurt.

### Per serving (542g)

**Calories:** 840, **Carbohydrates:** 93g,

**Sugars:** 19g, **Protein:** 33g,

**Salt:** 1.4g, **Fat:** 42g, **Saturates:** 4.7g

Recipe created in-house by the  
*Vegan Life Chefs*





## Beetroot Burger Salad

Serves 2

This recipe is proof that salads can be super delicious, filling and satisfying, all at the same time. It's the perfect meal for lighter spring evenings.

- 200g (1 cup) **cherry tomatoes**
- A drizzle of **olive oil**
- 1 **Gosh! Beetroot, Kale & Quinoa Burger**
- 2 **courgettes**
- 100g (3.5oz) **Tenderstem broccoli**
- 100g (3.5oz) **asparagus**
- 40g (½ cup) **edamame beans**
- A handful of **rocket**
- **Salt** and **pepper** to taste

### For the basil dressing:

- 20g (1 cup) **basil leaves**
- ½ clove of **garlic**
- The juice of 1 **lemon**
- **Salt & pepper**, to taste
- 35g (¼ cup) **sunflower seeds**, optional

### To sprinkle on top:

- 35g (¼ cup) **sesame seeds**

- ½ tsp **chilli flakes**, optional
- Extra **basil leaves**

- 1 Preheat oven to 150°C/300°F/Gas 2.
- 2 Place the cherry tomatoes cut in half on a baking tray with a drizzle of olive oil, salt and pepper and roast them for 45 minutes.
- 3 To make the dressing, simply place all the ingredients into a blender or food processor and blend until smooth.
- 4 Heat a griddle pan on the hob with a drizzle of olive oil. Slice the courgettes into thick slices, then cook on the griddle pan until cooked through and lightly charred.
- 5 Remove the courgettes and proceed cooking the broccoli, asparagus and edamame beans on the griddle pan for a few minutes until cooked through.
- 6 Reheat the oven to 200°C/400°F/Gas 6 and cook the Gosh! burger for 15-20 minutes.
- 7 Toast the sesame seeds in pan on a medium heat for about 5 minutes. Give the pan a shake from time to time to prevent burning.

- 8 In a mixing bowl, toss the broccoli, asparagus, courgettes and edamame beans with the basil dressing. Sprinkle with the toasted sesame seeds and chilli flakes (if using).

- 9 To plate up the salad, start by layering the rocket, all the grilled vegetables, the roasted tomatoes and the Gosh! Beetroot Burger cut into strips. Drizzle some extra basil dressing and sprinkle generously with the toasted sesame seeds, basil leaves and chilli flakes.

### Per serving (472g)

**Calories:** 459, **Carbohydrates:** 30g,  
**Sugars:** 9.1g, **Protein:** 19g,  
**Salt:** 0.8g, **Fat:** 31g, **Saturates:** 4.3g

Recipe and image from:  
Gosh! Food, [goshfood.com](http://goshfood.com), created in  
collaboration with Happy Skin Kitchen,  
[happyskinkitchen.com](http://happyskinkitchen.com)



# BBQ Teriyaki Quorn Fillets & Pineapple Buddha Bowl

Serves 4

Who said pineapple can't be used in savoury dishes? It compliments all the additions of this recipe perfectly, especially the teriyaki marinade.

### For the skewers:

- 1 pack of **vegan Quorn Fillets**, defrosted
- 2 slices **fresh** or **tinned pineapple**

### For the teriyaki marinade:

- 150ml (½ cup + 2 tbsp) **water**
- 3 tbsp **tamari**
- 1 tbsp **sesame oil**
- 1 tbsp **mirin**
- ½ tbsp **maple syrup**
- ½ tbsp **arrowroot powder**
- 1 **clove garlic**, minced
- 1 tbsp **fresh ginger**, grated
- ¼ tsp **black pepper**

### For the salad:

- 1 pack (240g approx) of pre-cooked **quinoa**
- 80g (2.8oz) **romaine lettuce**, shredded

- 50g (1.7oz) **red cabbage**, shredded
- ½ **red pepper**, finely sliced
- 1 **carrot**, shredded
- 2 **spring onions**, finely sliced
- 80g (2.8oz) ready-to-eat **edamame beans**
- ½ **cucumber**, sliced into ribbons
- 4 **radishes**, finely sliced

### To garnish:

- 5g **fresh coriander**, finely chopped
- 1 **red chilli**, finely chopped
- 1 tbsp **sesame seeds**
- 1 tbsp **peanuts**, crushed
- 4 wedges of **lime**

- 1 To make the skewers, place the Quorn Fillets and pineapples onto soaked wooden skewers. Set aside.
- 2 To make the teriyaki marinade, put all the ingredients into a small pan and set over a medium heat. Whisk together the ingredients until the sauce thickens. Brush ¾ of this mixture on to the skewers.
- 3 Place the skewers on to a preheated gas or charcoal BBQ and cook for 12-15 minutes, turning occasionally to ensure an even cook. Once cooked, remove the fillets and pineapple from the skewers. Slice the fillets diagonally and roughly chop the pineapple. Set aside.
- 4 To make the salad take a large bowl and mix together the quinoa, lettuce, red cabbage, red pepper, carrot and spring onions. Divide the salad between four serving bowls and top in Buddha bowl style with the BBQ'd fillets, grilled pineapple, edamame beans, cucumber ribbons and radishes. Garnish with the coriander, red chilli, sesame seeds, crushed peanuts and lime wedges. Drizzle with the remaining teriyaki sauce to serve.

### Per serving (382g)

**Calories:** 282, **Carbohydrates:** 37g, **Sugars:** 14g, **Protein:** 18g, **Salt:** 2.3g, **Fat:** 6.3g, **Saturates:** 1g







*Cover  
Recipe*





## Flaxseed-crusted Tofu Bowl

Serves 1

Want to increase your omega-3 intake? Have some flaxseed. Add it to your smoothies, sprinkle it on your cereal or use it to elevate your tofu to the next level. No bland tofu here!

- 100g (3.5oz) **firm tofu**
- 2 tbsp **lemon juice**
- 2 tbsp **light soy sauce**
- 60g (2oz) **brown rice**
- 10g **fresh or dried breadcrumbs**
- 10g **ground flaxseed**
- **Sesame or olive oil**
- 80g (2.8oz) **Tenderstem broccoli**
- ½ **avocado**, cubed
- **Sesame seeds**, toasted

- 1 If the tofu isn't firm, press it by wrapping it up and placing something heavy on top for 10 minutes.
- 2 Cut the tofu into cubes, then place into a shallow bowl with 1 tablespoon of the lemon juice and 1 tablespoon of the soy sauce mixed together. Leave to marinate for 10 minutes.
- 3 Cook the brown rice in boiling water mixed with the remaining lemon juice and soy sauce according to the packet instructions.
- 4 Mix together the breadcrumbs and ground flaxseed in a bowl. Toss the tofu in the mixture until well coated.
- 5 Heat a glug of oil in a large frying pan and fry the tofu gently, turning occasionally to cook on all sides.
- 6 Steam the broccoli for 5 minutes or boil for 3 minutes.
- 7 To assemble the bowl, fill the bottom with warm brown rice, then place the broccoli, tofu and avocado on top. Drizzle over any remaining marinade and sprinkle with toasted sesame seeds.



## Spring or Summer Pixie Plate

Serves 1

This dish contains a mix of raw and cooked vegetables, high in nutrients and fibre. They're a great way to get a rainbow of delicious foods into your body.

- 80g (2.8oz) **carrots**
- **Olive oil**
- **Salt and pepper**
- 80g (2.8oz) **asparagus**
- Handful of **salad leaves**, such as **spinach** or **rocket**
- 60g (2oz) **red pepper**, roughly chopped
- ½ **avocado**, cubed
- 80g (2.8oz) cooked **black beans**

- 1 Preheat the oven to 220°C/425°F/Gas 7.
- 2 Cut the carrots in halves or quarters, depending on size. Place on a baking tray, drizzle with olive oil and season with salt and pepper. Roast in the oven for 20 minutes.
- 3 Snap off the woody ends of the asparagus and boil in salted water for 5 minutes, steam for 5 minutes, or microwave on high for 3 minutes.
- 4 Assemble everything on a plate: salad leaves first, then arrange the rest of the ingredients on top.
- 5 Season everything with salt and pepper and drizzle with a dressing of your choice.

### Top Tip:

If you don't have any black beans, you could swap them for chickpeas or butterbeans.



Recipe extracted from:  
**Pixie's Plates: 70 plant-rich recipes** by  
Pixie Turner, (Head of Zeus, £10), Photos ©  
Pixie Turner

Recipe extracted from:  
**Pixie's Plates: 70 plant-rich recipes** by Pixie Turner, (Head of Zeus,  
£10), Photos © Pixie Turner





## Crispy Cauliflower Burrito Bowl

Serves 2-3

Tofu is always a great hit in a Buddha bowl, and this crispy cauliflower is absolutely gorgeous and a must-try. The crispiness comes from the help of cornflour, which is an ingredient that should always be stocked in your kitchen. It changes the texture of so many foods including vegetables, and gives them a whole new delicious dimension.

- 1 large **cauliflower** (cut into florets)
- 1 tsp **ground cumin**
- 1 tsp **paprika**
- 2 tbsp **extra virgin olive oil**
- 1 tbsp **cornflour**
- 1 **red pepper**, sliced
- 1 **orange pepper**, sliced
- 1 **white onion**, peeled and sliced
- 3 tbsp **sweetcorn**
- ½ tsp **garlic granules**
- 1 400g (14oz) tin **black beans**, drained and rinsed
- Pinch of **salt**
- Shredded **lettuce**
- 1 **lime**, cut into wedges
- 100g **cherry tomatoes**, diced
- Handful of **fresh coriander**, chopped
- 1 **avocado**

- 1 Preheat oven to 180°C/350°F/Gas 4 and line a baking tray with parchment paper.
- 2 In a mixing bowl combine the paprika, cumin and olive oil.
- 3 Next add the cauliflower florets and mix until they're evenly coated. Sprinkle in the cornflour and again coat the florets evenly with it.
- 4 Empty onto the baking tray and place in the oven for 30 minutes.
- 5 Meanwhile, add a drizzle of oil to a pan on a medium heat and add the sliced peppers and onion. Sauté for 10 minutes until the onions are translucent.
- 6 In a separate saucepan add a drizzle of oil followed by the black beans and sweetcorn.
- 7 Season with salt and garlic powder and cook for a few minutes until they're heated through.
- 8 Mix the diced tomatoes and fresh coriander and put to one side.
- 9 Line your bowls with shredded lettuce and then top with the peppers and onion, black beans and sweetcorn followed by the crispy cauliflower.
- 10 Place half an avocado on each, add some of the diced tomato mix and squeeze with lime.

Recipes and images from:  
Lucie Hosier, @whatluceats

## Roasted Tomato Salad

Serves 4 as a side

Tomatoes are most often eaten raw, but when cooked the lycopene is much more bioavailable, which means you get more nutrients from them.

- **Olive oil**
- 400g (14oz) **small tomatoes** (ideally a range of colours and sizes)
- 40g (1.4oz) **rocket**
- 10g **pine nuts**
- **Balsamic vinegar**
- **Salt and pepper**, to taste

- 1 Heat a griddle pan over a medium heat and drizzle with olive oil.
- 2 Halve the tomatoes lengthways. Place on the griddle pan flesh-side down, until gently seared.
- 3 Meanwhile, wash and dry the rocket and arrange on a serving plate. Place the cooked tomatoes on top, seared side up.
- 4 Sprinkle the pine nuts over the top.
- 5 Drizzle with balsamic vinegar and season with salt and pepper.

### Top Tip:

This recipe uses pine nuts, however you could substitute these for any nuts or seeds you like.

Recipe extracted from:

**Pixie's Plates: 70 plant-rich recipes** by Pixie Turner, (Head of Zeus, £10), Photos © Pixie Turner





“ Our aim is to end animal suffering by addressing the root of it ”

Catherine Besch from Vietnam Animal Aid and Rescue chats to us about using veganism to reduce the number of suffering animals

What started as a rescue shelter for dogs and cats in Vietnam, in 2013, quickly became much more. We saw a great need for a rescue shelter in Hoi An, an area where animals often received poor care. Myself and my original co-founder began fundraising, gathered supporters and started taking in animals. When we first began Vietnam Animal Aid and Rescue (VAAR), we were overwhelmed with rescues of kittens found at markets, and dogs suffering from cruelty and neglect. It wasn't long before we realised that local vets were not able to care for animals properly, due to poor education in veterinary schools, a lack of training in simple surgical procedures and poor access to quality drugs and tools. We needed to expand the organisation to

be able to help improve the Vietnamese veterinary community. At the same time, we saw that the need for better care was for much more than just cats and dogs, and began to rescue chickens, ducks and even a couple of pigs.

**VAAR currently have the only farmed animal sanctuary in Vietnam** and are the only non-speciesist international rescue. We promote veganism very openly (and loudly!) through two very traditionally non-vegan, if not anti-vegan, sectors of rescue and veterinary medicine. We have a rescue shelter with almost 40 animals of five species and are working on opening a clinic to care for all species, as well as train local vets to care for them properly. This is a huge venture, as the standard of veterinary care is extremely poor here. We are working

on building a new generation of suitably equipped vets to lead the way in the country and change the lives of thousands of animals in need.

**Our aim is to end animal suffering by addressing the root of it**, which is animal use in general. While we're aware that is a lofty goal, reducing animal consumption and exploitation is a slow process and will never begin without being upfront about the reasons that animal rights are being trampled on. To this end, we promote veganism in all the work we do without any shame. Sadly, within the field of rescue and veterinary work globally, this is so rare.

**Because we lack veterinarians in central Vietnam capable of treating even the most basic medical issues**, we have very limited intake into the shelter. VAAR

cannot adopt-out in our region as well, since those animals would still not have access to vital veterinary care. Thus, we cannot have intakes if there is no outgoing process. We have been trying to focus on getting our existing animals adopted, so that we can put all our effort into the veterinary project to give the community animals and our sanctuary animals medical care, but sometimes we have cases we cannot ignore that land in our laps.

**We fly animals that require serious medical intervention to Hanoi**, then to Saigon to international veterinary clinics. So, we take in animals here that don't need that level of care, as our funds do not allow for emergency trips to those cities. We must open our clinic here, so that we can handle the huge caseload through prevention strategies.

**We have a large four-bedroom house with a big garden, and a property with a three-stall barn and paddock for the pigs.** The cats have a huge indoor/outdoor enclosure, so they have year-round safe access, where they can shelter if needed. The dogs inhabit the other side of the building and have no kennels but live in an open plan where they have constant ability to socialise. They must be kept indoors at night and when no one is home, due to the common danger of theft.

**Recently, we have acquired a building in Da Nang where we hope to set up a new veterinary clinic**, and we are also looking at places off-site for primate and other wildlife. Frequently, we are contacted by members of the public, usually tourists, who tell us where an animal case is located and some basic details. But without a veterinary clinic, we are unable to manage new cases and sadly, must direct people reporting to contact other rescues nearby with greater capacity for intakes and lower standards of veterinary care. This is why we are so focused on our new project.

**A stand-out rescue was Teddy.**

**The dog was found in very bad shape** by a locally run rescue in Da Nang, after being taken to a local vet. The owners had said he had been run over by a car, but both his back feet were missing from what looked like a clean removal — not consistent with their story. When we picked him up, his fur was caked in his own faeces, he had urine scalds on his legs and belly, was badly malnourished and on a wire-bottom cage out in the sun with filthy bandages around him. Teddy looked nothing like an animal that was receiving proper treatment. We

immediately took him away to clean him up, furious that this rescue and 'vet' had been so negligent.

After feeding Teddy and medicating him for around two weeks, we performed a double amputation. Once he recovered, he was adopted by nearby Kianh Foundation ([kianh.org.uk](http://kianh.org.uk)), a school for disabled children run by Jackie Wrafter from Liverpool. He lives an amazing life with loving caretakers and is a very bossy little boy despite his lack of legs.

We have so many stories like this with local vets and rescues, but Teddy's was a real wakeup call about how desperately our clinical services are needed in the area.

**Education is vital. We run programs for schoolchildren that focus on animal rights**, not specifically for dogs and cats. Children learn about what we do for all species, get hands-on experience with bathing our big pig or snuggling chickens and kitties, and build enrichment for some of the animals.

***"We want to focus on the biggest bang for our buck, and that starts with veterinary work and vegan education"***

**We are also outspoken on social media with the message of veganism as a moral imperative**, something that is, unfortunately, seen as quite radical for a rescue and veterinary organisation. We hope to change that by encouraging all animal advocacy organisations to be more upfront with the public about the true root of animal suffering — for all species.

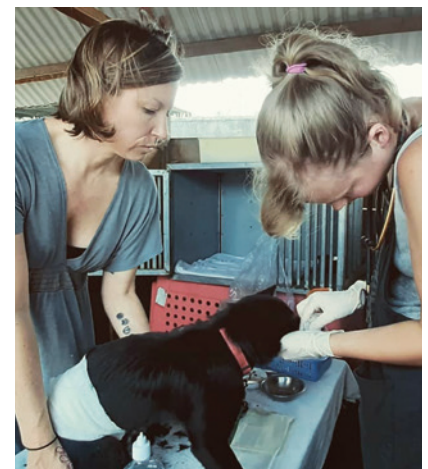
**Gradually, animal rights activists are emerging here**, which is a big change from the previous inundation of people who merely spoke out against the dog meat trade and nothing else. Organisations and individuals often talk of welfare while continuing to mention only pet or wildlife species, but they continued to support animal agriculture. That has changed a lot in the past few years here, and we see this as extremely encouraging. However, we must acknowledge that activism looks very different in Vietnam compared to the Western world, where we are under an oppressive government that suppresses protests and demonstrations with a heavy hand. Activism is in the form of vegan festivals, online advocacy and the dissemination of information about

veganism and animal rights in ways that are not confrontational.

**Our amazing supporters keep our rescue and organisations alive.** We encourage those wanting to help to spread the message of our work, combined with fundraising. The best thing people can do from home is to learn more about the project through our website, share our work on social media and support us through donations. We are always collecting veterinary resources and our website has links to our Amazon wish list. Lou — our director of operations — is currently working on recruiting an international fundraising team, so we can start to attend large events, fairs and independent fundraisers.

**VAAR will continue to prepare for the opening of our veterinary projects** and shift away from sheltering dogs and cats in order to manage the projects that are most impactful on preventing animals needing to be rescued in the first place. Vietnamese veterinary graduates are desperately lacking the training to provide decent care to any species, and without having a nationwide army of veterinarians able to manage prevention of animal suffering, we are moving backwards. Focusing on vegan education and transitioning from animal agriculture and aquaculture to plant agriculture saves billions more lives in the long run than any rescue can. We want to focus on the biggest bang for our buck, and that starts with veterinary work and vegan education, which we will be pushing hard throughout the summer months as we manage the current coronavirus crisis, as well.

For more information, visit [vietnampetsandvets.com](http://vietnampetsandvets.com) or follow [@vietnamanimalaid](https://www.instagram.com/vietnamanimalaid) ■







# The joy of a community economy

Sean O'Callaghan explores the age-old method of swapping and bartering

Many years ago, I lived in a gorgeous house close to the river in Brisbane, Australia. It was a high-set house raised on stumps, as is the style in many hotter parts of Australia. Being raised allowed for the air to pass easily under the structure, helping to keep the rooms cool during the harsh summer months. This particular house was raised a few feet more than it might normally have been, due to the tendency of the Brisbane River to flood. Runaway water had dumped generations worth of silt across the grounds of the property, resulting in the soil being dense with nutrients.

My vegetable and herb garden was a roaring success during my time living in this house. You name it, I grew it in record-breaking quantities. Each week I picked tomatoes, kale, aubergines, mint, parsley, basil, fennel and bell peppers. We even had an uncontrollable pumpkin patch. My kitchen pantry was so well stocked with fresh produce that I couldn't use it all.

One day, I had the idea to take a walk with my surplus garden stock to my local vegan café. It was a bit of a rough and tumble eatery with décor that perpetuated every single vegan hippy stereotype, but the servers were friendly and the food delicious. I dumped a big bag of freshly picked vegetables and herbs onto their counter and watched as smiles spread across the faces of the kitchen staff. My intention was not to ask for anything in return, however, the kitchen was so pleased with their produce haul that they offered me some takeaway containers filled with their main dish of

the day. This turned into a beloved weekly ritual for me. I would collect the excess produce, take a stroll to the café, and return home with enough food for the evening meal. I simply loved knowing I was helping a vegan kitchen, and getting something in return, was the icing on the cake.

As I sit and reminisce about that simple relationship based on barter, it makes me wonder why I don't partake in more of these transactions. Swapping goods and services you possess for something you need or want is a system that predates all of our known financial systems, yet, we tend to shy away from the practice in the modern world. We are so conditioned to working for cash and then paying big companies with that cash, we have seemingly lost the skill of swapping.

Can you just imagine how much money we could keep in our communities, if we started to swap and barter among ourselves?

It seems to me that if any group of humans could create a thriving and vibrant interchange system of goods and services, it would be vegans. Our ingenuity, creativity and compassion have helped us forge strong community links across many decades. We've hosted food festivals to ensure regional vegans could source all the latest products and information, we've hosted social events and potlucks when we had nowhere else to meet up, and we've collectively pushed plant-based foods into the mainstream. We have a lot of strength in numbers, so maybe it's about time we used that power for our own financial and social security.

But what would a modern-day barter or swap system for vegans look like? I think it would only be limited by our imaginations.

If you are an accountant or enjoy working with numbers, why not approach your local vegan bakery and offer to contribute an hour or two of bookkeeping each week in exchange for bread and cakes? Perhaps you run a childcare centre and could offer a spot to the child of the local vegan handyperson, who, in turn, could see to the maintenance jobs at the centre.

Swapping skills and services not only keeps hard earned cash in the pockets of locals, it also helps to foster community spirit and build social capital.

It seems to me we haven't got much to lose by giving it a go, yet so much to gain.

Follow Sean's vegan adventures on Instagram [@fatgayvegan](#) ■





# Thirsty work

## We uncover the horrific amount of water used to fuel the world's obsession with dairy

**W**ater is essential to life — we all know this. Not only is it a necessary drink for pretty much all plant and animal species on Earth, but it is needed to produce virtually all food sources, too, among other essential and non-essential items we use every day. But, in our globalised world of mass production and consumption, it is used by humans in such vast amounts that future water security has been compromised. One particularly thirsty industry is dairy, the products of which are consumed by more than 6 billion people worldwide (wwf.org). According to One Green Planet (onegreenplanet.org), the global water footprint of animal agriculture is 2,422 billion cubic metres of water (one-fourth of the total global water footprint), 19 per cent of which is related to dairy cattle. A massive amount of water is required for cows to drink, for cleaning and cooling farm facilities, to mix calves' milk-replacement and produce solid feed. In fact, the amount of water a dairy cow uses both directly and indirectly in one day could provide drinking water for one person for 22 years (medium.com).

### Water for drinking

Since milk is about 87 per cent water, cows that are constantly producing milk need to be kept well hydrated. Profit-hungry farmers spend a lot of effort on this, as water directly affects the amount and quality of milk a cow produces — therefore, the money going into their pockets. A dairy cow needs at least 1,020 litres of water to produce just one litre of milk (vivahealth.org.uk), with lactating cows

drinking at least 60 litres of water a day (ahdb.org.uk) and 'high-performance dairy cows' (those in factory farms producing massive quantities of 'high-quality' milk) drinking up to 150 litres of water each day (agrismart.co.uk). Astoundingly, agricultural solutions providers, Agri Smart recommends that water tanks inside dairy cow factory farms should supply 30-40 litres a minute, and that a single cow's water bowl must supply above 20 litres a minute. To contemplate the amount being provided is overwhelming, but the more we look into it, the higher and scarier the numbers get.

According to the Agricultural and Horticultural Development Board (AHDB, ahdb.org.uk), as of 2019 the UK had 1.9 million dairy cows. If we consider that a cow can drink up to 150 litres a day, we can estimate that the UK's milking cows can drink up to a staggering 323 million litres of water each day.

### Water for feed

A study published by scientists Mesfin Mekonnen and Arjen Hoekstra discovered that 98 per cent of milk's footprint can be traced to cow's food, which requires large sums of water to produce and is eaten by cows in massive amounts — up to 100 pounds of feed a day (waterfootprint.org). Plant scientist, Dan Putnum, from the University of California-Davis, found that it takes around six pounds of alfalfa (the main crop fed to US cows) to produce a mere 3.8 litres of milk. Since it takes 2,585 litres of water to produce just six pounds of alfalfa, and a dairy cow can produce up to 26.5 litres of milk a day, this means that about 18,098 litres of water is used per cow every day for their food needs

alone (onegreenplanet.com). Multiply this by the number of cows in the US — 9.3 million (usda.gov) — then you come to a frightening estimated total of 168,311,400,000 litres in just the US for producing dairy cow's food alone.

Other types of feed, like grains, corn and soya also require immense amounts of water to grow, especially considering that the majority are cultivated in regions where they are grown all year round. For example, in Brazil soya is grown more than in any other country in the world, except the US, since Brazil's climate can permit two to three harvests a year. However, it does not rain all year in Brazil, and so, during the many months that see little rainfall, water irrigation systems are put in place that use massive quantities of water to grow the soya used to feed dairy cows.

On top of this, when calves are born and torn away from their mothers, instead of their mother's milk they will be given a replacement to drink, made up of formula and, you guessed it, water. So, it's really quite impossible to fathom how much water is used in total for feeding cows — but we know it's a lot.

### Water for cleaning and cooling

Agri Smart say that sanitation of the parlour and milking equipment is crucial for milk quality, with plant cleaning needing to be done with a 'full hot wash after every milking, not just once a day'. It is essential to control pathogens that can cause mastitis and Bactoscan readings (a measurement of the number of bacteria present in milk). The organisation suggests one or two taps running at 20 psi/low pressure using 45 litres of water →





a minute. That's a massive quantity of water being let loose.

Simply ridding the parlour of cows' manure uses incredible amounts of water. Many dairies use automatic flushing systems to get rid of dung, using up to 682 litres per cow, per day. A medium-sized dairy factory farm facility holds between 200 and 700 cows (700 dairy cattle is considered the lower limit for a Concentrated Animal Feeding Operation). Using the maximum figure, this would mean that a medium-sized dairy factory farm would use about 476,658 litres of water every day — just for flushing purposes (onegreenplanet.com).

On top of this, there's also the water that's used to clean new born calves and keep cooling systems running at optimum.

### Making products from dairy

Not only does it take a hell of a lot of water to get cow's making large volumes of milk, but producing the dairy products people buy requires even more of this

precious resource (and also yields more GHG emissions, too!). A report published by *Mother Jones* (motherjones.com) breaks down the number of litres of water used to grow feed for cows to produce various dairy items:

- 1 cup of yoghurt requires 159 litres
- 1 scoop of ice cream requires 159 litres
- 2 slices of cheese require 189 litres
- 1 cup of Greek yoghurt requires 409 litres
- 1 stick of butter requires 496 litres

### Plant-based alternatives

Simply by switching to dairy-free milk and products, a person could save 227,455 litres of water a year. Even by making a few small swaps, the water-saving effort is noticeable, for example, if a person switches dairy ice cream for two scoops of a dairy-free alternative, they could save 382 litres of water (onegreenplanet.com). There are a whole variety of plant milks available now, including soya, oat, rice, coconut, hemp, hazelnut and almond, among others.

Whilst it takes 1,020 litres of water to

produce one litre of cow's milk, it only requires 297 litres of water to produce the same amount of soya milk, and even less to produce milks made from other crops, like oats (scarydairy.org.uk). Almond milk has been found to be the thirstiest of all plant milks, requiring 384 litres of water to make one litre of almond milk (varsity.com), but we must note that it still requires less water to produce than dairy milk.

Luckily, plant-milks are becoming more popular year on year, with market researchers Mintel (mintel.com) reporting that sales have grown 30 per cent since 2015. Comparatively, cows' milk sales are falling, which led to the closure of 1,000 UK dairy farms between 2013 and 2016 (theguardian.com).

All in all, we must continue to boycott dairy, not only for the sake of the innocent cows that suffer for it, but for the planet, too. What plant-milk you opt for instead is, ultimately, up to you, simply weigh up the pros and cons of each with your own personal preference for taste (top tip: oat milk is the creamiest!). ■





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## Chocolate & Raspberry Cupcakes

*Makes 12*

Sink your teeth into a classic vegan chocolate cupcake, topped with the silkiest raspberry icing. You'll likely want more than one!

### For the chocolate cupcakes:

- 190g (6.7oz) **plain flour**
- 42g (1.5oz) **cocoa powder** (unsweetened)
- 100g (3.5oz) **white Sugar**
- 100g (3.5oz) **brown Sugar**
- 1 tsp **bicarbonate of soda**
- ½ tsp **salt**
- 240ml (1 cup) of **your favorite oat drink**
- 2 tsp **vanilla extract**
- 80g (2.8oz) **NATURLI' Organic Spreadable** or **NATURLI' Vegan Block**

### For the raspberry icing:

- 250g (8.8oz) **icing sugar**
- 5g **freeze-dried raspberries** (crushed with a rolling pin)
- 85g (3oz) **NATURLI' Vegan Spreadable**
- 2 tbsp of **your favorite oat milk**

**1** Preheat the oven to 180°C/350°F/Gas 4 and line a cupcake tray with cupcake liners. Set aside.

**2** Sift the flour and cocoa into a mixing

bowl and add the white and brown sugar, bicarbonate of soda and salt and mix together.

**3** Add the preferred oat drink, vanilla, NATURLI' Vegan Spreadable or Vegan Block and mix in. Use a hand whisk to whisk out any big lumps.

**4** Divide the batter evenly between the cupcake liners.

**5** Place into the oven and bake for 25 minutes or until a toothpick inserted into the center of one of the cupcakes comes out clean.

**6** Let cool for a few minutes, remove the cupcakes from the cupcake tray and transfer to a wire cooling rack to cool completely.

**7** To make the icing, take the NATURLI' Vegan Spreadable out of the fridge 5 minutes before you begin.

**8** Put the freeze-dried raspberries in a freezer bag and crush them with a rolling pin.

**9** Mix icing sugar, crushed raspberries and spreadable in a bowl until the spreadable is pulverised. You can whisk the mixture with a hand mixer at low or medium speed.

**10** Add 2 teaspoons of oat milk and

whisk the mixture again for another 5 minutes at high speed this time, until the frosting feels light and airy.

**11** Top off your cupcakes with the frosting using a piping bag and put it aside in the fridge until it is time to serve them to yourself (it is ok to eat them all by yourself!) or if you feel generous with your friends and family.

**12** When your cupcakes are cooled, pipe on the frosting and, voila!

### Per serving (92g)

**Calories:** 308, **Carbohydrates:** 53g, **Sugars:** 38g, **Protein:** 2.4g, **Salt:** 0.9g, **Fat:** 11g, **Saturates:** 2.2g

Recipe and image from:  
Naturli, [naturli-foods.com](https://naturli-foods.com)





WE ONCE  
THOUGHT THAT  
SPREADABLE  
COULD ONLY BE  
MADE FROM  
MILK...



DAIRY: BUTTERS  
& SPREADS



...THOSE TIMES  
ARE OVER

PALM OIL FREE



# Vegan Flapjack

Makes 12

Dreamy golden syrup, creamy Veurre® and sweet coconut sugar mixed and baked with oats and whole hemp seeds give way to the tastiest flapjacks in this recipe.

- 150g (5.3oz) **Veurre®**
- 150g (5.3oz) **golden syrup**
- 100g (3.5oz) **coconut sugar**
- 250g (8.8oz) **gluten-free oats**
- 50g (1.7oz) **whole hemp seeds** (with shell on)
- 50g (1.7oz) **hemp seed hearts** (shelled)
- ½ **orange** (zest only)
- 1 tsp **ground cinnamon**

## You will also need:

- 20cm x 20cm cake tin

- 1 Preheat the oven to 180°C/350°F/Gas 4 and lightly grease a 20cm x 20cm cake tin.
- 2 Place the Veurre®, coconut sugar and golden syrup into a medium saucepan and allow to melt over a low heat until the sugar crystals dissolve.
- 3 Keep on a low heat and add in the gluten free oats, whole hemp seeds, hemp seed hearts, orange zest and ground cinnamon and mix together with the wooden spoon to form a sticky oat mixture.
- 4 Pour the oat mixture into the greased cake tin, spread out evenly and bake in the oven for 20-30 minutes.
- 5 When the mixture has reached a golden-brown colour, remove from the

oven and allow it to cool on a wire rack in the cake tin.

- 6 Once cooled, turn the flapjack out onto a chopping board and portion into squares.

## Per serving (63g)

**Calories:** 291, **Carbohydrates:** 32g, **Sugars:** 16g, **Protein:** 6.2g, **Salt:** 0.10g, **Fat:** 16g, **Saturates:** 6.4g

Recipe and image from:

The Hemp Pantry, [thehemppantry.com](http://thehemppantry.com)







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Vegetable Fat  
85p, [familybaking.co.uk](http://familybaking.co.uk)

**Suma**  
Organic Soya Spread  
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**Mouse's Favourite**  
Vegan Gold Butter Alternative  
£4.99, [mousesfavourite.com](http://mousesfavourite.com)



# Top of the morning

Recipe  
p48

Vegan Portobello  
Mushroom Waffles

Start the day the right way, with our  
sensational savoury breakfasts



# Vegan Portobello Mushroom Waffles

Serves 4

Reap the rewards of a healthy breakfast whilst still enjoying a richly-flavoured meal, with succulent mushrooms drizzled with a delicious soya and tamari-based dressing.

### For the topping:

- 4 **Portobello mushrooms**, sliced
- 3 tbsp **olive oil**
- ½ tsp **Chinese five spice**
- 3 **garlic cloves**, crushed
- 2 tbsp **chives**, chopped

### For the dressing:

- 250g (8.8oz) **soya yoghurt**
- 1 tsp **tamari**
- 1 tbsp **maple syrup**
- Freshly ground **black pepper**

### For the waffle batter:

- 250ml (1 generous cup) **almond milk**
- 1 tsp **lemon juice**
- 2 tbsp **olive oil**
- 175g (6.1oz) **spelt flour**
- 1 tsp **baking powder**
- Pinch of **salt**

- 1 Mix together the ingredients for the dressing and set aside.
- 2 Stir together the almond milk and lemon juice in a jug and leave to stand for 5 minutes. In the meantime, heat and oil the waffle iron.
- 3 In a bowl, mix together the olive oil, flour, baking powder and salt. Add the almond milk and stir together to make a thicker batter. Pour a ladleful of the mixture onto the iron and cook the waffles, one at a time, until golden and crisp.
- 4 Meanwhile, make the mushroom topping. Heat the oil in a deep frying pan and add the mushrooms. Fry them over a gentle heat, stirring occasionally for 3 to 4 minutes until they are soft.
- 5 Add the five spice and garlic. Stir through. Cook for a further minute. Season with salt and pepper.
- 6 Serve the waffles topped with the mushrooms, a drizzle of the dressing and a sprinkle of chives.

### Per serving (281g)

**Calories:** 316, **Carbohydrates:** 41g, **Sugars:** 6.5g, **Protein:** 11g, **Salt:** 2g, **Fat:** 14g, **Saturates:** 1.9g



### Top Tip:

If you don't have a waffle iron, the batter works just as well for pancakes. Make up the batter as the instructed, add a knob of dairy-free butter to a non-stick pan, and fry a ladleful of batter at a time. Flip when the pancakes start to bubble. Serve hot and enjoy!

Recipe and image from:  
The Mushroom Bureau, [justaddmushrooms.com](http://justaddmushrooms.com)





## Sweet Potato Hash Browns

Serves 4

These hash browns are a simple breakfast option, and also make a great addition to a traditional fry up.

- 500g (17.5oz) **sweet potato**, peeled and grated
- 2 tsp **garlic granules**
- 100g (3.5oz) **plain flour**
- 2 tbsp **nutritional yeast**
- 1 tbsp **vegetable oil**
- 100g (3.5oz) **spinach**, wilted
- 1 **avocado**, sliced

1 To make the hash browns, add the sweet potato, garlic granules, plain flour and nutritional yeast into a bowl and mix together until no floury lumps remain, season to taste.

2 Next, heat the oil in a frying pan over a medium-high heat and split the mixture into 8, roll each one into a ball and flatten. Pan fry each one for 3-4 minutes on each side until crisp and cooked through.

3 To serve, place wilted spinach and sliced avocado between two hash browns.

### Per serving (231g)

**Calories:** 318, **Carbohydrates:** 51g,  
**Sugars:** 7.6g, **Protein:** 6.5g,  
**Salt:** 0.19g, **Fat:** 11g, **Saturates:** 1.5g

Recipe created in-house by the  
*Vegan Life Chefs*



# Baked Smoky Butterbeans & Vine Tomatoes on Sourdough

Serves 2

The combination of sweet tomatoes and smoky beans makes for a delicious breakfast that's packed with flavour. Served with creamy avocado it gets even better.

## For the baked beans:

- 1 400g tin **butterbeans** rinsed, drained
- 1 tsp **ground cinnamon**
- 1 tsp **ground cumin**
- 1 tsp **sweet smoked paprika**
- 1 tsp **pure maple syrup**
- 1 tsp **red wine vinegar**
- 2 tbsp **tomato purée paste**
- 4 tbsp **water**

## To serve:

- 20 **vine tomatoes**
- 4 **cloves garlic**
- 4 **slices sourdough bread**
- ½ **avocado sliced**
- **Ground black pepper**
- 2 tsp **olive oil**

- 1 Place all of the baked beans ingredients together in an oven proof dish and mix together.
- 2 Add the vine tomatoes and garlic (no need to peel), on top of the beans and place the dish in a preheated oven at 180°C/350°F/Gas 4 for 30 minutes.
- 3 Toast the sourdough bread just before the beans are due to come out of the oven.
- 4 Place the toasted sourdough on 2 plates and top with half of the baked beans for each serving, add the vine tomatoes and 2 cloves of garlic each (squeeze the garlic from the skin).
- 5 Add a few slices of avocado, olive oil and season with ground black pepper before serving.

## Per serving (585g)

**Calories:** 628, **Carbohydrates:** 99g, **Sugars:** 16g, **Protein:** 18g, **Salt:** 1.2g, **Fat:** 17g, **Saturates:** 2.8g

Recipes and images from:  
The Balanced Kitchen, [thebalancedkitchen.co.uk](http://thebalancedkitchen.co.uk)









# Breakfast MuckMuffin

Serves 4

Recipe creator Jack Monroe started with a standard McMuffin as her point of reference for this satisfying recipe, but that's not where she ended up. Lentils, onions and veg instead gave way to an extremely tasty 'haggis'-style patty. Serve in a white muffin, lightly toasted, with a generous dollop of ketchup.

- 2 **large onions**
- 2 **large carrots**
- 10 **meaty mushrooms** — **chestnuts, shiitakes or baby Portobello's**
- 4 fat **cloves of garlic**
- 1 tbsp light **cooking oil**, plus extra for frying and greasing
- ½ tsp **grated nutmeg**
- ½ tsp **ground allspice**
- A few pinches of **salt** and a generous grind of **black pepper**
- 220ml **vegan chicken-style stock** or **vegetable stock**
- 75g **dried red lentils**
- 75g **dried brown lentils**
- 75g **porridge oats**
- 2-4 tbsp **stuffing mix**
- 1 tbsp **chopped sage leaves**
- 1 tbsp **nutritional yeast** (optional)
- **Plain flour**, for dusting

## To serve:

- 4 **white muffins**, sliced in half
- 8 slices of **vegan 'cheese'**
- **Tomato ketchup**

1 Finely grate or very finely dice the onions, and wash and finely grate the carrots into a large mixing bowl. Grate the mushrooms, and peel and finely chop the garlic. If you have a small bullet blender or food processor, you can speed up this part simply by roughly chopping the onion and garlic and halving the carrots, slinging them all in with the mushrooms and blitzing everything together.

2 Add all the vegetables to a large non-stick frying or sauté pan, and measure in the oil, nutmeg, allspice, salt and pepper. Cook on the smallest hob ring on a very low heat for 15 minutes, until the onion starts to soften but not brown at all, and stir intermittently to disturb it and prevent it sticking and burning.

3 Pour over the stock. Thoroughly rinse the lentils in a sieve or colander, under a cold tap, and add to the pan. Bring to the boil, then reduce to a simmer, and cook

for 40 minutes until the lentils are very soft and swollen. Add the porridge oats, stuffing mix, sage and nutritional yeast, if using, and cook for 10 minutes more, stirring to combine. The oats and lentils will absorb the liquid, so you may need to add a splash more, but too much will make the patty mixture too sloppy, so try not to go overboard.

4 When the porridge oats and stuffing mix are cooked and the mixture is thick, remove from the heat and tip into a mixing bowl. Allow to cool and then transfer to the fridge to firm up for an hour, or overnight.

5 When the mixture is cool and firm, remove it from the fridge. Heat a little oil in a non-stick frying or sauté pan. Break off a piece with lightly floured hands, the size of an average egg. Roll it in your hands to form a ball, adding a little more flour if it sticks to your palms. You want a patty the width of your muffin, and quite thin — this helps it to crisp up and cook through on both sides, and stops the dreaded 'soft middle' that vegetarian and vegan patties can fall victim to. You will be putting two

patties in each muffin for the 'double Muckmuffin' experience, so don't worry if they look a little flimsy at this stage.

6 If cooking for a crowd, preheat your oven to 160°C/325°F/Gas 3 and place a lightly greased baking tray on the middle shelf, and one on the shelf above. Fry each patty on a medium-high heat for 6 minutes on one side, and 4 minutes on the other.

Remove and transfer to the oven, and repeat until all the mixture is used up.

7 Place your muffins on the top shelf of the oven for a few minutes to toast. Remove and assemble: bottom half of the muffin on the plate, patty, 'cheese', patty, 'cheese', ketchup, top half.

## Per serving (342g)

**Calories:** 557, **Carbohydrates:** 86g, **Sugars:** 12g, **Protein:** 23g, **Salt:** 3g, **Fat:** 16g, **Saturates:** 8.6g

Extracted from:

**Vegan (ish)** by Jack Monroe (Bluebird, £16.99)







## Easy Vegan Savoury Spinach Muffins

*Makes 12 muffins*

A delicious vegan version of a favourite spinach muffin recipe, these muffins are a great make-ahead breakfast.

- 90ml (6 tbsp) **sunflower oil**
- 2 tsp **ground linseed (flaxseed)** mixed with 2-3 tsp **water**
- 420ml (1 ¾ cup) **plant-based milk**
- 60g (2oz) **nutritional yeast**
- 375g (13.2oz) **self-raising flour**
- 2 tsp **baking powder**
- ½ tsp **chilli powder** or to taste
- ⅓ tsp **salt**
- 165g (5.8oz) **frozen spinach** or use 500g fresh and cook down
- 6 **cherry tomatoes** to decorate

**1** Pre-heat the oven to 190°C/375°F/Gas 5 and put muffin cases in 12 piece muffin tin.

**2** In one bowl, place the oil, linseed and milk then mix to combine.

**3** In another bowl, mix together the nutritional yeast, flour, baking powder, chilli powder and salt.

**4** Thaw the spinach and squeeze to remove excess moisture, chop it up a bit so the pieces are able to be mixed in easily (or if using fresh spinach, gently steam, squeeze out and chop).

**5** Slowly add the liquid mix to the dry mix, stirring bit by bit until it's all combined. Don't over mix.

**6** Add the spinach to the mix and stir to combine.

**7** Spoon the mixture into each muffin case and top with half a cherry tomato & some seeds.

**8** Bake for 25 minutes. By this time the tops should be a golden brown. Put a

skewer in one of them and make sure it comes out clean. They may need an extra 5 minutes.

**9** Once cooked, take the muffins out the tin and put on a cooling rack.

### Per serving (100g)

**Calories:** 235, **Carbohydrates:** 23g, **Sugars:** 1g, **Protein:** 5g, **Salt:** 0.1g, **Fat:** 14g, **Saturates:** 6g

Recipe and image from:  
The Vegan Larder, [theveganlarder.com](https://theveganlarder.com)



## Aussie Corn Fritters with Roasted Tomatoes

Makes 4 servings

You can't go wrong with these fritters — the balance of sweet and savoury flavours from the corn and seasoned batter work together beautifully.

### For the fritters:

- 2 **cobs of corn** — remove the kernels (or 1 ½ cups frozen)
- 2 **spring onions**, finely chopped
- 3-4 tsp **fresh parsley**
- 70g (¾ cup) **plain flour**
- **Salt** and **pepper**, to taste
- 3 tbsp **ground linseed (flaxseed)** mixed with 3-4 tbsp **water**
- **Olive oil** for frying (approx 1 tbsp)

### For the tomatoes:

- 5-6 **cherry tomatoes** per person

- ½ **chilli** (optional)
- 2-3 **garlic cloves**, smashed
- Small bunch of **fresh thyme** (or 1 tsp dried)
- **Salt** and **pepper** to taste
- **Olive oil** for sautéing

1 To make the fritters, mix the corn, spring onions and parsley with the flour, salt and pepper. The flour should just coat the corn.

2 Add the linseed and water mix and combine. The mixture should start to resemble a batter. Add a little more water if it's looking dry.

3 Heat the oil in a large frying pan and drop in tablespoons of the mix, flattening them with a spatula.

4 In the meantime, pop the tomatoes into a saucepan with the olive oil, chilli, herbs and garlic and cook over a medium heat with the lid on. You want to cook the tomatoes so they blister and soften.

5 Flip the fritters over after 5 minutes or so and cook on the other side.

6 Serve the fritters with the tomatoes and some slices of avocado.

### Per serving (142g)

**Calories:** 165, **Carbohydrates:** 21g, **Sugars:** 1.9g, **Protein:** 5.2g, **Salt:** 0.11g, **Fat:** 6.9g, **Saturates:** 0.8g

Recipe and image from:

The Vegan Larder, [theveganlarder.com](http://theveganlarder.com)





# What I eat in a week...

**Grace Regan, founder of the UK's first vegan curry house, SpiceBox, shares her week of eating**



Grace Regan

## Thursday

I left the house in a rush this morning, as I was running late for a day of filming in our kitchen studio. My flatmate's boyfriend was making her breakfast with sourdough bought from Pavillion bakery near my house, so I grabbed a slice, drizzled it with olive oil and Maldon sea salt and ate it before running out the door.

I was filming recipes for a collaboration coming up with Daring Chickn (daringfoods.com), so the rest of the day's meals were made up of me tasting Chickn Tikka Masala, Chickn Tikka and Chickn Madras. I must say, I was pretty chicknd out by the end of the day!

## Friday

I start most Fridays with Mysore Ashtanga Yoga. It's recommended to practice yoga on an empty stomach, so I started my day with a mug of hot water. After yoga I was starving, so I made a bowl of porridge. I topped it with some frozen cherries (I love contrasting hot and cold things), tahini, granola and, of course, a pinch of Maldon sea salt flakes! A bowl of porridge isn't complete without a generous pinch of salt.

I was working from home all day, so I had a slice of yesterday's Pavillion sourdough (the best in London, in my opinion!) with homemade sauerkraut, avocado and a drizzle of sriracha.

The afternoon was spent snacking on spiced nuts I had made during recipe testing. I don't tend to eat past 4pm, so no dinner for me!

## Saturday

I'm working on a top-secret project at the moment, which involves a LOT of recipe testing, so spent another day in my kitchen. I made six curries and they all needed tasting, so my day's food was made up of sweet potato and broccoli madras, cashew and coconut korma and cauli tikka masala (to name a few!).

## Sunday

Today, I drove down to Margate with my family and some friends for a night. Before jumping in the car, I started with a mug of hot water followed by some Willie's apple cider vinegar.

Once in Margate, we went to Cliff's in Cliftonville for brunch. I had the most amazing bagel with balsamic glazed mushrooms, broad bean mash and salsa verde. It was honestly the best bagel I've ever eaten. I asked the waitress how they made them so good and she said something about deep frying them — I guess that's it then!

We had dinner at Buoy and Oyster, a seafood restaurant that has a separate vegan menu. To start, we shared olives and battered pickles — SO GOOD! I had a cauliflower curry for my main, which wasn't amazing, but I guess I'm a pretty harsh curry critic!

## Monday

I woke up still full from last night's meal, so just had an oat milk flat white for breakfast.

We went to Amrette, an Indian restaurant facing the sea in Margate, for lunch. I had a masala dosa (one of my favourite things to eat) with the classic accompaniments of coconut chutney and sambar. It wasn't the best dosa I've had, but it hit the spot. If you're looking for a great dosa in London, check out Saravana Bhavan or Jai Krishna in Crouch End.

In the evening, I went to see my friend Cass for dinner. His parents are big fans of AllPlants, so he whipped one out the freezer for me — I had the BBQ Burrito Bowl.

## Tuesday

I started the day with a spin class and came home and had a banana with tahini and sea salt (a classic breakfast for me!) and a cup of coffee. Every morning, after my apple cider vinegar, I grind some Perky Blenders coffee in my hand coffee grinder and make an Aeropress. I am a huge coffee fan, but am quite fussy about it — making my own means I know I'm going to get a cup I like!

Today was another day of recipe filming — we're recording a 15-minute meal series for our YouTube channel, SpiceBox TV, and today we smashed out six recipes. The recipes I made included hakka noodle, aloo tikki bubble and squeak and speedy dhansak. By the end of the day, I was completely full from picking away at these!

## Wednesday

I enjoyed another spin class this morning and was starving when I got back home, so I had some of my flatmate's amazing homemade granola with banana and almond butter (and of course, an Aeropress coffee!).

I worked from home today, so for lunch I ate some of yesterday's leftover curry. I'm waiting for the day I get bored of curry but, almost four years into SpiceBox, I'm still going strong!

I met Dad for dinner at Brawn on Columbia Road — a great local restaurant that specialises in natural wine and seasonal produce. The menu is very meat and fish-heavy, but they always make me incredible plates of vegan food. This time, I had charred calcots (almost a spring onion-leek hybrid that originally comes from Catalonia and are always cooked over a fire), ajoblanco sauce (a delicious Spanish creamy cold soup made with garlic and ground almonds) radicchio and candied walnuts. It was honestly one of the best plates of vegan food I've had in London.

For more from Grace, visit [eatspicebox.co.uk](https://eatspicebox.co.uk) ■





“ We share this planet with all species, and we interfere with their peace and habitat at our peril ”

Maria Slough catches up with actor and animal advocate Peter Egan

**V**ienna airport 2017 — Peter Egan and I are travelling back from filming a documentary in Sarajevo on stray dogs. The emotional impact of what we have witnessed taking us both unawares as we pass through the airport to catch our connecting flight. Tears are flowing, and we vow to make changes for the dogs we just met. That defining moment happened two years after I first interviewed Peter for *Vegan Life*, a month into his vegan journey. Since then, our professional lives have merged with a friendship between our families, and jointly, we have travelled across Europe uncovering hidden stories of animal welfare. Today, our work together continues, and nestled in the Surrey Hills at a gathering of volunteers from ‘Saving Suffering Strays’ we reflect

on the last five years. In 2015, Peter told me that his one regret about going vegan was that he hadn’t done it sooner. I wondered if that still stood.

“Yes, profoundly. I would have helped to save the lives of more animals if I had. I would also have had a greater understanding of how interdependent we all are — animals and humans, alike. Over the past five years, my life has become more complete in every way, ever since I made the choice to follow a vegan lifestyle. I am more aware of the frailties of my fellow human beings, the self-deception when it comes to food choices and the guilt many people suffer when confronted with the truth about where their food comes from. There remains a distinct lack of transparency from the animal agricultural community or food

processing conglomerates in relation to how meat arrives on our plates. It is still shrouded in secrecy. The industry is exposed by extraordinary people, like Rich Hardy — his latest book, *Not As Nature Intended*, is a compelling read for all who care about industrial slaughter and abuse of animals for human consumption.”

Since Peter began his vegan journey, the rise in plant-based living and the conversation on vegan living inspired by climate and health issues has been exponential. Will we ever see a society where being a meat-eater is the rare thing to encounter, and, is the animal rights issue getting lost in these conversations?

“Industrialised animal agriculture is having an enormous impact on climate change. Clearly, to deal with this, we need to challenge all our energy sources.





Our planet needs a holistic overhaul. I think that in the most complete review, the abuse of animals is clearly exposed in this conversation, and plant-based living inspired by climate change has led the thinking public towards the conclusion that this abuse must stop, not just for humane reasons in terms of food production, but for the very practical reason that it is destroying our soil and therefore, our planet. The young have embraced it. The corporations can see that it is a money spinner. It ticks the big business box and the ethical box, it's a win-win situation."

Peter's life with animals started when he was a child, but the demands of career and family life took him away from a deep connection with animals. When he entered his forties, he realised he had more time to devote to animals and Myra, his wife, and daughter Rebecca, desperately wanted a dog.

"We got a beautiful Labrador we named Crackers. Over the years, this relationship led me intensely into the world of animals. I am now involved with too many charities to mention, and deeply committed to all species of animals throughout the world — elephants in Africa and Asia, orangutans in Borneo, dogs in Eastern Europe and the UK and, of course, the moon bears in China and Vietnam rescued by my favourite charity on the planet, Animals Asia. In the years that I have been involved in animal welfare I have moved positively towards animal rights, because I believe, as with human welfare, you can't have one without the other. Rights and welfare are interdependent."

"We share this planet with all species, and we interfere with their peace and

habitat at our peril. My relationship with animals throughout the last thirty years or so, has been one of the dominant influences on my life. I've learnt that both patience and forgiveness are the most powerful tools in our journey through life. We learn this, of course, with the humans we share our lives with, but it comes more immediately from the animals, particularly the many rescues we have had in the last 20 years — dogs who have been abused and abandoned, but who all, with time, forgive and trust again. It is a gift we all should treasure. This symbiosis, for me, has never been more complete and all-encompassing than in the last five years, because I believe all species are equal in their right to life. Our five rescues, Cassie, Pippa, Tidus, Boo and Megan are a constant source of pleasure; they define my day and inspire me with their love of life and living in the moment."

During the past year, Peter has completed filming on *Hold the Sunset*, *Four Weddings and a Funeral*, *The Spanish Princess 2*, *AfterLife 2* and *Unforgotten 4*. His veganism naturally spills over into his professional life, because, as he quite simply tells me, "I have to eat when working and this is supplied by location caterers. It is in my contract that I am a vegan and so I do not touch any animal product in terms of food both on and off set. What is really encouraging, is the amount of people on set that opt for the veggie or vegan option on the menu. I also love it when my colleagues tell me that, due to my encouragement, they have now transitioned to a more plant-based diet and feel much better for it."

Our travels together have left us both stunned by the unimaginable

cruelty we have seen and inspired by the commitment of the people that dedicate their lives to ending such atrocities. Yet, this is just a snapshot of the pain that the animals of this planet endure.

"There are so many major issues regarding animals and their rights and welfare in every country throughout the world. We are seeing, for the second time, a pandemic as a result of people insisting on eating wildlife in the hugely unhygienic and cruel extreme markets in China, Indonesia and South East Asia. The coronavirus has impacted throughout the world, causing the biggest stock market breakdown since the financial crash of 2008. These animal markets must be closed before they cause more damage to the world."

"Other important issues that are also manmade and must be stopped apply to all countries that use animals for entertainment, from trophy hunting to elephant rides, circus activity to bullfighting and fox hunting in the UK. I try, in one way or another, to address them all."

As the evening ended, Peter left me with this lasting thought.

"You cannot be a vegan without it impacting on every area of your life. I am inspired by the compassionate people I meet daily and am also freed from any obstruction between my head and my heart, because all my life choices are related to creative compassion and not destruction. From childhood, we are conditioned to see all animals as inferior because it is easier to abuse them when they are not considered to be our equals. People must consider the amazing contribution all animals have given to the world before they label them as inferiors. Perhaps it is people's perception that is inferior and requires updating?"

Follow Maria's photography journey at [mariasloughphotography.com](http://mariasloughphotography.com) and Instagram at [@mariasloughphotography](https://www.instagram.com/mariasloughphotography) ■





# Self-isolation getting you down? It's life for animals

Lily Woods tells the truth about zoos

For children, going to the zoo is often one of the most exciting activities — whether it is with family, friends or on a school-trip. With the opportunity to see exotic animals up close, many of them native to countries thousands of miles away, it's not difficult to see why both kids and adults love it — particularly people with limited opportunities to venture to reservation parks in Africa, or jungles in South America. And yet, while seeing a lion, giraffe or an elephant with our own eyes is a wonderful experience, seeing them surrounded by fences should not be a part of that. This element makes it easy to understand why vegans and animal rights advocates object to zoos. But, why else should we choose to boycott these imprisoning institutions?

Many see zoos as a source of human entertainment that is, ultimately, achieved at the expense of animals. While taking youngsters to see these creatures may be considered enjoyable or educational, they are still being held in captivity for our entertainment. There are ways for us to educate children without taking them to see animals through the bars of a cage. What's more, while some zoos provide large spaces for their animals to roam, these will never be big enough. For example, elephants walk up to 50 miles a day in the wild; no zoo can provide the space capable of allowing this. Similarly,

orcas swim more than 100 miles a day in the ocean, and yet, they are expected to make do with living in sizeable pools of water in aquariums. To do the same in the average water tank used for captive whales, they would have to swim over 1,500 lengths per day. Regardless of the size of the tank, their natural habitat is the ocean — no tank can ever compare to that. It is truly heart breaking to consider that some whales (as well as numerous other animals) are born into captivity, never experiencing their natural habitat and never roaming uninhibited.

***“Elephants walk up to 50 miles a day in the wild; no zoo can provide the space capable of allowing this”***

Regarding conservation, preserving living creatures from the destruction of their natural habitat is, no doubt, important. However, the use of conservation as a justifiable reason for the existence of zoos is questionable. The fact remains that animals are still not given ample space to move around. There is also an inherent sense that these animals are being sacrificed in the name of conservation, or, for a 'greater good'.

And yet, most animals held in captivity are not endangered species — a study recently found that only 18 per cent of animals being kept in zoos were considered endangered (peta.org). Some zoos have research centres and foundations that raise money for protecting wild populations and preserving natural habitats, but the majority do not. Although zoos keep individual animals alive, they are doing little to actually help to conserve the remaining populations of species' in the wild.

But what about breeding programmes in zoos? Research by the University of East Anglia found that 'Without conservation in the wild there is no point in captive breeding' (sciencedaily.com). Some researchers have also suggested that zoos take away from the support that's vital for conservation groups working with animals in the wild, as they may be seen by the general public as a more readily-accessible way to help conservationists. If you are interested in donating to aid animal conservation, rather than spending your money on going to or supporting a zoo, it would be best to directly contribute to foundations like the Born Free Foundation (bornfree.org.uk).

While laods of zoos claim they exist for conservation purposes first and foremost, it is estimated that over 7,500 animals are culled from European zoos each year, >







although this number could be as great as 200,000, most often due to overcrowding. In the UK, culling zoo animals is a common practice. For example, in 2006, Highland Wildlife Park in Scotland culled an entire pack of wolves. They cited that their reasons included the fact that the structure within the pack had deteriorated, and they were a risk to themselves. A year earlier, a mother and her two cubs were shot dead at another wildlife park due to overcrowding. In a study carried out by the Royal Veterinary College from 2000-2015, culling was the leading cause of death for lynxes in captivity, ultimately accounting for 21 per cent of deaths.

Even when not faced with culling, the lifespan for animals kept in captivity is significantly lower than those animals living in the wild. For example, African elephants live three times longer in the wild than they do in captivity. In zoos, 40 per cent of lion cubs die before one month of age; in the wild, 30 per cent die before they reach six months old, although a significant proportion of those can be attributed to threats which are not present in captivity, such as other predators ([freedomforanimals.org.uk](http://freedomforanimals.org.uk)). As for orcas, the average lifespan for whales in captivity is teens to early 20's; in the wild, these animals live to be between 30 and 50 years of age, though sometimes longer.

What's more, the mental health of captive animals is usually, sadly, very low. Recent studies have discovered that many animals living in zoos suffer from 'zoochosis', or stereotypic psychotic behaviour, where they perform repetitive actions with no obvious purpose, such as head-banging or pulling out their own fur. This is often triggered by living in small, unnatural environments with a lack of stimulation. For example, in the mid-1990s, a polar bear in Central Park Zoo in America alarmed visitors by repeatedly swimming in figure-eight patterns in the pool of his enclosure. He would also 'stalk' children as they walked near the glass. More recently, a government-funded study of UK zoos found that 54 per cent of elephants performed some type of repetitive behaviour. The same study found that captive lions spent 48 per cent of the time pacing, a known behaviour of zoochosis. In some instances, the strains on the mental health of these animals can be deadly. Whales are mammals that suffer massively from zoochosis, with dangerous outcomes to those that keep them contained. Orcas live in pods of up to 15 whales in the wild, and infants often stay with their mothers for life. In captivity, whales spend much of their time alone or with those from other family units. As a result of zoochotic behaviour, three people

have been killed by captive whales, whilst there have been no known human deaths from orcas in the wild.

On average, there are over 10,000 zoos across the world. In the UK alone, there are 400. Of that number, two-thirds are failing to meet standards when it comes to animal care. In itself, this is reason enough to avoid zoos. Surely it is better to see no animals up close than to see them in cramped conditions, with concrete beneath their feet and fences penning them in? While children may be too young to understand why zoos are so detrimental to the welfare of animals, as adults, we can understand. It is therefore our responsibility to decline them our business. We can educate children on the wonders of the animal kingdom without taking them to a zoo, using exciting books, documentaries, movies or even games.

If you're interested in understanding the experiences of animals held in captivity or the amazing work of conservationists, here are three must-watch films:

- *Blackfish* (2013)
- *An Apology to Elephants* (2013)
- *Virunga* (2014)

Words by Lily Woods. ■





# WILL **YOU** STAND AGAINST THE **SLAUGHTER** OF WORKING DONKEYS?



Hundreds of thousands of donkeys are being killed for their skins, which are boiled to produce 'ejiao', a gelatin used in traditional Chinese medicine. Donkeys are suffering, and so are the people who rely on them to earn a living.

Working horse and donkey charity Brooke is fighting against this trade, and recently we celebrated a ban on donkey slaughter in Kenya, which has been hub for the trade.

With help from our UK supporters, we want to see this horrific practice banned across Africa and then the world. Join us! Go to [thebrooke.org/donkeycrisis](http://thebrooke.org/donkeycrisis) to find out how you can help.



## CONTACT US ON **SOCIAL MEDIA**

 The Brooke Charity  @TheBrooke  @TheBrookeCharity  [thebrookecharity](https://www.youtube.com/thebrookecharity)





# Seven ways to... become more self-sufficient

Learn new skills and rely less on consumerism

**W**ith many of us spending more time at home, being less able to get the products we are used to and wanting to do our bit to help alleviate the strain on the supermarkets, what better time than now to try to become more self-sufficient in your everyday life? It's a long road to take to get completely self-reliant, so to help, here are seven simple things you can do to start off on your journey.

## **1 Make your own plant milk**

Nowadays, there's lots of varieties of plant milks, with oat being one of the most popular dairy-alternatives. But, what do you do if your local shop has run out? Do not fret! If you have a bag of oats handy, then it is super easy to make your

own milk to go with smoothies, cereal and cold drinks in just five minutes. To make your own, simply add 90g (1 cup) rolled oats, a pinch of salt and 950ml (4 cups) clean water to a high-speed blender, and blitz for around 45 seconds. After this, you will need to strain out the bits — many recipes recommend using a nut milk bag, but if you do not have one of these, a clean T-shirt or towel will do just as well. This should produce around 1l (eight servings) of oat milk that will keep in the fridge for five days, or frozen for up to one month. If you like sweeter milk, add a whole date or 1 tbsp of maple syrup to the oats before blending, and, for chocolate lovers out there, try blending in 2 tbsp of cacao powder!

## **2 Homemade bread**

There is nothing better than freshly-baked goods. Instead of buying bread, have a go at cooking some for yourself. You can make your own proof-less bread using a slow cooker and simple store cupboard ingredients, like strong white bread flour, dried yeast, a little sugar and salt, olive oil, warm water and a sprig of rosemary or thyme, if you have some! Try making this easy Slow Cooker Rosemary Focaccia at [veganlifemag.com/slow-cooker-rosemary-focaccia](http://veganlifemag.com/slow-cooker-rosemary-focaccia).

## **3 Start a kitchen herb or spice garden**

Even if you don't have a garden, there's no reason why you shouldn't be able to grow an abundance of in-season herbs





or spices, and it's so satisfying to eat something you've tended from seed to plate. Get yourself a window box and create your own indoor herb or spice garden, beginning with easy-to-grow herbs like basil or parsley. This Herb Garden Seed Collection from Annabel James (£9.95, [annabeljames.co.uk](http://annabeljames.co.uk)) is perfect for getting started — just plant in a pot and off you go!



#### 4 Learn to sew

It's so easy to buy new clothes — at the click of a button your order is placed. But where's the fun in that? Rather than contributing to fast fashion and creating a bigger demand for more resources to be used, learn to repair or customise clothes you already own. Have a rip in your jeans? Instead of ordering a new pair, stitch up any holes or sew a funky patchwork over it. If you're feeling adventurous, you could take this further, and learn to knit or crochet! Try making uncomplicated clothes or accessories for yourself, like scarves

and socks. There are loads of books and online tutorials available that you can use to teach yourself.

#### 5 Forage for edible and medicinal plants

For your bout of daily outdoor exercise, head to the forest, hedgerows or fields for a spot of foraging — you never know what deliciously wild plants you might find. However, before you get picking random mushrooms or berries, be sure to do a little research. Kirsten Barton's book, *Foraging For Beginners* (£4.89, [amazon.co.uk](http://amazon.co.uk)), is a great go-to for first-timers, with useful info like foraging rules and safety, and proper plant identification with lots of photographs to help.



#### 6 Install rain barrels

Set up a water butt or rain barrels in your outdoor space, and use these to water your garden or indoor plants and, if you are able to purify, you can even use it for personal use, washing dishes, or just about anything! It's a great way to reuse water to help the environment whilst saving money.

#### 7 Make your own all-natural cleaners

Not only are decent cleaning products difficult to come by right now, many of those left on the shelves are chemical intensive and not often vegan-friendly. Luckily, lots of household goods can be used to get your home in tip top shape, including white wine vinegar, citrus fruits and simple baking soda. To make a pleasantly scented all-purpose cleaner, try mixing one-part white wine vinegar with one-part lemon rind and a few rosemary sprigs. Simply combine all ingredients in a spray bottle, give everything a big shake and let it all infuse for a week, before using. ■







# The Olive Branch

Gemma Tadman enjoys a meal from her local veggie café

**T**ucked away on a quiet street in the riverside town of Wivenhoe sits The Olive Branch — an unsuspecting haven for plant-based food. The family-owned Middle Eastern and vegetarian café offers a plethora of vegan options, with these taking up most of their diverse menu. Inside, their quaint interiors are decorated with exotic lanterns and colourful cushions, but the establishment also offers a takeaway service, and at present, free delivery, for those who are unable to leave their homes. Since we're currently under lock-down, my mum and I ordered our food and it was delivered to our house. We set up a little picnic in our garden and sat eating in the sunshine.

## Tried and Tested

We could hardly sample food from a Middle Eastern restaurant without trying a mix of traditional starters, including homemade stuffed vine leaves, makdous (baby aubergines pickled in olive oil, stuffed with red peppers and walnuts — delicious!) and

houmous with flatbreads. Stand-out choices were the vine leaves — beautifully flavoured parcels containing rice and spices — and their signature houmous. Now, I've tasted a lot of houmous in my time (I think most vegans, like myself, would count themselves connoisseurs), but The Olive Branch's blew me away — it had the perfect texture, as well as a delicious dose of garlic.

For the main event, I ordered the chickpea fatteh, a typically-Lebanese dish made from two of my favourite ingredients — chickpeas, and lashings of tahini! At the base of the dish sat a crispy, warm crumbled pitta bread topped with fatteh (a lemony tahini-yoghurt mixture), warm chickpeas, sliced, toasted almonds and pomegranate gems. Since the dish consists of mostly-beige ingredients, aesthetically, it doesn't look like the most exciting meal, but the myriad of flavours and textures work so well together — I was well and truly satisfied!

My mum went for the manoushet muhammara — pizza, but Middle Eastern style, comprising of a freshly-baked flatbread



base topped with creamy muhammara spread. Traditionally, the brightly coloured and spiced spread is made from roasted and fresh red sweet and hot peppers, cumin, onion, garlic, olive oil, ground walnuts and pomegranate molasses. Mum said that it had the perfect spice to flavour ratio, with more than enough muhammara covering the bread. It smelled delightful!

One of the desserts that I have missed most since becoming vegan is baklava, a Greek dessert typically made from honey and layers of filo pastry, so I was beyond happy to discover that The Olive Branch have veganised the Middle Eastern version, baklava. It was even better than I remembered having tasted in the past — super sweet and wonderfully flaky. Along with bundles of baklava, we ordered date bites and candied fruits — the perfect way to round off our meal.

### What else?

The Olive Branch's extensive menu also features a myriad of veg-packed stews, soups and bread dishes, including freshly made wraps and paninis loaded with falafel, baba ghanouj or houmous. The wonderful little restaurant also caters for events, and exhibit pop-up cafés all over Essex — when the country is no longer in lockdown, be sure to attend a pop-up and try the baklava! When eating in is available, you can happily also BYOB (bring your own beer), along with any other favourite drinks you might have, but their 'mezza beer malt beverage' is a must-try! ■

## The Olive Branch

### Location:

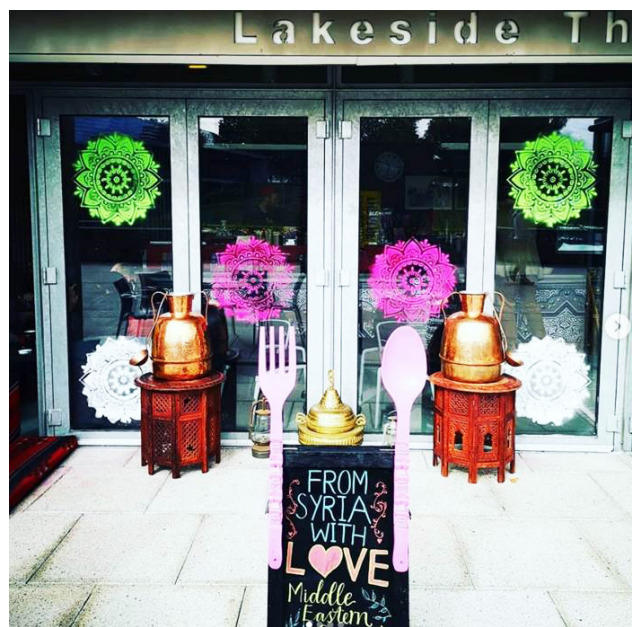
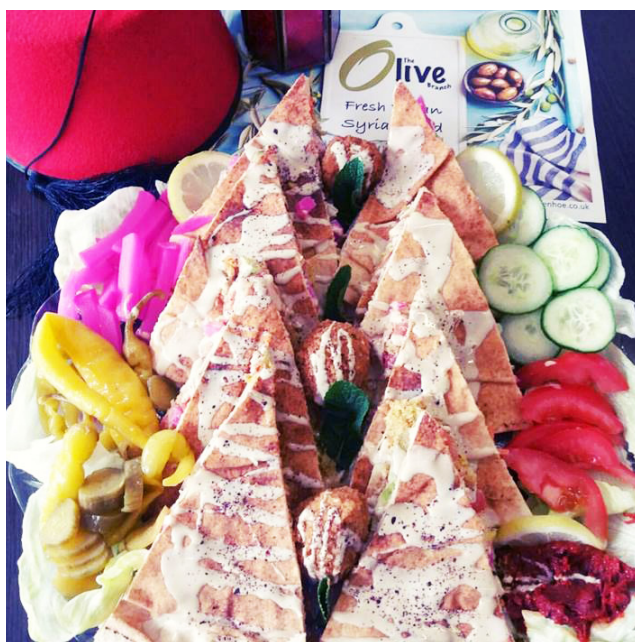
The Olive Branch, Wivenhoe, Essex. Also offer catering.

### Cuisine:

Middle Eastern, focussing on Syrian

### Website:

[theolivebranchwivenhoe.co.uk](http://theolivebranchwivenhoe.co.uk)





# Vegans on TV

## Karin Ridgers talks about the responsibility of those in the public eye

For this month's column, I'm writing about well-known vegans and those on TV. This is a little bit ironic, since it has been my dream for more years than I care to mention, to present my own vegan TV show. There have been so many ups and downs on my journey to get there, but I'm not going to give up yet!

We see vegans on TV, in films and on YouTube, although I have to admit, I'm not the biggest YouTube viewer myself. Over the years, I have been lucky enough to meet some incredible vegans who are in the media and celeb world and they are some of the most kind, thoughtful and generous people I have ever met.

Jasmine Harman from *A Place In The Sun* is utterly wonderful. She is confident, funny, incredible on screen and adores being vegan. Jasmine is genuine and a brilliant ambassador for veganism. Likewise, is actor and voice for the animals, Peter Egan, who says that being plant-based 'completes him' (turn to page p56 for more on Peter).

Moby is another great example of a vegan in the spotlight — he says he is an animal rights activist before being a musician. He sports various tattoos, including one that proudly states 'Vegan For Life' boldly on the side of his neck, and written down both sides of his arms is a tat that says 'Animal Rights'. It is a very 'in your face' statement that is like marmite for many, but, nonetheless, it is excellent to have someone so well-known using his position to promote animal equality in such a daring way.

Many of us love actor Benedict Cumberbatch, and he has given several interviews declaring that he is vegan, which is great! Personally, I think it would

be even better if he did more actual vegan activism, as he is liked and respected so much. People would likely listen to what he has to say and pay heed to his actions. Someone who is great at this, is everyone's heart throb and surely, vegan of the year, Joaquin Phoenix (we've all watched *that* Oscar's speech). Joaquin said during a recent interview with media site Brut (brut.media), that 'it seems obvious' that the killing of animals is wrong. He said he 'doesn't want to cause pain' and that the killing of animals is 'absurd and barbaric', and he often uses his celeb status to create opportunities to talk about the devastating effects of agriculture on the environment. The admirable actor has been vegan since he was just three years old, and frequently attends animal rights events and protests, so we know it is rather unlikely that Joaquin will ever revert back to being non-vegan.

Sadly, we also read and hear about other prominent people who announce, very publicly, that they are no longer plant-based. To me, I wonder if anyone can ever truly be vegan if they can even consider going back to not being so. In my opinion, a vegan is someone who is completely passionate about the rights of others and absolutely knows that the killing of animals is wrong. End of. And we want no part in that. We will continue to try to end and boycott that cruelty for as long as we possibly can, whether food options are in fast food chains for us or not. If you want fast food and there is no plant-based option, get yourself a banana!

I have read about actresses Natalie Portman and Anne Hathaway, along with

chat show host, Ellen DeGeneres and a few other famous people who once ate plant-based, who have gone back and forth between eating and not eating animal products. Is this detrimental to the movement, I wonder? It is certainly disappointing when you hear of anyone who you think has made the connection, only to feel let down to see that some time later, they are munching on a fish corpse or following some faddie meat diet. It tells people that veganism is merely an optional diet, and not a lifestyle that's vital to help to alleviate the suffering of animals. These people in the public eye are in a position of influence and should be leading by an ethical example for others to follow.

Yet, there is nothing we can do. We cannot control anyone else's eating or lifestyle choices. We can only lead by our own examples and hope that people will make that connection once again — and know that being vegan is best for us, the planet and for the animals, too.

For more from Karin, visit [veggievisiondating.com](http://veggievisiondating.com) and [mad-promotions.com](http://mad-promotions.com) ■





# Shall we lunch?

Recipe  
p68

Pulled Jackfruit  
Pibil Tacos

Recharge yourself, with our delicious  
midday meals



## Lunch

# Pulled Jackfruit Pibil Tacos

Serve 2

Walk down any Mexican street and you'll be enthralled with the sights and smells of their street food. Like this dish, a plant-based take on one of Mexico's favourite tacos, filled with sweet spiced jackfruit.

- 1 565g tin of **jackfruit**
- 1 **orange**
- 1 **lime**
- 2 tbsp **olive oil**

### For the pibil marinade:

- 15g **achiote (pibil) paste sachet**
- 1 tsp **smoked paprika**
- 1 tsp **dried oregano**
- 16g **tomato paste sachet**
- 25g **agave nectar pot**
- 15ml **soy sauce sachet**

### To serve:

- 5g **fresh coriander**
- 140g **pickled red cabbage**
- 6 **corn tortilla wraps**
- 15g **crispy fried onions**

- 1 Preheat the oven to 180°C/350°F/Gas 4.
- 2 Combine the achiote paste, smoked paprika, oregano, tomato paste, agave, soy sauce, juice of the orange, juice of ½ lime and 2 tbsp olive oil in a large bowl and give everything a good mix up — this is your pibil marinade.
- 3 Drain the jackfruit and tear into small bite-sized pieces.
- 4 Add the torn jackfruit to the pibil marinade and give everything a good mix up.
- 5 Heat a large, wide-based pan (preferably non-stick) over a medium heat.
- 6 Once hot, add the marinated jackfruit and cook for 7-8 min, breaking up with a wooden spoon as you go — this is your pulled jackfruit.
- 7 Chop the coriander finely.
- 8 Add the corn tortillas to a baking tray.
- 9 Put the tray in the oven for 2-3 min or until warmed through.
- 10 Cut the remaining lime into wedges.
- 11 Top the warmed tortillas with the pulled jackfruit and pickled red cabbage.
- 12 Garnish with the chopped coriander, fried onions and a lime wedge.

### Per serving (594g)

**Calories:** 720, **Carbohydrates:** 128g, **Sugars:** 6.1g, **Protein:** 13g, **Salt:** 4.3g, **Fat:** 21g, **Saturates:** 4.3g



Recipes and images from:  
Gusto's new Flavours of Mexico range, [gusto.co.uk](https://gusto.co.uk)





## Spring Ratatouille

*Serves 4 as a side*

A traditional French dish, ratatouille is packed full of vegetables, and goes perfectly with bulgur wheat or quinoa. It's a great way to get in a fair number of your five-a-day in one sitting.

- 1 bunch **asparagus**, ends trimmed
- Juice of 1 **lemon**
- 4 **artichokes**
- 200g (7oz) **baby courgettes**
- 200g (7oz) **cherry tomatoes**
- 60ml (¼ cup) **extra virgin olive oil**
- 1 **small red onion**, cut into thin wedges
- 300g (10.5oz) **new potatoes**, scrubbed and halved
- **Salt**, to taste
- 40g (¼ cup) coarsely chopped **salted peanuts**
- Handful of **basil leaves**

- 1 Peel the asparagus stalks with a vegetable peeler and slice them on an angle.
- 2 Fill a large bowl with cool water and add the lemon juice. Trim the artichokes, cut them into wedges, and cut the fuzzy choke from the centre, dropping the wedges into the bowl of lemon water as you go (this prevents them from browning).
- 3 Wash the courgettes and slice them thickly on an angle. Prick the tomatoes with the tip of a small knife.
- 4 In a large saucepan, heat the olive oil over medium heat. Add the onion and potatoes and cook for 2 to 3 minutes to let the flavour develop, then add 200ml of boiling water. Season with salt and cook for another 10 minutes. Drain the artichokes and add them to the pot. Add the tomatoes and cook for 6 to 7 minutes.
- 5 Add the courgettes and asparagus then season with salt. Cover and cook for another 5 minutes, then turn off the heat.
- 6 Sprinkle with the peanuts and basil, then serve.

**Per serving (388g)**

**Calories:** 329, **Carbohydrates:** 33g,

**Sugars:** 5.7g, **Protein:** 11g, **Salt:** 0.55g,

**Fat:** 20g, **Saturates:** 3g

### Top Tip:

To make this a main dish, serve it over a bed of bulgur wheat. Rinse 200g bulgur wheat with cold water and put it in a medium saucepan. Add 750ml water, salt the water, and bring to a boil, then reduce the heat to maintain a simmer and cook for 10 minutes. Turn off the heat and let rest for another 10 minutes before serving.



Extracted from:  
**The Vegetarian Silver Spoon**,  
by The Silver Spoon kitchen  
(Phaidon, phaidon.com, £35)



## Lunch

# Sweet Potato Quinoa Salad

Serves 4

This dish is a delicious, healthy meal that combines sweet potatoes, beetroot and walnuts — ideal for an on-the-go lunch

### For the salad:

- 1 clove of **garlic**
- 2 sprigs of **thyme**
- 400g (14oz) **fresh beetroot**
- 4 ½ tbsp **olive oil**
- 1 tbsp **Canadian maple syrup**
- **Salt** and **freshly ground pepper**, to taste
- 600g **US sweet potatoes** (orange-coloured sweet potatoes)
- 75g (2.6oz) **quinoa**
- 2 mini **Romaine lettuce**

- 200g (7oz) **vegan feta cheese**
- 200g (7oz) **small cherry tomatoes**
- 30g (1.05oz) **Californian walnuts**
- 2 **small fennel**

### For the dressing:

- 1 **orange**
- 1 ½ tbsp **balsamic vinegar**
- 1 tbsp **Canadian maple syrup**
- **Salt** and **freshly ground pepper**, to taste

1 Preheat oven to 200°C/400°F/Gas 6. Peel garlic and cut into slices. Peel the beetroot and cut into 2x2cm cubes and mix with 2 tablespoons of the olive oil, maple syrup, garlic and thyme then season with salt and pepper. Place the beetroot mixture on a baking tray lined with baking paper and cook in the oven for approx. 35 minutes.

2 Peel and wash sweet potatoes, cut into 2x2cm cubes, mix with 1 tbsp oil then place on the baking tray and cook for approx. 15-20 minutes.

3 Prepare the quinoa according to the instructions on the packet. Cut the lettuce into strips, wash and dry. Cut vegan feta into cubes, put into a small casserole dish, drizzle with 1 tablespoon of olive oil and put into the oven for about 5-10 minutes. Meanwhile, wash and halve the cherry tomatoes.

4 Coarsely chop the walnuts, roast in a small non-stick pan until golden brown and put aside. Clean and halve the fennel, remove the stalk and cut into strips. Fry in the remaining heated oil for about 5 minutes.

5 For the dressing, halve and squeeze the orange. Purée the juice with the vinegar, 1 tablespoon of the cooked sweet potato cubes and maple syrup then season with salt and pepper.

6 Arrange the salad ingredients decoratively in large salad bowls and drizzle with the dressing. Sprinkle with vegan feta cubes and walnuts and serve.

### Per serving (879g)

**Calories:** 734, **Carbohydrates:** 97g, **Sugars:** 30g, **Protein:** 15g, **Salt:** 1.6g, **Fat:** 35g, **Saturates:** 13g

Recipes and images from:

American Sweet Potatoes, [americansweetpotato.org](http://americansweetpotato.org)



# Asian Cucumber & Tenderstem® Broccoli Salad

Serves 4

This salad is a lesson in simple yet delicious flavours — combining fresh greens with a zingy dressing, it can be ready in 10 minutes and is sure to bring a new lease of life to your lunches.

### For the salad:

- 1 **large cucumber**
- 200g (7.5oz) **Tenderstem® broccoli**, cut in half lengthways
- 1 **red onion**, thinly sliced
- 2 **spring onions** thinly sliced
- **Small handful coriander**, chopped
- **Sea salt**

### For the dressing:

- 3 tbsp **mirin**
- 3 tbsp **rice wine vinegar**
- 1 tbsp **sesame oil**
- 1 tsp **sugar** or to taste
- 1 tsp **chilli flakes** or to taste
- 3 tbsp **toasted sesame seeds**
- **Sea salt** and **pepper**

1 Either using a mandolin or a vegetable knife, thinly slice the cucumber lengthways. Place in a sieve and sprinkle with sea salt to draw some of the liquid out of the cucumber. Pat dry after 5 minutes.

2 Steam the Tenderstem® broccoli for 3-4 minutes.

3 Mix all the dressing ingredients together and season with salt and pepper.

4 Combine the cucumber and Tenderstem® broccoli with the red onion, spring onions and coriander. Toss with the dressing and serve.

### Per serving (198g)

**Calories:** 109, **Carbohydrates:** 12g, **Sugars:** 4.6g, **Protein:** 3.7g, **Salt:** 0.16g, **Fat:** 4.5g, **Saturates:** 0.7g

Recipes and images from:

Tenderstem® broccoli, [tenderstem.co.uk](http://tenderstem.co.uk)



# Tenderstem®, Cashew & Tofu Stir Fry

Serves 4

Quick to make, packed full of healthy veg and full of flavour, this stir-fry is sure to become a go-to recipe. Served with basmati rice it makes a satisfying meal that'll keep your belly full.

- 1 **red onion**, roughly chopped
- 1 **garlic clove**, finely sliced
- 5cm **fresh root ginger**, peeled and finely chopped
- ¼ **hot red chilli** (ideally **Scotch Bonnet**), deseeded and finely chopped
- Juice of 2 **limes**
- 2 tbsp **soy sauce**
- 250g **firm tofu**, cut into 2cm dice
- 1 tbsp **sunflower oil**
- 200g (7oz) pack of **Tenderstem®** cut into 2cm diagonal slices

- 100g (3.5oz) **cashew nuts**
- **Salt** and **pepper**, to taste
- **Fresh coriander leaves**, to garnish
- 600g (21oz) cooked **basmati rice**, to serve

- 1 Mix the onion, garlic, ginger, chilli, lime juice and soy sauce in a medium sized, non-metallic container. Add the tofu and gently stir to cover with the marinade; don't be too vigorous or you'll break it up. If you have time, you can marinate the tofu for an hour before cooking or ideally overnight, but this is not essential.
- 2 Take the tofu out of the marinade. Drain off the liquid and reserve.
- 3 Heat the oil in a wok over a high heat. Add the onion, garlic, chilli, and ginger from the marinade to the pan and

stir-fry for a couple of minutes. Add the Tenderstem® broccoli and continue to cook for a couple of minutes more. Tip in the nuts and fry until they are patched with brown. Now, add the tofu and very gently stir it in. Pour in the liquid from the marinade along with 200ml water. Reduce the heat, cover and cook gently for 2 minutes or until everything is heated through.

4 Serve with the rice and coriander..

## Per serving (357g)

**Calories:** 437, **Carbohydrates:** 54g, **Sugars:** 3.6g, **Protein:** 18g, **Salt:** 2.7g, **Fat:** 19g, **Saturates:** 3.3g

Recipe and image from:  
Tenderstem® broccoli, [tenderstem.co.uk](http://tenderstem.co.uk)





# Tomato & 'Tuna' Bruschetta

Makes 6 bruschetta

Try this 'fishy' twist on bruschetta, using Good Catch's herby vegan tuna. With the addition of pesto and punchy red onion, it is super satisfying on the palette.

- 6 slices of **ciabatta bread**
- 3 **medium-sized ripe tomatoes**, deseeded and roughly chopped
- ½ **small red onion**, finely chopped
- 1 pack **Good Catch Oil & Herbs plant-based tuna**
- 6 tbsp **vegan pesto**
- 1 tbsp **extra virgin olive oil**
- **Salt** and **pepper**, to taste
- **Fresh basil leaves**, to garnish (optional)

1 Toast the ciabatta on a griddle pan or under a hot grill until golden brown and slightly charred around the edges.

2 Season the tomatoes with plenty of salt and freshly milled black pepper. Stir through the red onion. Drizzle with the extra virgin olive oil.

3 Spread the toast with the pesto and top with the tomatoes and Good Catch plant-based tuna. Garnish with basil to serve.

## Per serving (135g)

**Calories:** 227, **Carbohydrates:** 21g,

**Sugars:** 2.8g, **Protein:** 9.2g,

**Salt:** 0.69g, **Fat:** 13g, **Saturates:** 2.6g











## Quorn Vegan Chicken Free Slices Bagel

Serves 1

Keep it simple at lunchtime, with a classic no-chicken bagel, using Quorn's Vegan Chicken Free Slices. With a spread of cream cheese and a handful of salad leaves, it's a truly satisfying and easy-to-prepare meal.

- 3 Slices **Quorn Vegan Chicken Free Slices**
- 1 **bagel** of choice
- 1 tbsp **vegan cream cheese**
- Handful of **salad leaves** of your choice
- Handful of **cress**
- **Salt** and **pepper**, to season

- 1 Toast the bagel.
- 2 Spread with the cream cheese and place the vegan slices, salad leaves and cress on top.
- 3 Season with salt and pepper, to taste.

### Per serving (213g)

**Calories:** 363, **Carbohydrates:** 49g, **Sugars:** 6.9g, **Protein:** 21g, **Salt:** 2.6g, **Fat:** 7.4g, **Saturates:** 0g



## Peanut Butter & Coconut Cookies

Makes 24 cookies

With ingredients like chickpeas and peanut butter these cookies are high in the protein, mono and poly-unsaturated fats, iron and zinc. They are also great for little hands to grab, so suitable for younger babies, too. For older children (or even just for you), stir in a handful or two of dark chocolate chunks and make half a batch without chocolate and half a batch with.

- 1 400g (14oz) tin of **chickpeas**, drained and rinsed
- 1 **banana**
- 8 tbsp **peanut butter**
- 4 tbsp **desiccated coconut** (plus more to decorate)
- 2 tbsp **coconut oil**, melted
- 2 tbsp **plant-based milk** of your choice

- 1 Preheat the oven to 180°C/350°F/Gas 4 and line a baking tray with baking parchment.
- 2 Put all the ingredients in a blender and blend until the mix is smooth. Spoon the mixture onto the baking parchment (you need around 1 ½ tbsp per cookie, to make 24).
- 3 Use a fork to flatten and shape each cookie (they don't spread when cooking so try to get them to the shape you want now).
- 4 Sprinkle a little more desiccated coconut on top. Bake for about 30 minutes until the cookies are crisp and golden on top.
- 5 The cookies are best (and crunchiest) when they are first cooked. They go softer as you leave them.
- 6 They'll keep for 2-3 days in an airtight container.

### Per serving (30g)

**Calories:** 112, **Carbohydrates:** 6.4g, **Sugars:** 2.3g, **Protein:** 3.9g, **Salt:** 0.08g, **Fat:** 8.6g, **Saturates:** 2.4g







## Tiba Tempeh TLT

Serves 3

What's better than a TLT sandwich? The tasty combo of tempeh, lettuce and tomato works well to give bite, crunch and flavour.

### Marinade ingredients:

- 2 tbsp **tamari** or **soy sauce**
- 1 tbsp **apple cider vinegar**
- **Lettuce**
- 1 tbsp **tomato purée**
- 1 tbsp **maple syrup** or **agave**
- 1 tsp **smoked paprika**
- 2 tbsp **oil**
- 2 **garlic cloves**, finely chopped

### Sandwich ingredients:

- **Tiba Tempeh Traditional Block** 200g
- Thick and fluffy **bread**, sliced
- **Tomato**, sliced
- **Lettuce**
- **Ketchup, brown sauce** or **mayo** (your choice)

- 1 Mix the marinade ingredients in a large bowl.
- 2 Slice the tempeh into thin strips.
- 3 Marinate the tempeh slices for at least 5 mins (the longer you leave them, the deeper the flavour).
- 4 Heat 2 tbsp oil in a frying pan and add the marinated tempeh, frying each side for 3 minutes until nice and crispy.
- 5 Build your scrumptious sandwich with your smoky tempeh 'bacon' and your remaining ingredients.

### Per serving (151g)

**Calories:** 339, **Carbohydrates:** 32g, **Sugars:** 7.3g, **Protein:** 18g, **Salt:** 2g, **Fat:** 17g, **Saturates:** 3.1g

Recipes and images from:  
Tiba Tempeh, [tibatempeh.com](http://tibatempeh.com)



Lunch

### Top Tip:

If you dip the slices of apple in lemon juice before you lay them on the top it will prevent them from browning in the oven.

## Pink Lady® Oaty Bars

Makes 12

These Pink Lady® oaty bars make a delicious and healthy mid-day snack or after lunch treat — they're packed with goodness from wholemeal flour, oats, nuts, flaxseed and Pink Lady® apples, and will keep you going until dinner time!

### Bar dry ingredients:

- 200g (1 cup 2 tbsp) **coconut sugar**
- 180g (1¼ cup) **wholemeal flour**
- 150g (1 ⅔ cup) **oats**
- 60g (⅓ cup) **raisins**
- 3 tbsp **ground flaxseed**
- 1 tsp **bicarbonate of soda**
- 1 tsp **cinnamon**
- ½ tsp **salt**

- 300g (10.5 oz) **vegan yoghurt**
- 100ml **almond milk**
- 2 **Pink Lady® apples**, finely chopped

### For the topping:

- 2 **Pink Lady® apples**
- 50g (1.76oz) **pecan nuts**, finely chopped
- 50g (1.76oz) **flour**
- 2 tbsp **maple syrup**

### Bar wet ingredients:

- 1 tsp **vanilla extract**

- 1 Preheat the oven to 180°C/350°F/Gas 4 and line a 34 x 24 cm baking tin with greaseproof paper overlapping two of the sides so you can use the paper to lift the cake out of the tin.
- 2 In a large bowl mix together all the dry ingredients including the raisins. Make a well in the middle and add the almond milk, yoghurt, vanilla and chopped apple. Mix well and then pour into the baking tin, smoothing the top.
- 3 Finely slice the two apples for the topping and layer on top of the mixture. Overlap slices of the apple and lay some diagonally and some vertically so that you create a nice pattern.
- 4 To make the crumble, mix together the chopped pecan nuts, flour and maple syrup. It should be lumpy. Scatter this over the top, leaving some slices of apple uncovered.
- 5 Bake for 30 minutes or until a skewer inserted in the middle comes out clean. Then cool in the tin for a few minutes before transferring to a wire rack to finish cooling.
- 6 Cut into 12 squares before serving.

### Per serving (157g)

**Calories:** 281, **Carbohydrates:** 54g, **Sugars:** 24g, **Protein:** 6.4g, **Salt:** 0.72g, **Fat:** 5.7g, **Saturates:** 0.6g

Recipes and images from:  
Pink Lady apples®, [pinkladyapples.co.uk](http://pinkladyapples.co.uk)





# Conscious shopping for a kinder world

From steak-eater to passionate vegan business owner, Natasha Tyler, founder of The Kind Store, talks about why she set up the sustainable, vegan online retailer

I've been vegan for five years now and it's actually all down to my boyfriend, Jason. He had turned vegetarian about six months before my own awakening, after watching various graphic videos showing the inhumane treatment of farmed animals. Following his transition, I watched a fair few, and they all just brought me to tears! Not long after then, I distinctly remember cooking steak for myself at home whilst Jason was there — he was eating something from Quorn (at the time one of the only options in the supermarket) and suddenly, the steak just smelt like cooked flesh and I couldn't eat it. It was like a lightbulb had been turned on and it was so obviously a dead animal on my plate.

I'm definitely a big believer in voting with my wallet, so I just thought, 'I'm no longer going to buy or eat meat, because

I don't agree with killing animals and I definitely couldn't kill any myself'. It actually coincided with New Year, so on January 1<sup>st</sup> 2013, I went vegetarian and two (ish) years later, Jason and I both became vegan.

## Ethical shopping

Just a couple of years ago it was difficult to find vegan food, let alone vegan, sustainable and cruelty-free toiletries and skincare, so I had the idea to create the store that I wished existed. In 2018, I launched The Kind Store, an entirely vegan business that provides plant-based and low-waste alternatives to everyday essentials like deodorants, skincare and make up. My aim is to help consumers make kinder choices by hand-picking a curated selection of essential items that have been tried and tested by myself,

and selected because they put people, planet and animals first. By providing a range of products all in one place, it makes shopping for ethical products so much easier for everyone, whether you are vegan or not. Since launching, I hope I have helped other people by making it more convenient to find products that align with their morals.

Before founding the website, I didn't actually do any market research to quantify how many potential customers there would be. I knew there were plenty of vegans and it was, at the time, steadily increasing, but I felt it would only grow and in 2018 and 2019 veganism really became mainstream. I probably shouldn't admit it, but I didn't even have a business plan! I just had an idea to set up the store and ran with it. I didn't know if it would take off and for the first six months the



sales were slow as word spread, but as Christmas approached in 2018, it really kicked off and it's been growing ever since. For the first nine months, I reinvested every penny in expanding our stock and I still work full-time alongside running the shop. I'm sure if I had a business plan, marketing strategy (and the finances behind it), we could have grown much bigger by now, but I like that it's growing organically — I know my customers and love that the store is a small independent business.

Knowing that every purchase made could result in a vegan product being sold instead of a non-vegan one is the overarching reason why I keep doing what I do. The demand for plant-based and sustainable products is growing, and it's so exciting to see more and more people making conscious decisions regarding what they buy in other aspects of their lives as well, such as what they wear or where they go on holiday. I hope The Kind Store will become 'the place' to go for vegan essential items that are sustainably-sourced and packaged, too.

### Zero-waste living

I consider the whole life cycle of the product, as recently I have taken steps to live a lower waste and less consuming lifestyle to help look after the planet, which I think, for many other people, is a knock-on effect after becoming vegan.

At the same time, I'd switched to buying organic and local veg in minimal plastic packaging, but was failing to reduce my waste in the bathroom.

I can remember buying natural beauty products online from a reputable store, which I had specifically chosen as they were reusable cloths for removing make-up and a cleanser in a glass bottle, but when delivered they came to me in plastic upon plastic packaging and I just thought, if I am having the same problem, there must be other people on the same journey as me also struggling.

Living and promoting a sustainable lifestyle is important to me. Whenever I purchase something, I think, is there a more sustainable option? Of course, I'm not perfect and living-zero waste is plant-based difficult and different for everyone, but we can all tweak and improve certain aspects where practical. By 2050, we need to reach net zero emissions to keep global warming at +1.5C and as individuals, we need to stop buying 'stuff', which in turn will result in less waste.

As a store, I place a huge importance on being zero-waste as I am supplying products to consumers who then have to dispose of the product. I feel I have a responsibility to provide a better and kinder alternative to what is currently available.

I firstly encourage consumers to buy less and buy better. I have considered every action I make as a business, from product packaging, postage labels and customer receipts, so that we can become a 100 per cent zero-waste business. I'm nearly there, however as a small company, I cannot afford to implement innovative ways of doing things and invest in new shipping materials or

transport infrastructure. We have to fit into an existing online retail model, but make each action as sustainable and zero-waste as possible.

### Helping others

We also give back — by donating 10 per cent of profits to Tower Hill Animal Sanctuary in Essex. The sanctuary is fairly close and I've visited several times. The Kind Store also arranged volunteer days where customers came along to help out with much-needed chores at the sanctuary. Other recent campaigns have included donating menstrual cups to women in need for every purchase of my Plastic Free Period Box and a reverse advent, where I've donated 24 essential toiletry items to my local food bank at Christmas. I'm hoping to arrange a tree planting day out soon, too.

None of this would be possible without my customers — who generally fall into two camps. Vegan, like myself, who primarily source products for their vegan and cruelty-free credentials — surprisingly they only account for approximately 25 per cent of customers. The remaining 75 per cent shop at The Kind Store as they are looking to shop more consciously for the planet, whether it's for organic ingredients, plastic-free packaging or locally handmade items. They may or may not be vegan or even vegetarian, but they are still taking steps to be ethical.

For more from Natasha, head to [thekindstoreonline.co.uk](https://thekindstoreonline.co.uk) ■





# Have a healthy vegan pregnancy

Dietitian Yvonne O'Halloran explains what foods and vitamins to consume and what to avoid when you're expecting



**P**regnancy is an amazing time and puts your body through some incredible changes in just a few short months. It is also a critical period for women to be as healthy as possible, since they are busy growing a little human. A wholefood, plant-based diet is an excellent choice for Mum and her developing baby. It can help women avoid some nasty symptoms that other omnivorous mums may experience, like constipation, blood sugar issues (gestational diabetes) excess weight gain and hypertension.

According to the American and Australian Dietetic Association, well-planned vegan diets are safe through all life stages, including pregnancy. If you start with proper planning and a little nutritional knowledge, it's easy to achieve all the required intakes throughout pregnancy. The most important nutrients during pregnancy include iron, folate, zinc, protein, B12, calcium vitamin D and omega-3 fatty acids. You have no extra calorie requirements in the first trimester, however, by the second, you need an extra 340 calories per day, and in the final trimester you require 452 extra calories per day. So, technically the old saying

eating for two is correct, but remember, it's yourself and a tiny developing baby!

## How to gain appropriate weight

A wholefood, vegan diet is very nutritionally dense, which is excellent for a growing baby. It's also easy to add extra calories to your diet without choosing the unhealthy high-fat foods (especially unhealthy saturated fats and trans fats). Adding nuts, seeds, nut pastes, legumes, dried fruit, avocados and plant milks whilst trying to stay away from takeaway foods, fried foods and pastries as much as possible is a great way to achieve this.

In the first trimester, expect to gain about 1-2 kg, and in the second and third trimester, 300g-500g per week, depending on what your pre-pregnancy BMI was. Overall, if you were in the healthy BMI range pre-pregnancy, you should gain between 11.5-16kg (or 25-35 pounds) throughout your whole pregnancy.

Don't obsess over your weight gain in pregnancy. Once you are eating a variety of whole plant foods, avoiding pastries and fast foods and eating a varied, balanced diet, and your healthcare provider is happy with your progress, you don't need to worry. Some will gain a

little more and some a little less. Just eat healthy and hydrate with water.

## Nutritional requirements

During pregnancy, we have some increased nutritional requirements. It is important we focus on consuming a wide variety of foods and limiting junk food to nourish our growing baby.

**Calcium:** Calcium requirements remain the same during pregnancy as they were before. However, it is important that you meet the requirements of 1000mg (aged 19-50 years), otherwise calcium is leeched from your bones to provide for your growing baby. Your child won't suffer, but you will! Calcium absorption from plant foods is superior compared with dairy products. In fact, women who drink three or more glasses of milk per day had a 60 per cent increased risk of developing a hip fracture! Milk also contains hormones, growth factors and, in some cases, antibiotics and is not recommended in pregnancy. Including foods such as calcium-set tofu, soybeans, dark green leafy vegetables, bok choy, broccoli, figs, tahini, almond butter, calcium-enriched plant milks, cereals and juices will ensure



you reach your recommended daily intake (RDI) of calcium, daily.

**Folate:** Folate (or folic acid) prevents neural tube defects and serves other important functions. Your requirements go from 400mcg per day up to 600mcg daily during pregnancy. Consume foods such as leafy greens (Brussels sprouts, broccoli, celery, bok choy, asparagus) and legumes, like beans, peas and lentils. It's also important that women of childbearing age take a supplement containing folate, as the spine forms very early in pregnancy and usually before Mum even knows she is pregnant. Taking a 400-600mcg supplement daily in the form of folinic acid or 5-methyl folate (5-MTHF) makes it easier for the body to break down instead of the synthetic form of folic acid that many women cannot break down. This can lead to midline defects in the child if the mother is unable to break down and absorb it effectively.

**Essential Fatty Acids:** Alpha-linolenic (ALA) acid is an essential fatty acid and an important component of our diet. ALA converts into omega-3 fatty acids in the body (both DHA and EPA). The requirement for ALA increases from 1.1g per day pre-pregnancy to 1.4g during pregnancy. Flaxseeds and flaxmeal contain ALA along with foods such as walnuts, soybeans and canola and flaxseed oils. It's also important to note you should not consume too much omega-6 fatty acids (found in vegetable oils — corn, safflower, sesame and sunflower oils), as too much omega-6 affects the conversion of ALA to DHA. Omega-6 are also found in lesser amounts in seeds, nuts, grains, legumes and leafy greens, so you don't need to worry about these. Therefore, it is best to limit your intake of oils and take a marine algae supplement during pregnancy, to ensure appropriate amounts of healthy fats.

**Iron:** Iron requirements during pregnancy increase a lot, due to the demands on Mum's body to grow a placenta that will nourish her baby and maintain increased maternal blood volume. Requirements go from 18mg per day pre-pregnancy to 27mg/day during. Vegans should take special care to eat plenty of iron-rich foods, like legumes, grains, nuts and seeds, fortified cereals, blackstrap molasses, dark green vegetables and dried fruit. Including vitamin C rich foods

at the same time increases absorption. The iron in plant-based foods is not as easily taken up by the body as the iron from animal foods, so you should cook them, soak them, or eat them with foods high in vitamin C to increase absorption. Most women will take a multivitamin containing iron during their pregnancy to ensure they are having adequate intakes. Iron supplements should be taken a different time than tea, coffee or calcium supplements as these compete for absorption. Many women will need the help of iron supplementation during pregnancy to maintain levels — speak to your healthcare provider.

**Protein:** Generally, women require about 46g of protein per day. This increases by about 25g during pregnancy! That brings your requirements to 71g per day in the second and third trimesters. Great plant-based protein sources include whole-grains, legumes, peas, brown rice, quinoa, hemp seeds, flaxmeal, tofu, seitan, edamame and nuts and seeds.

**Vitamin B12:** Your B12 requirements rise slightly in pregnancy from 2.4mcg to 2.6mcg. You will find B12 in fortified foods such as meat substitutes, fortified plant milks and cereals and nutritional yeast. B12 supplementation is essential for vegans and particularly during a vegan pregnancy to ensure the healthy development and growth of your baby. Generally, a 500mcg spray daily will be sufficient (cyanocobalamin is the most widely studied, but methylcobalamin is also okay).

**Vitamin D:** Your requirements for this vitamin remain unchanged during pregnancy, however, you must ensure you are getting adequate sunlight, so you can be sure you are absorbing enough. It is recommended you get 5-15 minutes of sunlight daily on the hands, face and arms between 10am-3pm. If you are pregnant during winter months, or are not getting enough sun exposure, your multivitamin should supply you with adequate amounts (5mcg). Otherwise you can take a vegan-friendly supplement.

**Zinc:** Your requirements for zinc increase from 8mg/day to 11mg/day during pregnancy and may be even higher on a vegan diet (zinc is not as well absorbed on a plant-based diet). Include food sources such as wholegrain cereals, nuts

and legumes and, if you are on a prenatal, it will contain zinc, too.

**Vitamin B6:** This B vitamin is important in pregnancy as it's crucial for the healthy function of the brain and nervous system. Your B6 requirements increase from 1.3mg per day up to 1.9mg per day during pregnancy. It is best you obtain your B6 from food sources and there will likely be a small amount in your prenatal (unless you are suffering with severe morning sickness your doctor may prescribe a B6 supplement). Include food sources like sunflower seeds, walnuts, flaxmeal, peanuts, cashews, hazelnuts, dried fruit such as prunes, raisins and apricots, bananas, avocados, sweet potato and spinach.

## Gestational Diabetes

Gestational Diabetes (GD) is a form of diabetes women develop during pregnancy. The placenta makes hormones that can lead to a buildup of glucose in your blood during pregnancy. In most cases, your pancreas can make enough insulin to handle this increased glucose, but in some cases it cannot. Eggs and cholesterol are associated with GD risk according to two studies referenced in the American journal of Epidemiology. Women who had seven or more eggs per week had a 77 per cent increased risk in one study and 165 per cent increased risk of developing GD in the second study compared to women with those who consumed the least. It is thought that it's the cholesterol contained in eggs that contribute to diabetes risk, as high-fat diets can increase blood sugar levels and raise insulin resistance. To avoid GD, limit saturated fat, exercise daily, and eat a whole food plant-based diet as much as possible.

Find Yvonne on Facebook at  
[@livingveganofficial](https://www.facebook.com/livingveganofficial) ■









# Mirror Mirror on the wall

**Is your beauty regime the kindest of them all?**

**C**an you look at yourself and say that every product that has been used in your body, hair and skincare routine, is cruelty-free and vegan? If yes, then well done — it can be so difficult to filter through the long ingredients lists on the backs of products, although it is getting better. More and more beauty brands and products are making it easier for us to recognise that they are vegan, with new logos and labelling, and more non-vegan companies are changing to become completely animal-free, too. For example, at the end of 2019 MUA made the decision to transform to a fully-vegan cosmetics brand, and since then, have gone from strength to strength, proving that you don't need animal products to succeed in the beauty business. Over the next few pages, we give you the low-down on the industry, and round up the products and brands you can rely on to take care of yourself without harming a single creature.





# What's *lurking* in your favourite moisturiser?

We take a closer look at the beauty industry

**A**n ugly secret is contained inside many of the world's most popular skin and haircare products — animal-cruelty. From horrendous forms of live testing to the acquirement and use of ingredients like collagen (made from tissue, bone and skin), innocent beings are abused just so that we might buy a new face cream or hair dye. But there is another way — vegan beauty, which is growing in favour year on year, with plant-based brand MUA reporting that in 2018 alone, sales increased by 38 per cent. And, equally exciting, is that in 2019

Superdrug's own-brand vegan cosmetics saw a 750 per cent increase! This proves that people want to invest in animal-free products.

## What happens to animals?

Aside from harming innocent beings to obtain ingredients to put into things like face serum, tanning oils and hair masks, these items are often tested on animals to check toxicity, effectiveness and safety. Whilst the sale of animal-tested cosmetics is illegal in the UK and EU, brands can continue to test these products on animals outside of

Europe and sell them in other countries. So, UK companies can and do still profit from cruelty, only not inside the UK and EU. Many large emerging markets, like China and Japan, legally demand that beauty products and their ingredients are animal-tested to be sold into their country.

Generally, testing for beauty products include eye and skin irritation experiments — during these, chemicals are dripped into the eyes of rabbits, or rubbed onto their shaved, sensitive skin. Sentient creatures are also forced substances for weeks or months,



to check for signs of illness or specific health-related hazards, like cancer, as well as to establish the ‘lethal dose’ — the amount that must be ingested to cause death.

And so, the only way to be sure that you aren’t indirectly supporting animal testing is to continue to solely buy products from companies that you are certain do not test on animals at all.

However, that isn’t the end of it — whilst great progress has been made, ingredients used to make cosmetics can still be tested on animals in the UK and EU under REACH, the globe’s largest chemical testing programme. Animal right’s organisation, PETA (peta.org.uk), comments: ‘Regardless of the clear mandate from the public and international governments on this issue, the European Commission (EC) and the European Chemicals Agency (ECHA) are insisting on testing the chemicals used in cosmetics for which there’s a possibility of workforce exposure during manufacturing processes. This means that animals will, in fact, continue to suffer and die in tests for cosmetics ingredients.’

PETA continues: ‘We are determined to uphold the public’s opposition to cosmetics testing and support the advancement of innovative, humane testing methods by pushing the ECHA to fulfil the spirit of the law by never testing cosmetics ingredients on animals — no matter what the circumstances are.’

Want to help? We can all urge the EC and ECHA to maintain the ethical and moral values set out in the Cosmetics Regulation by signing PETA’s online action alert on their website.

## Are cruelty-free and vegan the same?

To be classed as vegan, a product must be completely without the exploitation of animals — from the ingredients that make it, to the way that it is tested and packaged. This differs from cruelty-free, which merely means that an item has not been tested on animals, although it may still contain animal-derived ingredients, causing hidden suffering. In an ideal world, we want all of the products in our beauty bag (and beyond!) to be produced without any harm to animals whatsoever.

## What is ‘greenwashing’?

Another term to add to the mix is ‘greenwashing’, which MUA describes as when ‘trending terminology (like ‘clean’, ‘organic’ and ‘vegan’) is used by brands in order to market their products to attract consumers’. Essentially, a company may market their product as ‘vegan’, despite it not actually being cruelty-free. So, how can we tell if a company is greenwashing, using terms like ‘organic’ to confuse ethical beauty buyers, or whether its products are genuinely vegan? MUA recommends the following: ‘To ensure you’re buying genuine vegan and cruelty-free products, it’s pivotal to look for industry-regulated logos. Keep an eye out for logos from PETA, the Leaping Bunny and The Vegan Society to ensure your products are cruelty-free and vegan. These logos also help brands ensure the clarity and consistency when marketing their products, so if a brand is worth trusting, it’ll come with proper labelling.’

## What ingredients should we look out for?

We’ve all been there — eyeing up a new shampoo we like the look of and happily spot the cruelty-free logo, but alas, there’s no clear vegan labelling. And so, we resort to going through the ingredients lists with a keen eye for animal derivatives. Typically, these lists are difficult to understand and many of the items on there are unheard of. To make it easier, here are the main nasties to avoid:

**Allantoin**  
**Amino acids**  
**Ambergris**  
**Arachidonic acid**  
**Bee pollen**  
**Beeswax**  
**Biotin/vitamin H**  
**Carmine**  
**Casein/caseinate**  
**Castor**  
**Cholesterol**  
**Collagen**  
**Elastin**  
**Emu oil**  
**Glycerine/glycerol**  
 (derived from plants and animals, so check which)  
**Guanine**  
**Honey**  
**Keratin**  
**Lanolin**  
**Linoleic acid**  
**Lpha-hydroxy acids**  
**Musk/oil**  
**N-acetyl glucosamine**  
**Nucleic acid**  
**Oleic acid**  
**Polypeptides**  
**Pristine**  
**Progesterone**  
**Royal jelly**  
**Silk/powder**  
**Squalene**  
**Sodium caseinate**  
**Steric acid**  
**Stearic acid**  
**Tallow**  
**Vitamin B factor** ■





# the Beauty edit



Eyeiko  
Yoga Waterproof  
Mascara  
£19, [eyeiko.co.uk](http://eyeiko.co.uk)



Cake Beauty  
The All Powderful Tinted  
Dry Shampoo Powder  
£14.99, [cakebeauty.com](http://cakebeauty.com)

## The vegan products you need on your radar this month



The Perfume Shop  
ME – EMPOWERED Eau  
de parfum  
From £14.99, [theperfumeshop.com](http://theperfumeshop.com)

Vitage  
Renewal Antioxidant Treatment Mask  
£24, [vitage.co.uk](http://vitage.co.uk)



Green People  
Gradual Tan Moisturiser  
£17.50, [greenpeople.co.uk](http://greenpeople.co.uk)



Hannah London MediSpa  
The Workout Mask  
Five masks £69, [hannahlondon.com](http://hannahlondon.com)



MONAT  
Unknot Detangler  
£30, [monatglobal.com/uk](http://monatglobal.com/uk)







**SKIN SAP/ENS**  
Facial Cleansing Gel  
£7.99, [skinsapiens.com](http://skinsapiens.com)

Yours Naturally Naturally Yours  
Ultra Mild Shampoo  
and Conditioner  
Each £10.19, [ynny.co.uk](http://ynny.co.uk)



CODE Beautiful  
Lip Intense Plumper  
£20, [code-beautiful.com](http://code-beautiful.com)

Noughty Haircare  
Care Taker Scalp  
Soothing Conditioner  
£6.99, [noughtyhaircare.co.uk](http://noughtyhaircare.co.uk)



Dr. Bronner's  
Peppermint Shaving Soap  
£10.49, [drbronner.com](http://drbronner.com)



Made For Life Organics  
Softening Body Oil  
£33, [madeforlifeorganics.com](http://madeforlifeorganics.com)

D'ALCHEMY  
Hydrating Dew Toner  
£34.50, [dalchemyskincare.uk](http://dalchemyskincare.uk)



Herbatint wins the Parisian award  
**Victoire de la Beauté 2017-2018**  
(Beauty hero 2017-2018)

A panel consisting of 70 female consumers tested and selected Herbatint as home haircolour\* product of the year 2017-2018 based on its quality and effectiveness.

\*(N and D tones)





# Delicious haircare

Heather Reier, founder of Cake Beauty, talks us through her vegan and cruelty-free brand



Since 2003, haircare company Cake Beauty has been creating and providing beauty-lovers with products that are big, bold and beautiful, and better still — vegan and cruelty-free. We talk to founder, Heather Reier, about why she loves hair and why natural is best.

## Why did you found Cake beauty?

Truly, I have always adored beauty. I love that it is so unique to each person, and how products, and specifically, those for hair, can transform how you feel about yourself, your confidence and even add a pep in your step — an instant mood booster.

Before creating Cake Beauty, there just wasn't anything on the market that was vegan and cruelty-free — and still fun and girly. I wanted to bring those two ideas together — happy and luxe meets vegan and cruelty-free.

At the time, so many hair and skincare products on the market contained several toxic chemicals and irritants that could be harmful to our overall health. I was determined to develop a luxurious haircare line without the hefty price tag that helped nourish, moisturise and take care of hair.

The first products were created in my kitchen and this is what inspired the overall DNA of the brand. I was inspired by the nostalgic and sensorial elements of the ingredients I was mixing — ingredients like decadent shea butter and sweet vanilla — and I knew customers would experience that same feeling each time they used the product.

The indulgent textures and scents inspired the name Cake Beauty.

## What are the company's core values?

Creating with 'heart' is important to me. We put pure authenticity and customer experience into everything we do, from ideas, to images, to words, to product development. My team and I personally test and play with every product and concept until it is exactly what we feel our Cake customer needs and expects from our brand.

## What are the most used animal-derived ingredients in beauty products, and why did you chose to boycott them?

Keratin and Collagen are the most common. We were able to use other ingredients that delivered what we wanted, which varies by product. It just felt like the right thing to do!

## How does Cake Beauty work to stop animal cruelty?

Contributing to stopping animal cruelty is something that is built into the Cake Beauty DNA for over 15 years. When we look at our customers — those in our 'Cakeland' community and at our retail channels — we see people who are vegan as much as those who are not. Throughout all of our communication from social media, to our website, to in-store advertising, our brand helps to amplify a message to all consumers — not only vegans — that you don't need to test on and use

animals to get products that are high-performance, luxurious and fun.

## Why are natural ingredients best?

Wherever possible, you should use natural things — they can be less abrasive. And really, natural is just so much more appealing from a sensorial perspective. Not only does it feel so great on the hair, skin and body, it enhances the usage experience in a really special way.

## What are your most popular products?

Our most popular product in the UK is The Smooth Move Moisture Melt Hair Mask. Followed by The Big Big Deal Thickening Volume Shampoo and then The Curl Whip Whipped Curl Mousse.

## Do you think it is feasible for all brands to transition to cruelty-free and vegan?

It's hard to say, since every company has their own circumstances that could act as a barrier or slow their transitioning to cruelty-free and vegan, which could include distribution in China who has different regulatory requirements than the UK. Some brands may already have products that are vegan, but have just not gone through the required certification processes to officially make the 'cruelty-free' and 'vegan' claims.

For more from Heather, head to [cakebeauty.com](https://cakebeauty.com), or follow [@cakebeautyuk](https://twitter.com/cakebeautyuk) ■





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# DIY beauty

**Want to know exactly what's going into your skin and haircare products? Have a go at making them yourself**

**R**eading the ingredients lists of products can take a long time and, quite frankly, it's a chore! Why not try your hand at making your own beauty staples instead? That way, you'll know what you're putting onto your face and hair and that no animals were harmed to make them, plus, it's way more enjoyable than reading packets and labels. Many house-hold ingredients can be used for simple and caring moisturisers or conditioners, so you don't need to spend out either.

## **Shea butter, avocado and essential oil moisturiser**

The sky's the limit when it comes to DIY moisturisers — this recipe features lavender and rosehip essential oils, but you can alter and add your favourites. In a bowl over a pan of gently simmering water, warm up one cup's worth of shea butter. Once the shea butter has softened, take the bowl out of the pan and mix in together with 2 tsp of avocado oil, and 2 tsp each of lavender and rosehip oil. Once the mixture has cooled

down, refrigerate until it turns solid and opaque. Finally, whip it for one minute, or until it's white and creamy, then decant it into a clean glass jar. Lavender essential oil is famed for its antiseptic and anti-inflammatory properties, which is great for reducing acne breakouts. Rosehip oil on the other hand, is rich in vitamin A — known to help to fight spots, as well as wrinkles, and it is also loved for its regenerative abilities. Avocado oil is packed with beta carotenes, proteins, lecithin, fatty acids, and vitamins A, D, and E, which are excellent at moisturising skin and increasing collagen production.

## **Banana and almond oil hair mask**

Almond oil has long been added to conditioners and moisturisers, owing to it being rich in nourishing vitamin E. Bananas help to both soften hair and protect its natural elasticity — especially great if you regularly colour your hair. To create a restorative mask for dry hair, mix 1 tsp almond oil with one mashed banana. Massage the mixture onto the

ends of your hair and leave it on for 30 minutes, before rinsing, then washing and conditioning hair as usual.

## **Coconut oil all-over moisture-booster**

You might be used to cooking with coconut oil, but you may not know that it also makes for a luxuriant body or hair moisturiser. It works well on its own rubbed onto dry skin (no need to wash off) or layered into hair — leave it on hair for a few hours or overnight, rinse it off, and say hello to rejuvenated locks. For an added hydration boost, mix it with a little agave before applying to hair.

## **Sugar body scrub**

You can make a deliciously smelling exfoliator by mixing together shea butter, cocoa butter, coconut oil, almond oil and vanilla essence. Combine just enough of the oils and butters to get a creamy, but not-too-runny consistency that binds together well, before stirring through one cup of unrefined sugar. Say goodbye to dead skin! ■



# Gaz dinner *Special*



Recipe  
p90

Tempeh Bacon  
Bagels

Make impressive evening meals, with vegan  
chef Gaz Oakley showing you the way



# Tempeh Bacon Bagels

Serve 2

Tempeh is one of the best vegan protein sources — try to find an organic version if you can. It is made from fermented soya beans, and because the whole bean is used, the protein content is high and the flavour is maximised. This quick 'bacon' glaze will take your tempeh to the next level.

- **Vegetable oil**, for frying
- 1 200g (7oz) block of **tempeh**, thinly sliced widthways
- 12 **cherry tomatoes**, on the vine

## For the sticky glaze:

- 2 tbsp **maple syrup**
- 2 drops of **liquid smoke** (optional)
- ¼ tsp **smoked paprika**
- 1 tbsp **soy sauce** or **tamari**

## To serve:

- 4 **wholemeal bagels**, toasted
- **Fresh spinach leaves**
- **Vegan cream cheese**
- **Tomato ketchup**
- Sprinkling of **mixed seeds**

- 1 Mix together the glaze ingredients in a small bowl.
- 2 Place a non-stick frying pan (skillet) over a medium heat. Add a little oil, followed by the tempeh slices. Cook the tempeh for 3 minutes on each side, brushing with the glaze on both sides.
- 3 Once the tempeh bacon is caramelised and sticky, remove from the pan and set the slices aside to crisp up.
- 4 Give the pan a quick wipe with kitchen paper before adding a touch more oil, then the cherry tomatoes. Just let them slightly blister in the pan for a couple of minutes.
- 5 Serve the tempeh bacon in toasted wholemeal bagels with the blistered tomatoes, some fresh spinach, vegan cream cheese, ketchup and a sprinkling of mixed seeds.



## Top Tip:

Liquid smoke is a great flavour enhancer. It adds a rich BBQ, smoky flavour to dishes.



All recipes extracted from:  
**PLANTS ONLY KITCHEN: Over 70 delicious, super simple, powerful & protein-packed recipes for busy people** by Gaz Oakley (Quadrille, £20) Photography by Peter O'Sullivan & Simon Smith





## Grilled Baby Gem Lettuce in Orange Sauce

Serves 4

Grilling adds a great charred BBQ-style taste to lettuce. The lovely hot citrus flavour of the orange sauce cuts through the sweetness of the lettuces and compliments them so well.

- 1 tbsp **olive oil**
- 4 **Baby Gem** lettuces, halved

### For the orange sauce:

- 360ml (1½ cups) **orange juice**
- Thumb-sized piece of **fresh ginger**, peeled and finely sliced
- 1 **red chilli**, finely sliced
- 3 tbsp **caster** (superfine) **sugar**

- 1 Add the sauce ingredients to a small saucepan placed over a low heat.
- 2 Let the sauce bubble away for around 15 minutes, stirring every now and then until it has a thick glaze-like consistency.
- 3 Meanwhile, preheat your griddle pan over a high heat and add the oil.
- 4 When hot, add the lettuces, cut-side down. Grill on both sides for 2 minutes. Try and get a few charred lines on them; it adds extra flavour.
- 5 To serve, place your grilled lettuce onto a tray or platter and drizzle over plenty of the orange glaze.
- 6 Any leftover glaze can be stored in your fridge in a sealed container for up to 3 weeks.

All recipes extracted from:

**PLANTS ONLY KITCHEN: Over 70 delicious, super simple, powerful & protein-packed recipes for busy people** by Gaz Oakley (Quadrille, £20)  
Photography by Peter O'Sullivan & Simon Smith



# Super Squash, Sage & Shitake Pasta

Serves 4

Sometimes, all you want is a big bowl of pasta heaped with veggies and cheese, and this squash and mushroom spaghetti dish fits the bill perfectly.

- 1 **butternut squash**, halved lengthwise, seeds removed
- 2 tbsp **olive oil**
- 400g (14oz) **whole-wheat pasta**
- 1 **onion**, roughly chopped
- 3 **garlic cloves**, peeled
- 1 **small red chilli**
- 4 **sun-dried tomatoes**
- 6 **fresh sage leaves**
- 8 **shiitake mushrooms**, finely sliced
- 1 tsp **smoked paprika**
- 2 tbsp **balsamic vinegar**
- **Sea salt** and **cracked black pepper**

## To garnish:

- **Crispy sage leaves** (optional)
- 4 tbsp **pumpkin seeds**
- **Vegan cheese**

- 1 Preheat your oven to 180°C/350°F/Gas 4.
- 2 Place the two halves of squash, cut side up onto a baking tray. Drizzle over a touch of oil and sprinkle over some seasoning then roast for about 55 minutes or until the squash is soft. Remove from the oven and allow to cool slightly.
- 3 Get your pasta cooking in a pan of salted boiling water according to the packet instructions. Scoop out the cooled butternut squash flesh, and place it in a bowl.
- 4 Add the onion, garlic, chilli, sun-dried tomatoes and sage to a blender and blitz until finely chopped. Alternatively, just finely slice everything by hand (blitzing is just that little bit faster!).
- 5 Place a large non-stick saucepan over a medium heat. When the pan is hot, add a touch of olive oil, followed by the onion mixture. Sauté with a sprinkling of salt for 3-4 minutes. This is where the sauce will develop a great base flavour.
- 6 Add the shiitake mushroom, and cook for another 3-4 minutes, getting them really lovely and golden and crisp... there's nothing worse than soggy mushrooms!
- 7 Deglaze the pan with the balsamic vinegar then add the squash flesh, paprika and 1 teaspoon black pepper. Cook for 4 minutes, letting the flavours mingle and getting some lovely colour on the squash. Add a small ladleful of pasta cooking water to make it slightly more saucy, then, add the cooked drained pasta. Mix everything together making sure your pasta is coated nicely.
- 8 To make crispy sage leaves for the garnish, simply fry them in a little olive oil for a couple of minutes until crispy.
- 9 To serve the pasta, sprinkle over some pumpkin seeds and add the crispy sage leaves to garnish. Top with some grated vegan cheese.

All recipes extracted from:

**PLANTS ONLY KITCHEN: Over 70 delicious, super simple, powerful & protein-packed recipes for busy people** by Gaz Oakley (Quadrille, £20)  
Photography by Peter O'Sullivan & Simon Smith









# Simple Chinese Curry

Makes 4 servings

This easy-to-make curry is a flavour explosion on the taste buds, brimming with chilli, ginger and Chinese five spice. The jackfruit and mushrooms absorb the flavours well, having you wanting to go back for seconds!

- **Vegetable oil**, for frying
- 2 **white onions**, cut into chunks
- 4 **garlic cloves**, minced
- 1 **red chilli**, finely sliced
- Thumb-sized piece of **fresh ginger**, peeled and finely chopped
- 3 tsp **curry powder**
- 3 tsp **Chinese five spice**
- 2 tsp **sea salt**
- 1 tsp **cracked black pepper**
- 1 **green (bell) pepper**, deseeded and diced
- 1 **carrot**, thinly sliced
- 250g (9oz) **mixed Asian mushrooms**
- 2 400g (14oz) tins **jackfruit**, drained and water squeezed out

- 1 litre (1¾ pints) **vegetable stock**
- 1 160ml (5½fl oz) tin **coconut cream**
- 2 tsp **lemongrass paste**
- 1 tbsp **miso paste**

## To serve:

- 4 **spring onions** (scallions), finely chopped
- 1 **red chilli**, finely chopped
- **Whole-wheat noodles**, cooked according to packet instructions

1 Place a large saucepan over a medium heat and add a touch of oil. When the pan is hot add the onion, garlic, chilli, ginger, curry powder, Chinese five spice, salt and pepper.

2 Fry the mixture for 2-3 minutes, stirring often, before adding the (bell) pepper, carrot, mushrooms and jackfruit. Keep frying for a further 5 minutes, getting the mushrooms nice and golden.

3 Deglaze the pan with the stock,

coconut cream, lemongrass and miso paste.

4 Pop a lid on, turn the heat down and let the curry bubble away for 30 minutes. Stir every now and then.

5 When the curry has thickened nicely it is ready to serve.

6 Sprinkle over the chopped spring onions (scallions) and chilli before serving with noodles.

All recipes extracted from:

**PLANTS ONLY KITCHEN: Over 70 delicious, super simple, powerful & protein-packed recipes for busy people** by Gaz Oakley (Quadrille, £20) Photography by Peter O'Sullivan & Simon Smith







## Seared Watermelon 'Tuna' Salad

Serves 4-6

This dish features the most exquisite tasting watermelon with a real texture of tuna. Make sure you get some caramelisation on the marinated 'tuna' before serving.

- 1 medium-sized **watermelon**, peeled then cut into 2.5-cm (1-in) thick steaks, approx. 6 x 4cm (2½ x 1½ in)
- 1 tbsp **sea salt**
- **Vegetable oil**, for frying

### For the marinade:

- 2 tsp **tahini**
- 6 tbsp **soy sauce** (or **tamari** for GF)
- 2 tbsp **rice vinegar**
- Juice ½ **lime**
- 1 tsp **dried chilli flakes**
- 1 **garlic clove**
- 1 tbsp **Sriracha sauce**
- Thumb-sized piece of **fresh ginger**, peeled
- 2 **spring onions** (scallions)
- 3 tbsp **sesame oil**

### For the salad:

- ½ **cucumber**, cut into batons
- 5 **spring onions** (scallions), finely sliced
- Handful of **sugar snap peas**, finely sliced lengthways
- 300g (10½oz) **rice noodles**, cooked according to the packet instructions
- Handful of **Thai basil leaves**

- 1 Preheat your oven to 180°C/350°F/Gas 4 and line a deep baking sheet with baking paper.
- 2 Put the watermelon steaks onto the baking sheet and lightly salt.
- 3 Place the watermelon into the oven for 1 hour.
- 4 Meanwhile, blitz the marinade ingredients together in a blender.
- 5 Once the watermelon is 'tender' remove it from the oven. It will shrink down and have a lovely deep red colour.
- 6 Pour the marinade over the cooked watermelon. Allow the watermelon

to cool, then place into the fridge to marinate for at least 2 hours.

7 Remove the watermelon from the fridge. Toss the salad ingredients together, adding a few tablespoons of the watermelon marinade.

8 Place a non-stick frying pan (skillet) over a high heat. Add a little oil, and then sear the marinated watermelon steaks for 2 minutes on each side.

9 Serve the watermelon, sliced, on a bed of the noodle salad.

All recipes extracted from:  
**PLANTS ONLY KITCHEN: Over 70 delicious, super simple, powerful & protein-packed recipes for busy people** by Gaz Oakley (Quadrille, £20) Photography by Peter O'Sullivan & Simon Smith







# Grow Your Own

## Piers Warren gives his tips on growing and drying runner and French beans

What would a veg garden or allotment be without a few rows of beans growing up canes? Although runner beans seem quintessentially British, French beans come in many different varieties including some heavy cropping dwarf ones — useful if you live in a very windy spot!

### Runner beans

Runner beans are climbing plants that are, actually, perennials, but are grown as annuals in cool, temperate climates.

### Recommended varieties

**Scarlet Emperor:** Early maturing with excellent flavour.

**Enorma Elite:** Crops over a long period.

**Lady Di:** Long stringless pods with a great taste.

Sow the large seeds in modules under cover in April and plant out in May/June when the risk of frost is over. Alternatively, they can be planted outside in June, directly where they are to grow. They like a rich compost with plenty of organic matter and will need a framework of canes to grow up.

Harvest the flat pods of runner beans regularly, whilst young and tender, leaving some on the plants to mature for collecting the beans for drying and sowing the following year. The pods will be ready to pick from July to September.

After picking, cut the strings from the sides of the pods, top and tail, slice diagonally and steam for a few minutes.

**Storage:** To freeze runner beans, trim the ends off and string the pods (if necessary). Slice into short lengths and blanch for 2 minutes before packing in freezer-friendly bags. To cook from frozen, boil for about 5 minutes.

They can also be dried by leaving the pods on the plants until they have turned yellow, then cut the plant at ground level and hang indoors to dry completely. When

the pods have become brittle, shell the beans and leave on trays for a few days, then store in a cool dry place in airtight containers. Soak the beans before cooking.

### French beans

There are numerous varieties of French beans available — both dwarf, forming compact bushes, and climbing. All will fruit prolifically, and routine harvesting of the young pods will keep you supplied for several months over the summer.

### Recommended varieties

**Slenderette:** Maincrop, a dwarf variety, pods freeze well.

**Royalty:** A dwarf variation that produces distinctive purple pods.

**Cobra:** A climber that produces long pale green pods.

### The following varieties are recommended for drying:

**Czar:** Large white butter beans.

**Pea Bean:** Interestingly coloured white/brown beans that some say resemble tiny killer whales!

**Barlotta Lingua di Fuoco:** Purple and white beans in beautiful red pods.

**Cannellino:** White beans, good for homemade baked beans.

A few plants sown early in the greenhouse will provide beans from June onwards, those planted outside will crop later in the summer and autumn. In any case, they can be started off in modules under cover then planted out when the risk of frost is over. Climbing varieties will need a framework of canes to grow up. They should wind themselves around the cane without the need for tying.

Young plants can be destroyed by pigeons, but are easily protected with netting or horticultural fleece made from plastic. Once the plants start winding up supports, this usually stops being a problem.

For fresh French beans, pick the pods while young and tender and eat as soon as possible after harvesting. Lightly steamed, they taste great in salads or as a side vegetable, or they can be added to stir-fries or curries. Let a number of plants continue to grow unharvested, to provide beans for drying later in the year (and a few for sowing next spring).

**Storage:** To freeze French beans, trim the ends off the pods and blanch for 2 minutes before packing in freezer-friendly bags. To cook from frozen, boil for about 5 minutes.

To prepare beans for drying, leave the pods on the plants until they have turned yellow. Cut the plant at ground level and hang indoors to dry completely. When the pods have become brittle, shell the beans and leave on trays for a few days, then store in a cool dry place in airtight containers. They will keep for several months and can be added to stews or made into casseroles or homemade baked beans. Soak the beans overnight before cooking. Drain, rinse and boil vigorously for 10 minutes, then simmer until tender. ■



Piers Warren is the co-author (with his daughter, Ella Bee Glendining) of ***The Vegan Cook & Gardener: Growing, Storing and Cooking Delicious Healthy Food all Year Round*** available from [shop.permaculture.co.uk](http://shop.permaculture.co.uk)





# Low-waste drinking

Oliver Coningham chooses sustainable beverages for May

Most of us are familiar with the term 'zero-waste' and have been adopting some of the principles of it into our daily lives. Carrying reusable water bottles and coffee cups has started to become second nature. Other household products have also become an easy switch, from bamboo toothbrushes to safety razors.

Slowly, the things we consume are also changing, with the reduction in the use of plastic being one of the key

motivations. Zero-waste shops seem to be becoming more and more common where plastic packaging is being replaced with customers bringing their own refillable containers.

Awareness of the impact of plastic bottles has reached public consciousness with the majority of consumers opting for either glass bottles or aluminium cans, which are infinitely recyclable. It's estimated that nearly 75 per cent of all the aluminium ever produced is still in use today! It's worth remembering you

can recycle the metal caps of your glass bottles, too.

This month's selection of drinks includes those which put zero-waste and sustainability at the centre of their decisions. Whether that's the packaging they're distributed in or the production process as a whole.

Find out more about vegan food and drink on the [forkandcarrot.com](https://www.forkandcarrot.com) website, or follow Oliver Coningham on Instagram and Twitter [@forkandcarrot](https://www.instagram.com/forkandcarrot). ■





**Small Beer Lager (2.1%)**  
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£2.15 for 380ml,  
[ocado.com](http://ocado.com)

Small Beer Brew Co. are a Bermondsey-based brewery that specialises in the production of 0.5-2.8% brews (A.K.A. small beers). By using recovered water to clean the brewery and operating a 'dry floor' policy they have cut down the amount of water used per pint of beer from ten pints to just one and a half pints. All of their electricity comes from wind, sun and sea, with all their labels, boxes and business cards being 100 per cent recycled, too.

*Small Beer Brew Co. products are all suitable for vegans.*



**Punk IPA (5.6%)**  
— **BrewDog**  
£5 for 4 x 330ml,  
[asda.com](http://asda.com)

The irreverent Scottish brewery isn't one that you would usually associate with sustainability. However, BrewDog have recently rebranded and started to put the environment at the forefront of what they do. BrewDog uses fully recycled and recyclable aluminium cans and glass bottles, with all multipack cans being protected by cardboard to remove the use of plastic. You can also trade in 50 of your empty cans to become a BrewDog Equity Punk.

*Most of BrewDog's beers are registered with the Vegan Society, except for those brewed with lactose or honey.*



**Thatchers Haze (4.5%)**  
— **Thatchers**  
£4.25 for 4 x 440ml,  
[groceries.morrisons.com](http://groceries.morrisons.com)

Thatchers have been working hard to reduce their use of plastic packaging, starting with developing recycled cardboard packs for their 4-cans of cider. The weight of their glass bottles has been reduced to minimise their carbon footprint and they all contain a proportion of recycled glass. Nothing goes to waste throughout the cider making process, where even the wood prunings from their trees are used in their biomass boilers.

*Thatchers ciders are suitable for vegetarians, vegans and coeliacs.*



**Ketel One Vodka (40%)**  
— **Ketel One Vodka**  
£22.95 for 70cl,  
[masterofmalt.com](http://masterofmalt.com)

Despite being more than three centuries old, the Nolet distillery in the Netherlands is a showcase of sustainability. Green energy is produced from the on-site windmill with any excess power being sold back to the grid. Groundwater is used for cooling during the distillation process, while any warmth generated is stored and used to heat the building.

*Ketel One vodka and vodka-based products are proudly vegan-friendly.*



**California IPA (4.2%)**  
— **Sierra Nevada**  
£6 for 4 x 355ml,  
[tesco.com](http://tesco.com)

Sierra Nevada was already reducing, reusing and recycling before it came popular. Their original brewhouse was hand-built from old farm equipment! The brewery is now full of numerous sustainability measures from the 3.5 football fields worth of solar panels to the CO<sub>2</sub> capture, and from heat reuse to wastewater treatment and composting.

*Sierra Nevada beers are brewed, filtered and packaged without the use of isinglass, bone char or any other animal by-product.*



**Percol Smooth Colombian Ground Coffee — Percol**  
£4.25 for 200g,  
[tesco.com](http://tesco.com)

Percol was the first coffee brand to receive the 'Plastic Free Trust Mark' from A Plastic Planet. You can now see the distinctive Plastic-Free logo on their new home compostable ground, beans and coffee bag packaging. Percol aims to give customers a plastic-free option without compromising on price, ethical certifications or taste.

*Percol Coffee products are all suitable for vegans.*





“ Art has the ability to convey difficult issues in a way that draws viewers in and compels them to seek further information ”

Twyla Francois, chats to us about how art encourages people to look into veganism

**Tell us about your own vegan journey and a little bit about you now.**

Because I grew up in a rural farming village in the 70s and 80s, veganism — and even vegetarianism — was unheard of. Like most rural kids though, I participated in an agriculture program for budding animal producers called 4H. As part of its Animal Husbandry course, I chose and raised a calf and spent long hours getting to know and care for him. When the town fair came around, I enrolled him, believing it to

be some sort of bovine beauty pageant. It was only when I recognised the man bidding on my calf in the audience as the town butcher that I realised what I had done, but no amount of pleading or tears allowed the calf to be returned to me. Because I was directly responsible for this calf's death, I was able to make the connection between my own meat consumption and the betrayal and death of animals. I dropped meat the next day — that was 35 years ago. Later, after beginning my work as a farmed animal

cruelty investigator, I went vegan. It was the best decision I've ever made.

Today, I no longer work in the field conducting investigations. Instead, I work behind the scenes in the animal advocacy movement and dedicate my time to reconnecting with nature and providing a safe space for wild animals closest to me.

**When did you decide to combine veganism with art?**

I actually would never have had the confidence to call myself an 'artist' without



the insistence of my partner, Olivier. Art was always an extremely private act for me and I hid the resulting paintings away in closets! I only really began painting after becoming an investigator and did it as a means to cope with what I was seeing in the field. The imagery seared into one's brain after an investigation can be haunting and difficult to shake. Painting allowed me to literally cast the images out and put them onto the canvas, freeing my mind up to return to the field.

Later, after many investigations and exposés, which sadly didn't lead to the widespread change in consumer behaviour I was hoping for, I realised that we weren't reaching a substantial portion of the population with our message. In particular, kind-hearted, sensitive animal lovers found the images too upsetting and turned away before absorbing the message. These were the very people most likely to make a change to their diet if they could connect with the message. I realised that art, with its ability to be less threatening, could be a way of reaching these people's hearts. I tentatively created a website and began submitting my art to festivals. I was happily surprised when my work seemed to resonate with people!

### What inspires you?

Animals and their complex emotional lives inspire me. Because of the world we live in and the cruelty and exploitation we see inflicted on them every day, seeking justice

for animals stimulates much of my work. I try to come at painful issues in a less direct way, so I don't turn off potential viewers. Some of the deepest messages are hidden in what could be seen as cheeky, 'cute' pieces. 'Lady with a Liberated Ermine' is a good example of this. The message of animal liberation is pretty radical, but when it's presented by a finely dressed Renaissance woman, it seems more palatable. Incidentally, I believe that if Leonardo da Vinci were alive today, he'd be an animal liberationist. It's said that during his time he would regularly buy and release caged birds, and of course, we know he followed a strict vegetarian diet.

### What are some of the messages behind your work?

Abuse of farmed animals has been so normalised in our society that people don't realise (or want to realise) the extent of it. This understanding becomes even more difficult with animal products like dairy and eggs, because people don't connect pain with production. What consumers don't know is that the suffering of these animals may be of even longer duration than those killed for meat. For example, broiler chickens raised for meat live less than two months, while chickens used for eggs are forced to live a life of intensive confinement and exhaustive production for nearly two years. In the case of dairy, in order to produce milk,

a cow must be kept nearly continually pregnant. Her life is an unending cycle of sexual exploitation (by invasive artificial insemination), deprivation and heartache, having calf after calf taken from her just hours after birth. I've done a number of paintings on the issue of dairy in particular, but 'Dairy is a Mother's Tears' is likely the most direct work on the issue I've done.

I try to convey these difficult issues in a more positive way as well. For example, in a series of paintings called 'The Recasting Series', I feature people lovingly holding chickens and other farmed animals in the same way they would companion animals. As social beings, when we're faced with an ambiguous situation (which, I believe, is often the case with farmed animals) we look to others to determine how we should react. Seeing someone showing the same level of affection for a chicken as they would for a dog or cat allows people to more clearly recognise that farmed animals are just as capable of experiencing joy and pain and therefore should be afforded the same level of protection.

### How useful is art in spreading awareness of the vegan message?

Art has the ability to convey painful or difficult issues in a way that draws viewers in and compels them to seek further information. People's defenses are down when they approach art, which I believe allows them to be more open to the message being revealed. Viewers also have to try to decipher what the artist is saying. My sense is that this time and thought investment helps viewers feel a sense of ownership and leads to a greater understanding of the issues.

What I've found interesting, personally, is that it was only after I began creating and releasing art that people from the small farming community I grew up in began contacting me, saying they had been following my investigative work but didn't feel comfortable contacting me until recently. That means a lot, because I know where they come from and the difficulty in openly recognising animals as anything other than commodities in an area that relies on that view. Without the art, the connections being made in these people's heads may not have been possible.

For more from Twyla, visit [twylafrancois.com](http://twylafrancois.com) or follow [@twylafrancoisart](https://twitter.com/twylafrancoisart)





# Vegan Pages




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# What the folk

## Jake Yapp gets greasy in the kitchen

Rummaging through my back catalogue, I see it has been over two years since I last shared a recipe with you. And it wasn't a recipe, really, anyway, it was just a sandwich. Although it was pretty good. All roasted aubergine and smoked fake gouda.

And ordinarily, I wouldn't bother you with a sandwich, but on discovering this one, I feel like I have a duty, a moral obligation to try to bring this phenomenon to as much of the vegan world as I possibly can.

What do you miss from the non-vegan life you probably used to have? I've talked previously about fish sauce. And, recently, I thought of another one. And forgive me my sins, because the thought of the original now makes me feel sad and queasy. But I remember the enjoyment of it. I remember the hit of protein, the almost lacy, crispy edge, and the yolk as you sank your teeth in deeper. The comparative greasy blandness of it, cut through with some tangy ketchup. Ohhhhhh. And it has to be awful white bread. Ideally with a chewy crust. That proper bread from a bakery, the kind that sells luridly-coloured cakes that look like run-over frogs and stuff.

But in the last month, I... I think I've, er... Cracked it. Pardon the sort-of pun. The vegan fried-egg sandwich. Ooofff. It's so good. I've had it about five times since I invented it about ten days ago. It's truly epic. It isn't healthy. Look away, if you're of a nervous disposition.

### The. Vegan. Fried-'Egg' Sandwich.

*Serves two*

#### You will need:

- 1 pack of Cauldron tofu (and before you accuse me of company favouritism, let me say this: Cauldron! Make your entire sausage range vegan!)
- White bread
- Vegan marge

- Kala namak (black salt — I always used to think people talking about different salts was like people comparing different bottled waters — like, that there was nothing in it and they were all the same. But kala namak is uniquely different, with the most unbelievably sulphurous, 'eggy' taste)
- Gram flour
- Soya milk (sweetened or unsweetened)
- Vegetable oil

First things first. This takes a little forethought. You're going to need to open and drain that pack of tofu, and freeze it, and then defrost it (I have found that 2 x 2.5 minutes in a microwave, with a wringing-out break halfway through works well. Use two plates to squeeze the tofu as the water inside can be scaldingly hot).

While the tofu is microwaving, let's make the faux 'egg yolk', or 'folk'. Take a couple of tablespoons of gram flour in a bowl and add a little soya milk until you have a paste. Dilute it with more milk until you have a smooth batter, then heat it in a pan, stirring constantly. Add a little kala namak to season it. I find the sweetened soya milk actually gives it a pleasing yolkiness, but that's up to you. As it cooks, it'll thicken into a paste resembling choux pastry. Keep stirring and lower the heat as you slowly add milk until you have the consistency you like — if you used to like your yolk cooked through, don't bother. Otherwise, let it be as runny or thick as you like. Set it aside.

Meanwhile — over at the microwave, by now you should have some defrosted tofu. But not tofu as you know it. Texturally, it resembles one of those awful cleaning sponges you used to get at school, the difference being that the tofu doesn't reek of sour milk, carbolic and children's tears.

Once you've pressed out as much water as possible, take a sharp knife

and slice it in half, through the narrowest sides, so you have two flat rectangles, the same height and width as the original container.

Most recipes at this point would say 'fry the tofu in a tablespoon of cooking oil', but I'm not going to get all preachy like that. I live in the real world, and this is hangover food, not colon-cleansing. You put just as much oil as you like in there.

Fry each side until golden brown, seasoning each side with a generous pinch of kala namak. Maybe use this time to slice and marge your bread.

When the tofu is golden and crispy, remove it from the heat and carefully slice the tofu again, the same way you cut the original block. It doesn't matter if it falls apart a bit, or you can only make a partial incision — it's really just a pocket in which to put your folk. Spoon it in, or on, or whatever, and put it inside your bread with a zingy dollop of ketchup.

I can't adequately describe the pleasure of this. It's greasy and proteiny, and a bit, you know. Murky. The sort of thing you feel like you should be enjoying furtively. Enjoy. And tell me if you try it! I'd love to know how you get on.

For more from Jake follow [@jakeyapp](#) on Twitter. ■





# What's your favourite animal ~~to eat?~~

Eat vegan,  
not animals.

*Viva!*



Took a stroll at lunch and these fantastic and thought-provoking @vivacampaigns billboards are everywhere!



@vivacampaigns seem pretty great at doing a lot with what funding they have.



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*\*Actual comments taken from social media*

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