



NO

MEAT

MAY

2020 COOKBOOK

FOREWORD

No Meat May

Recipes from the Facebook Community group.

To say that the year 2020 has been a bit of a challenge, is clearly an understatement. The team at No Meat May, sadly thought the 2020 campaign would be a bit of a flop, with already way too much going on for people to think and worry about, but however no, rather joyously, we were proven very wrong with participants around the world happily signing on for the challenge in record numbers, almost as if that rather nasty COVID19 thingy wasn't even happening.

Maybe it was the global awakening the founders were hoping for, or maybe it was the quite delicious food being posted early in the No Meat May Community page, as we were all looking for some inspiration in lockdown, who can tell, it's something on which history may never be certain.

However, there is one thing we are absolutely sure of and that is that 2020 was definitely the most delicious year so far for No Meat May participants and, ooh, they weren't afraid to show it (or share it). In the following pages the spectacular Tahnee has hand picked (and finger licked) her way through all the recipes and selected some of the most delicious, nutritious, naughty and nice recipes that were posted by plant-based participants in the online group during this year's campaign. A huge thank you to Tahnee for pulling together this great resource for us all to cook our way from now through until next May. And to all the brilliant No Meat May volunteers who make the magic happen every year.

All the original recipes are all still available on the facebook community page with many more added since. This is in no way meant as the best of the best, but just a random selection of delicious food shared in the group for us all to enjoy. Please don't be offended if your favourite recipe didn't make this e-book. But do feel free to add to the group with your own post within the online group even out of season, as we often say, between mouthfuls; caring is sharing!

Sometimes doing something as simple as sharing a recipe can be the gentle encouragement someone needs to change their views, their eating habits, their life and maybe even the world!

Please do enjoy the delicious culinary adventure waiting for you in the following pages, and, here at No Meat May HQ, we look forward to seeing more recipes and meals to come that we can try in our own kitchens!

Thank you endlessly all for your contributions, you guys are what make No Meat May what it is and y'all have reason to be very proud!

The No Meat May Team

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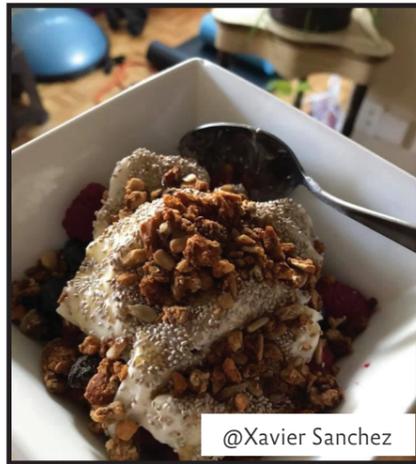
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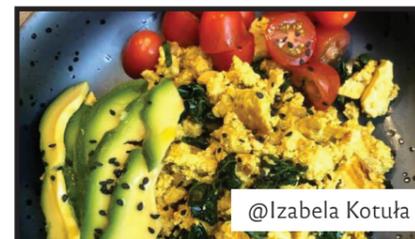
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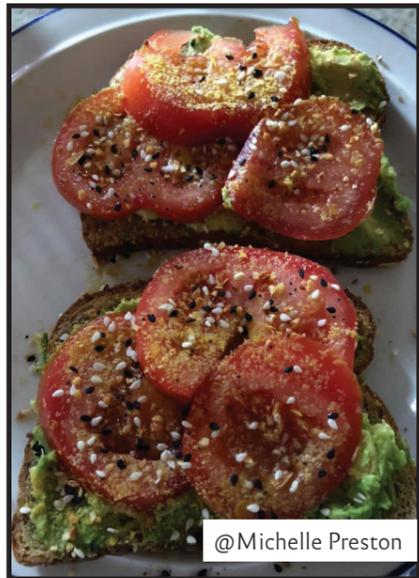
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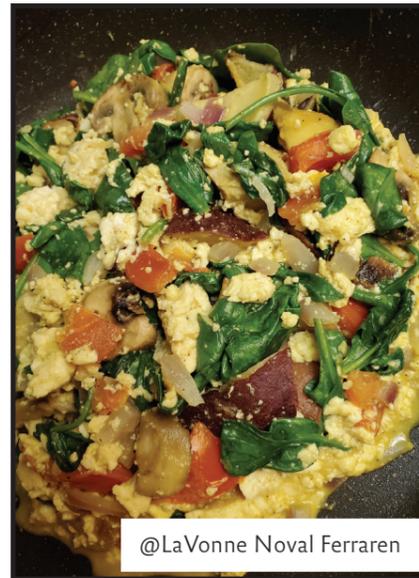
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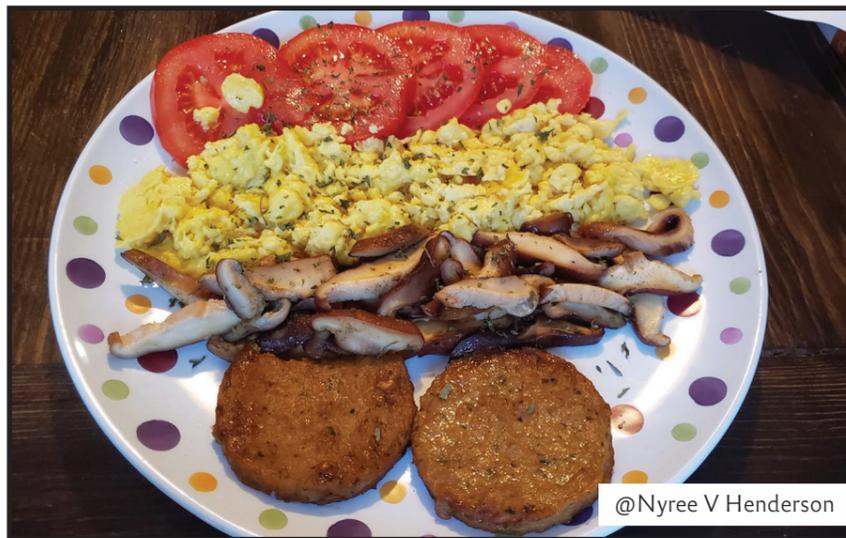
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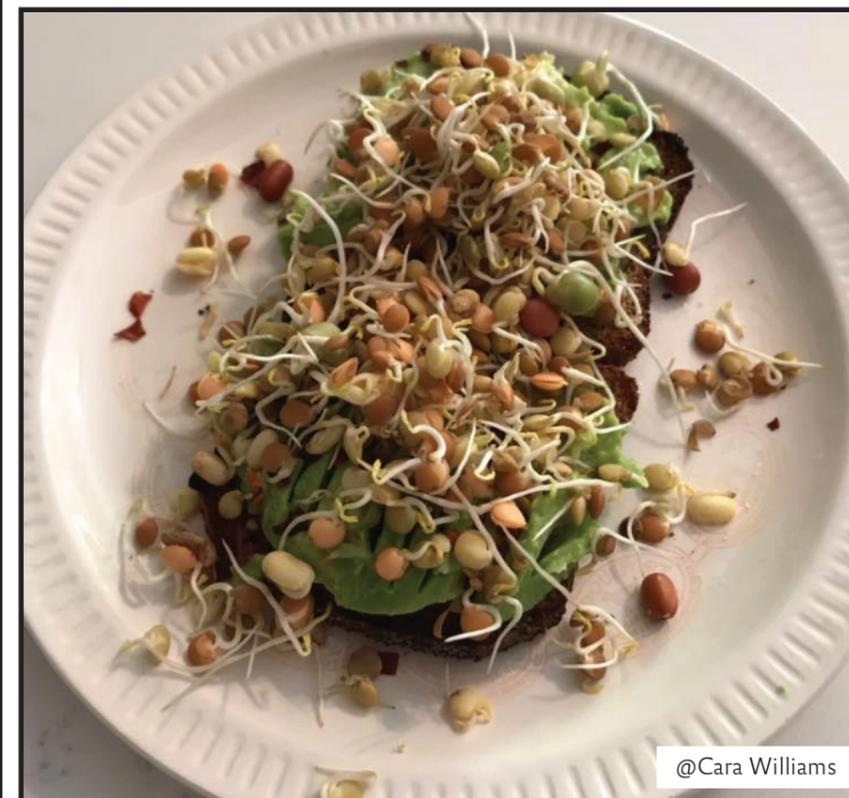


@No Meat May

BREAKFAST RECIPES



@Robert Darroch Tungatt



@Cara Williams

BLACK BEAN CORN FRITTERS BY CAROLINE TRICKEY



INGREDIENTS

400gr black beans, drained
 1 cup corn kernels
 ¼ cup red capsicum, finely diced
 Chilli, finely chopped (optional)
 1 tsp salt
 ½ tsp black paper, ground
 ½ tsp turmeric powder (optional)
 ½ tsp baking powder
 1 cup Besan flour
 1 bunch coriander, chopped
 ½ cup water
 Reserve a few sprigs of coriander as garnish

METHOD

In a mixing bowl, add black beans, corn, capsicum, chilli.
 Add salt, pepper, turmeric, baking powder, Besan flour and water.
 Mix well.
 In a fry pan on high heat, add a generous amount of olive oil.
 Using the spoon as a size guide, spoon the fritter mixture into the fry pan, making sure the fritters don't touch.
 Reduce to medium heat.
 Cook for 2 mins each side on medium heat.
 Lay the cooked fritters on paper towel to absorb excess oil.
 Repeat until you have as many fritters as you wish and reserve the rest of the mixture in the fridge or just cook it all.
 Serve with garnish.

VEGAN LEMON CURD BY TRACEY SHAERMAN



INGREDIENTS

1 cup of lemon juice
 1/2 cup of water
 1 1/2 cups granulated sugar
 4 tablespoons cornstarch
 1/8 teaspoon salt
 6 tablespoons soy milk
 2 tablespoons margarine

METHOD

Mix lemon juice, water, sugar, cornstarch and salt together.

Pour into a heavy saucepan and whisk over medium heat, stirring constantly, until it comes to a full boil.

Boil for 1 minute, not stirring. It should be thickened and turning clear.

Remove from heat and add soy milk and margarine and blend well with the whisk.

Cool the curd, then refrigerate in a covered container. It thickens as it cools.

CHEESY TOFU AND SPINACH SCRAMBLE BY SARAH BOLER

INGREDIENTS

20 oz firm tofu, drained and pressed on plate with paper towels
 4 cups of fresh baby spinach
 3/4 cup of nutritional yeast
 3/4 onion, diced
 2 1/2 tbsp olive oil
 1 1/2 tbsp clove garlic, minced
 4 pinch black pepper

4 pinch Himalayan salt
 4 pinch turmeric

METHOD

Saute onions and garlic
 Add tofu, salt, pepper and turmeric as well as nutritional yeast
 Add spinach and blanch



MANGO CHIA PUDDING BY GLORIA CLAY

INGREDIENTS

2 tbsp of chia seeds
 1/2 cup almond milk
 1/2 mango
 1 tsp of agave nectar

METHOD

Mix seeds, milk, and nectar together with a whisk.

Set on counter for 5 minutes.

Whisk again to ensure there are no clumps.

Place in the fridge for 4 hours or overnight.

Once the pudding is set add in mangoes or any fruit or fruits you like.





VEGAN SPANISH OMELETTE BY NEVANKA KR

INGREDIENTS

800g of potatoes
 1 cup of gram flour (chickpea flour)
 1 cup of water
 1 1/2 tsp of salt
 1/4 tsp black salt (Kala namak)
 2 tbs of olive oil

METHOD

Wash and peel potatoes, cut into 1cm cubes
 Bring a large pan of water to the boil with 1/2 tsp of salt
 Cook potatoes until just tender, drain and set aside
 In a large bowl, mix gram flour and water with salt and black salt
 Add potatoes to the mixture
 Heat oil until hot in a 24cm non stick frying pan
 Pour in mixture, neaten sides and flatten top
 Reduce heat to medium/low and cover with a lid. Cook for 8-10 minutes
 With a silicone spatula release the omelette from the pan
 Using a wet plate, turn the pan upside down and slide the omelette back into the pan
 Cook for a further 8-10 minutes

TOFU SCRAMBLE

BY KONNIE LO

INGREDIENTS

1 tablespoon olive oil
 (1) 16-ounce block firm tofu
 2 tablespoons nutritional yeast
 1 teaspoon salt
 1/4 teaspoon turmeric
 1/4 teaspoon garlic powder
 2 tablespoons non-dairy milk,
 unsweetened and unflavored

METHOD

Heat the olive oil in a pan over medium heat. Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone

Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes

Pour the non-dairy milk into the pan, and stir to mix. Serve immediately with sliced avocado, hot sauce, parsley, steamed kale, toast or any other breakfast item





POTATO, PEPPER AND MUSHROOM FRITTATA BY JEANNETTE COLLINS

INGREDIENTS

450g of white potatoes peeled and chopped into small pieces
 2 tbsp of oil
 2 tbsp butter
 1 onion chopped
 Chopped peppers
 Chopped mushrooms
 6 eggs
 1 cup of milk
 250g of cheese, grated

METHOD

Preheat oven to Mark 5 and butter an oven dish

Put oil and butter in a pan and heat

Saute onion until soft

Add potatoes and brown for 10-12 minutes, adding warm water to soften and cook for another 10-12 minutes

Add peppers and mushrooms and cook until soft

Whisk eggs in a jug and add milk

Pour a little of the egg and milk mixture into the oven dish, then add the potato mixture, covering it with the rest of the egg and milk mixture. Mix in cheese.

Cook for 20-30 minutes until golden brown

CHIA PUDDING BY JANINE AGAR



INGREDIENTS

1/4 cup of chia seeds
3/4 cup of milk (any kind, almond, soy)
1 tsp real maple syrup
Dash of cinnamon
Blueberries

METHOD

Place chia seeds and milk in container with a good lid.

Add maple syrup and cinnamon

Give it a good shake, and put in fridge overnight

Add blueberries

GRANOLA BY LAURA HAWORTH

INGREDIENTS

Zest of 1 lime
Zest of 1 orange
Juice from 1 lime
Juice from 1 orange
1 tsp agave (or maple or date syrup)
1 tsp vanilla extract
1 cup rolled oats (I use jumbo oats for more of a texture)
¼ cup mixed seeds such as pumpkin, sunflower, brown linseed
1/8 cup pecans, chopped (or walnuts)
1/8 cup almonds, chopped
1/8 cup unsweetened dried coconut, chopped
1/8 cup flax seed
1/8 cup dried apricots, chopped
1/8 cup dried cranberries
1/8 cup dried dates, chopped
1/8th cup blueberries
1" (2.5cm) piece ginger, sliced and dehydrated or 1 tsp ginger powder
1 small beetroot, thinly sliced and dehydrated (optional)

METHOD

Preheat oven to 150 degrees C, gas mark 2, 300 degrees F

Combine all of the ingredients in a large bowl, stir and spread the mixture onto a 9x13' baking sheet

Bake in the oven for 15 minutes, stir, and bake for another 15 minutes

Remove from oven and allow the granola to cool to room temperature





BANANA PANCAKES BY JEFF WINDHAM

INGREDIENTS

2 1/2 cups whole wheat pastry flour or all-purpose flour
2 tbsp brown or white sugar
2 tsp baking soda
1/2 tsp salt
2 cups nondairy milk
1 small banana, mashed
Grapeseed oil or coconut oil

METHOD

Whisk together flour, sugar, baking soda and salt
Make a crater in the middle and add milk and banana and mix
Heat pan on medium heat and grease pan with oil
Pour out some batter and flip when bubbles appear on top (approx 2 minutes)
Cook other side until golden brown
Repeat for rest of batter



DANDELION HONEY BY AISLING PLUNKETT

INGREDIENTS

100 dandelion heads (approx 4 cups)
4 cups of water
2 1/2 cups of sugar
Slice of lemon
1/2 Vanilla pod

METHOD

Soak and de-petal flowers before boiling the petals with the lemon and vanilla
Simmer for 30 minutes then steep overnight
Strain petals and boil water with sugar, set to simmer until you achieve the desired texture

CASHEW MILK BY GOCHA SZ

INGREDIENTS

200 g Raw Cashews
2 Dates pitted (optional)
1L Water (water should be filtered in the room temperature, I used hot water from the kettle and worked perfectly well)
1/4 tsp Sea Salt
1 tsp Pure Vanilla Extract
1/4 tsp Cinnamon (optional)

METHOD

Mix ingredients and leave overnight (or at least for 2 hours if you use hot water) and blend everything in the morning till perfectly smooth.

Mine went thick and creamy, I love it like that, but you can always add more water into it.





@Chloe Constantine



@Laura Davies



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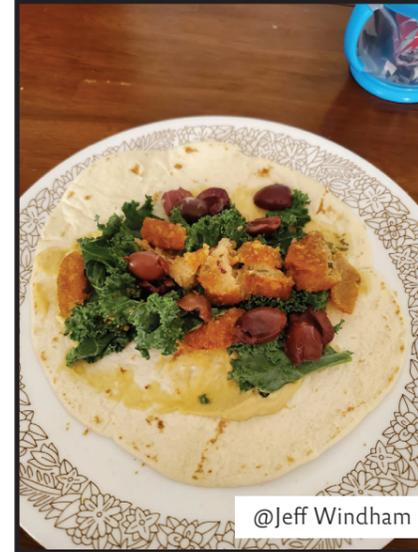
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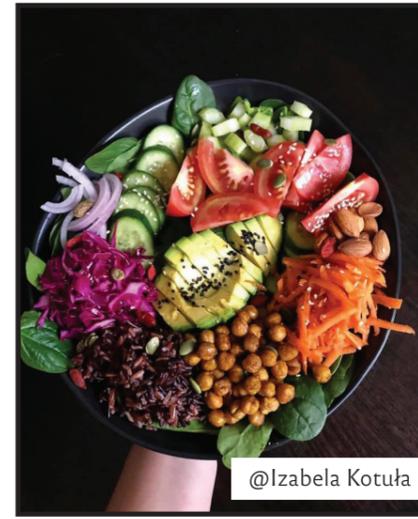
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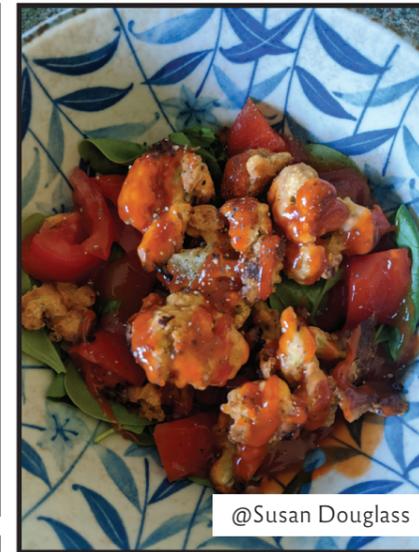
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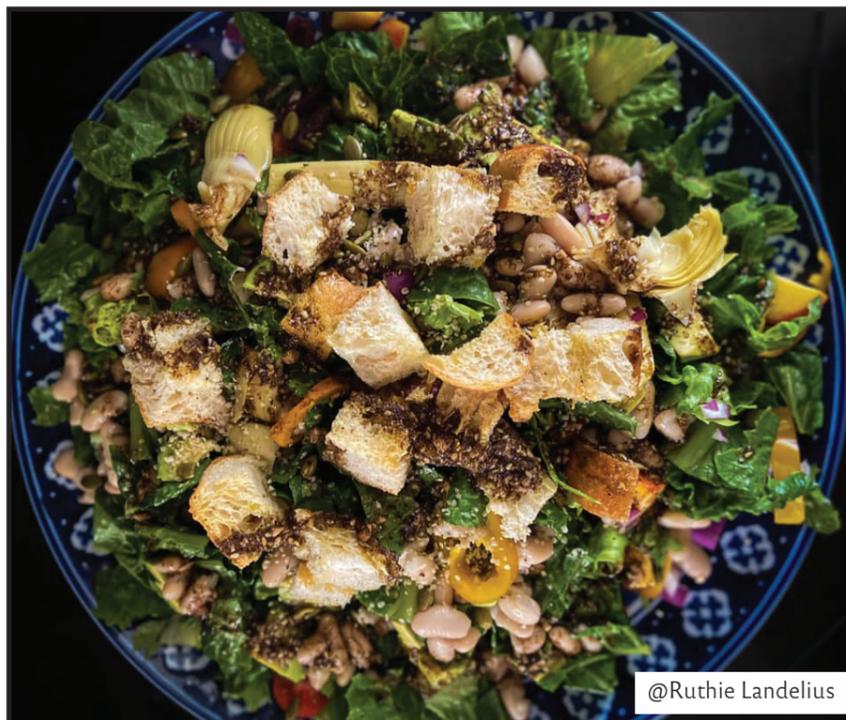
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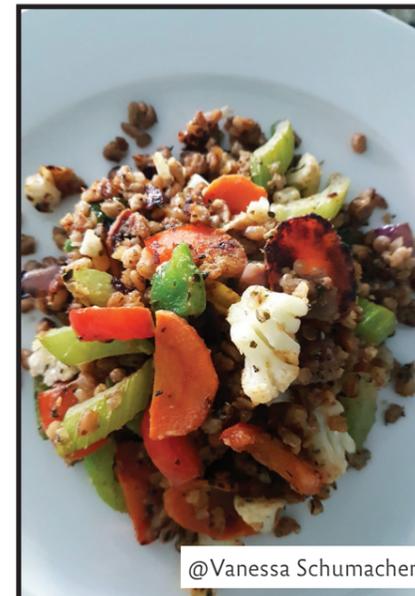
LUNCH RECIPES



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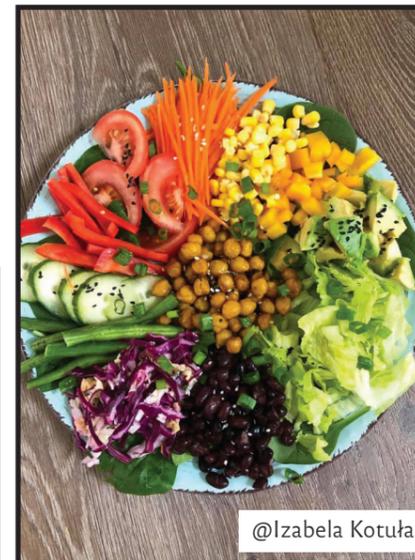
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@World's Vegetarian Tables



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MEXICANO SIMONOS BY SIMON ROBERT HARRIS

INGREDIENTS

3 avocados
Spanish onion
Cherry tomato
Coriander
Garlic
Salt
Pepper
Lime juice
Capsicum
Long red chilli
Corn chips
Black beans,
Jalapeño,
Mushrooms
Cheese
Sour cream

METHOD

Combine smashed avocado, onion (diced), cheery tomatoes (diced), coriander, garlic, salt, pepper, lime juice, capsicum and chilli

Heat beans, jalapeños and mushrooms

Top the corn chips with bean mixture and avocado mixture, top with cheese and sour cream

PEAR AVOCADO GUACAMOLE WITH AIR FRIED PINEAPPLE BY CAROLYN LOVE SCALISE

INGREDIENTS

1 1/2 cups pear
1 1/2 cup diced avocado
1 cup blended avocado
Handful- mint, sage, cilantro to taste
1 1/2 tsp diced garlic or to taste
1/2 tsp salt
1/2 tsp red pepper & chili blend
Air fryer pineapple

METHOD

Combine pears, avocados, herbs, garlic, salt, pepper and chilli
Chill in refrigerator
Serve with air fried pineapple





BANH MI WITH WALNUT PATE BY DONNA MORRISON

INGREDIENTS

- ½ cup rice vinegar
- ¼ cup water
- ¼ cup white sugar
- ¼ cup carrot, cut into 1/16 inc thick matchsticks
- ¼ cup white (daikon) radish, cut into 1/16-inch-thick matchsticks
- ¼ cup thinly sliced white onion
- 2 tablespoons Walnut pate (see below)
- Garlic salt to taste
- Ground black pepper to taste
- 1 (12 inch) French baguette
- 4 tablespoons vegan mayo
- ¼ cup thinly sliced cucumber
- 1 tablespoon fresh coriander leaves
- 1 small jalapeño pepper - seeded and sliced thinly
- 1 wedge lime

METHOD

Place rice vinegar, water, and sugar into a saucepan over medium heat, bring to a boil, and stir until the sugar has dissolved, about 1 minute. Allow the mixture to cool

Pour the cooled vinegar mixture over the carrot, radish, and onion in a bowl, and allow to stand for at least 30 minutes. Drain off the excess vinegar mixture after the vegetables have marinated

Slice the baguette in half the long way

To assemble the banh mi sandwich, spread each half of the toasted baguette with mayonnaise, and the other half with Walnut pate. Fill the cavity of the bottom half of the with cucumber slices, pickled carrot, onion, and radish, coriander leaves, and jalapeño pepper. Squeeze a wedge of lime over the filling



INGREDIENTS

Walnut pate :

- 75g walnuts
- 150ml water
- 2 tbsp corn starch
- 2 1/2 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 2 1/2 tbsp soy sauce (unsweetened)
- 1/2 tsp miso paste
- 1/3 tsp garlic powder
- 1/3 tsp onion powder
- 1/3 tsp smoked paprika
- Pepper to taste

METHOD

Add all ingredients to a food processor and blend for a couple of minutes until you get a very smooth paste

Then pour the mix into a pan on high to medium heat and heat up. Make sure you stir constantly so it doesn't burn. After a while the mixture will change consistency and turn into a paste. Cook for a couple of minutes longer and then transfer it to a flat dish

Pat down and even out with a spoon so you get a smooth surface

Let set in the fridge for 1.5 to 2 hours

Serve on toasted baguette.

SALAD BY SINI KIIALAINEN

INGREDIENTS

- 1/2 cup of cooked quinoa
- 1 cup of raw kale
- 1 cup of baby spinach
- 1/3 bulb of raw fennel shaved really thin
- 1 cup of shredded raw cabbage
- Fresh dill

- 1/2 orange
- 6 caper berries
- 1 avocado
- 1/4 cucumber
- 6 cherry tomatoes
- 2 tbsp white balsamic
- 1 tsp whole grain mustard

METHOD

Combine ingredients to make salad!



MARINATED TOFU BY GUY JAMES WHITWORTH

INGREDIENTS

Firm tofu
Brown barbecue sauce
Soy sauce
Maple syrup
Mustard powder
Chilli powder
Onion powder
Salt
Pepper
Water (optional)

METHOD

Chop a FIRM (gotta be firm) block into 1cm strips

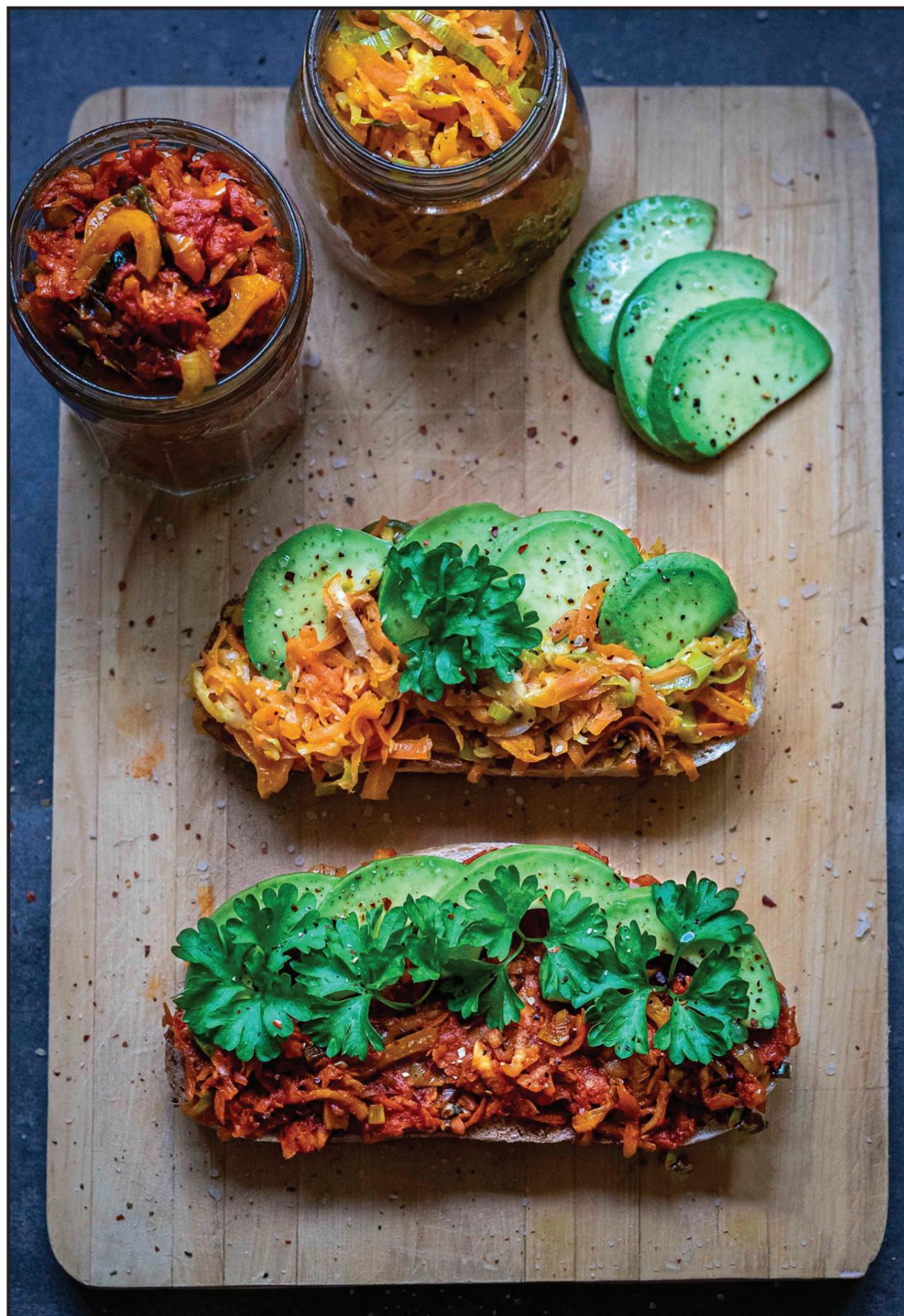
In a Tupperware container throw together some brown barbecue sauce, a good splash of soy sauce, maple syrup, mustard powder, chilli powder, onion powder (all to your own taste levels) and salt and pepper (and maybe a splash of water)

Put the sliced tofu in the container, pop on the lid, give it a shake and leave (shaking every now and then) for a few hours.

Fry or bake until golden!

So good over brown rice and steamed greens with sweet chilli sauce! Enjoy!





FRIED VEGGIES BY GOCHA SZ

INGREDIENTS

Leek
Chilli peppers
Sweet pepper
4 carrots
1/2 stalk celery
Olive oil
Paprika
Chilli
Salt
Tomato puree

METHOD

For both jars:
Chop finely leek and chilli pepper and one sweet pepper, grate 4 carrots and half of celery on a thick grater

Fry the leek lightly in olive oil. Add paprika and chilli and stew for another 2-3 minutes. Add grated vegetables, salt to taste and stew everything until the consistency suits you
I like them a little more tender.

The first option is ready

To the second option add the tomato puree and mix everything well by frying for another 2-3 minutes

Do not leave the food on the fire, we do not add water into it so everything burns quickly. Stir frequently on medium gas

Great for sandwiches, pasta, groats and rice.

WHITE BEANS BAKE BY ANNA MARIA LECHUS

INGREDIENTS

White beans
Carrot
Celeriac
Seller stalks
2 small potatoes
1 large onion
3cm root of ginger
1 tin plum tomatoes
Tomato paste
Thyme
Marjoram
Water

METHOD

I soaked the white beans over night (I swear you #nomeatmay made me buy them I didn't touch them for 20 years)

Chop all veggies to roughly the same size as the beans and add ginger

Add plum tomatoes, tomato paste, herbs and water

Stick in the oven for 2h at 160C and go for a walk. It will be ready when you get back)
Serves about 4 - 5 people





FARRO STIR FRY BY VANESSA SCHUMACHER

INGREDIENTS

1 cup of Farro
 1 cup yellow lentils
 Chopped veggies (whatever you have available)
 Oil
 Italian seasoning
 Salt
 Pepper
 Italian salad dressing
 Balsamic vinegar

METHOD

This dish begins by boiling 1 cup of farro and 1 cup of yellow lentils, as per package directions (I did mine the day before)

Next, a medley of chopped veggies are pan fried in oil until just tender

Add Italian seasoning, salt and pepper then fold in the cooked farro/lentil mix and warm through

Remove from heat and finish with Italian salad dressing, balsamic vinegar and a splash of oil to coat

KOREAN POTATO PANCAKES BY WORLD'S VEGETARIAN TABLES

INGREDIENTS (FOR 3 PANCAKES)

Potatoes/aalu/aloo - 2 raw
(Do not boil them)

Onion - 1 small (optional)

Red chilli powder/chilli flakes - 1 tsp
(optional)

Salt - as per taste

Black pepper powder - as per taste

Oil

Corn starch/corn flour/potato starch/
cornstarch/arrowroot powder(starch) -
1/4th cup (You can also use all purpose
flour or Maida instead of starch)

In Korea, they use eggs to bind up this
pancake, but we are making a vegan
version of it.

METHOD

Wash and peel 2 big potatoes and dip them in a bowl of water for 5-7 minutes

After 7 minutes, take a grater and grate the potatoes in a bowl. (Do not use a thick
grater)

Grate one small onion over the potatoes

Add some salt, black pepper and red chilli to the grated potatoes. Mix everything
well with the help of a spoon. It will leave some water

Now, add the cornstarch to the potatoes. Stir and mix everything deftly

Heat up a non-stick pan/skillet/tawa/cast iron pan on a medium high flame

Drizzle 2 tsp of oil on the hot pan. Use some extra oil if you don't have a non-stick
pan. Spread the potato mixture on the pan in a circular shape

Let it cook for 4-5 minutes and then add a tsp of oil in it. Then, flip it with a turner
and cook it

Flip and cook it from both the sides till it turns golden brown. Similarly make all the
pancakes

Serve them with sauce, ketchup, chutney or any dip of your choice.





RAINBOW BOWL BY IZABELA KOTUŃA

INGREDIENTS

Dark baby spinach
 Iceberg lettuce (shredded)
 Avocado (diced)
 Yellow pepper
 Corn kernels
 Carrot (mandolined)
 Tomato (wedged)
 Red pepper (sliced)
 Cucumber (sliced)
 Green beans
 Cabbage
 Oil
 Vinegar
 Salt
 Black beans
 Turmeric
 Curry powder
 Chickpeas
 White sesame seeds
 Black sesame seeds
 Green onion

METHOD

So here I took (almost) everything I had in the fridge and cupboards to create this plate.

Marinate cabbage in oil, vinegar and salt

Coat chickpeas in turmeric and curry powder before roasting in the oven

Lay out some dark baby spinach leaves on the plate, iceberg lettuce, avocado, yellow pepper, corn kernels, carrot, tomato, red pepper, cucumber, green beans, cabbages, and black beans

In the middle place the chickpeas

Then sprinkle some white and black sesame seeds and green onion on top.

SMOKEY TEMPEH & ROASTED VEG BOWL BY AMBER DOPITA-TODD

INGREDIENTS

1 sweet potato
1 beet
2-3 radish
1/2 avocado
4oz tempeh
Spinach
Tempeh Marinade
1tbsp tamari
1tbsp maple syrup
1/2tsp liquid smoke
1/2tsp paprika
Pepper to taste
Dressing
1 date
1tbsp tahini
1tbsp apple cider vinegar
1tsp hemp seed
1tsp mustard seed
2-3 tbsp water
Pinch of salt

METHOD

Slice sweet potato and beet and bake on a parchment paper lined baking sheet at 400° for 30 minutes, turning half way through

Slice tempeh into cubes and place in a sandwich bag or bowl. Prepare marinade and pour over tempeh incorporating the marinade into all pieces

Slice radishes into thin pieces and cube avocado

Add all dressing ingredients into a blender and blend until smooth. Adding more water if needed

Add tempeh to pan over medium-high heat. Cook 4 minutes per side

Remove sweet potato and beets from oven

Add spinach to a bowl and assemble sweet potato, beets, radish, avocado and tempeh on top

Drizzle dressing over top



RAINBOW VEGGIE SPRING ROLLS WITH PEANUT SAUCE BY GOCHA SZ

INGREDIENTS

Spring Rolls:
Rice paper
Cucumber
Carrot
Paprika
Radish

Peanut Sauce:
1/4 cup peanut butter
1/4 cup sesame oil
Juice from 1 lime
1-2 tablespoons rice vinegar
1 teaspoon garlic powder
3/4 teaspoon red pepper flakes

METHOD

Place radish on rice paper and top with other veggies and spices

Wrap in rice paper

Mix ingredients for peanut sauce together

Serve in a dipping bowl



BUTTER BEAN STEW WITH KALE AND SWEET POTATOES BY LIZZY BETH

INGREDIENTS

1 tbsp olive oil
1 large white onion (200g) cut in half widthwise then sliced
1 stalk of celery thinly sliced
2 large carrots (260g) peeled then sliced
2 medium sweet potatoes (465Gg) peeled then cut into medium cubes
2 cloves of garlic minced
1/4 tsp dried red chilli flakes
1/2 tsp smoked paprika
1 tsp ground cumin
1/4 tsp cinnamon
2 400g cans of chopped/ tomatoes (2x 14.5oz cans)
1/2 cup of vegetable
2 cans butter beans/large lima beans (400g cans drained weight 240g) (16oz cooked beans 1 tbsp maple syrup
1 1/2 cups of kale (100g) roughly chopped, woody stems removed.
4 or 5 sprigs of fresh thyme
2 dried bay leaves
1/4 tsp sea salt
A squeeze of lemon
1/4 tsp cracked black pepper
Flat-leaf parsley for serving chopped



METHOD

Heat 1 tablespoon of olive oil in a large pan. Add the onion and celery and cook over medium heat, stirring often, until they are translucent. About 10 minutes

Add 2 cloves of minced garlic and the spices. Stir and cook for about 2 minutes or until the spices release their aroma

Add the carrots and sweet potatoes to the pan, and stir well

Next, pour in 2 cans of chopped tomatoes, add a little water to both tins to catch any tomatoes or juice left in the cans and add that to the pan too

Pour in the stock, stir well then add 2 bay leaves, 4 or 5 sprigs of thyme, maple syrup, salt and pepper. Cover the pan then reduce the heat to low and simmer for 20 minutes

After 20 minutes check that the sweet potatoes are cooked, then add the butter beans. Stir well

Add the kale to the pan then return the lid and leave to simmer for about 5 minutes

Check the season and add a squeeze of lemon juice to the stew. Remove and

discard the bay leaves and thyme stems

Give the stew a good stir, add some chopped parsley to the finished dish then serve immediately with some crusty bread if you like.



@Donna Morrison



@Maritza Bonilla Soto



@Michelle Brucker



@Louise-Claire Cayzer



@Elaine Dennison



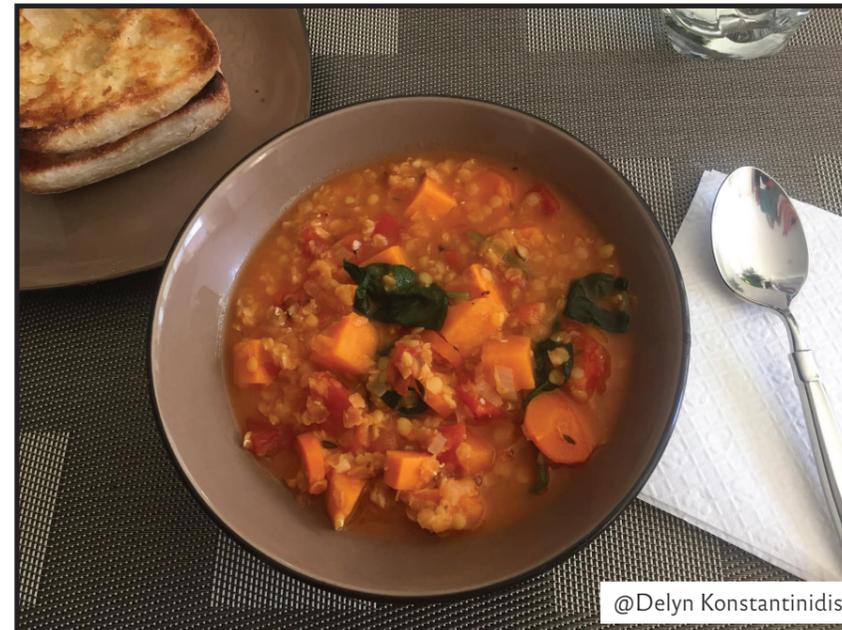
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@Kirsten Terry



@Delyn Konstantinidis



@Linda Dopman West



@Maggie Videan



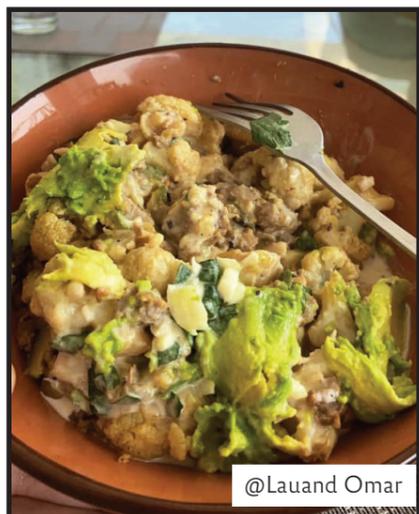
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@Gocha Sz



@Michelle Sandham



@Lauand Omar



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@Sharon Bradshaw



@Sanja Jusufovski-Simikic



@Claire Aardvark



@Priscilla Ray



@Lisa Boshier Volpe



@Red Rosie



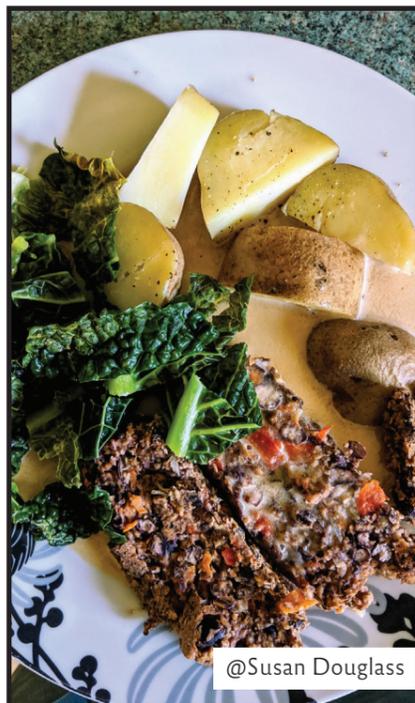
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@Gocha Sz



@Valeisha Harrison-Deans



@Susan Douglass



@Izabela Kotula



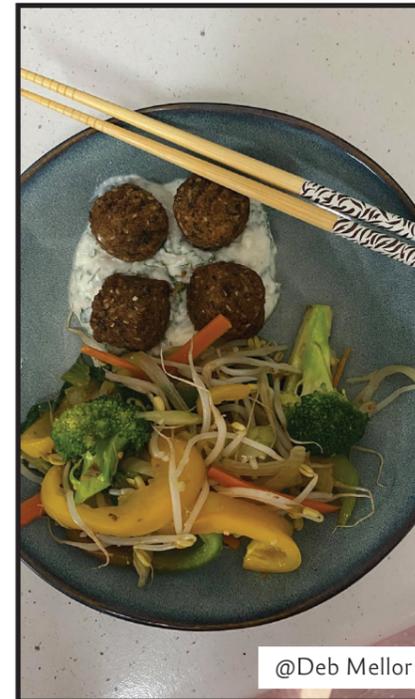
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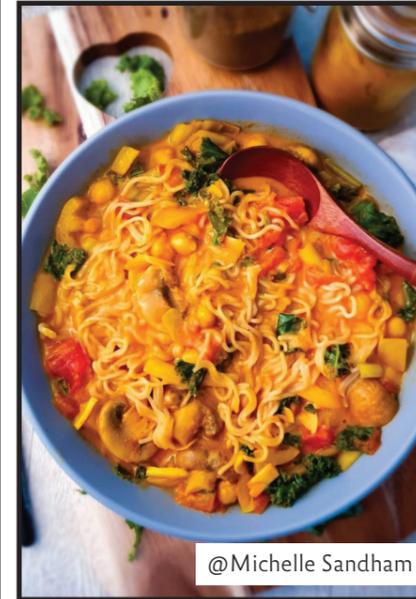
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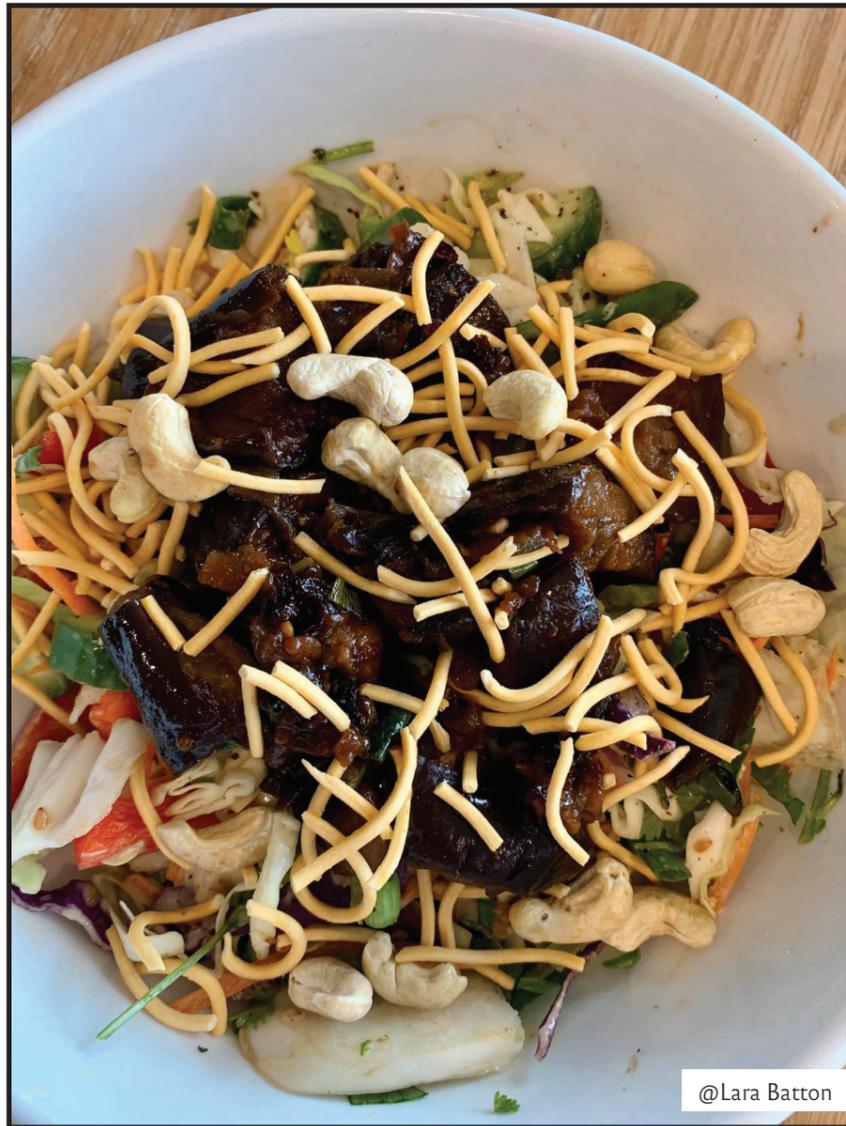
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@Delyn Konstantinidis



@Gocha Sz



@Lara Batton



@Laura Bennett



@Sanja Jusufovski-Simikic



@Laneyse Redmon



@Izabela Kotula



@Kirsten Terry



@Miranda Sparrow



@Konnie Lo



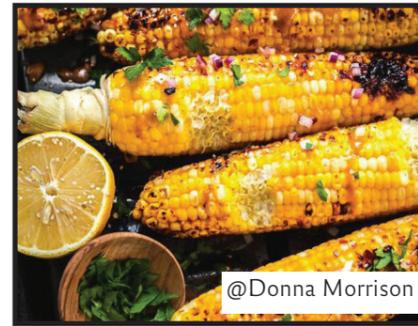
@Izabela Kotula



@Izabela Kotula



@Renee Falls



@Donna Morrison

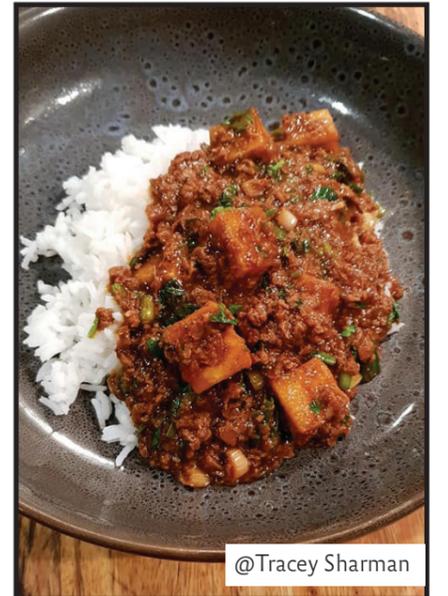


@Stephen Carter

DINNER RECIPES



@Tracey Sharman



@Tracey Sharman



@Donna Morrison



@Donna Morrison

THAI RED CURRY VEG AND TOFU WITH BROWN RICE VERMICELLI BY DONNA MORRISON

INGREDIENTS

VEGETABLES

1 small Red onion, chopped

2 teaspoon Ginger paste

2 teaspoon Garlic paste

Whatever veggies you like, I used snow peas, broccolini, sweet potato, carrot, spring and red onion, red capsicum

In also added tofu

THAI RED CURRY SAUCE

1 can Coconut Milk

2 tablespoons Red Curry Paste

1 tablespoon Lime juice

1 tablespoon Maple syrup

1.5 tablespoons Soy sauce

3/4 teaspoon Sriracha sauce (adjust according to taste)

1 teaspoon Lime zest or Chopped Kaffir lime leaves or

1 teaspoon Red Chili flakes (adjust according to taste)

Salt and pepper to taste

Handful of Chopped Fresh coriander

I served with brown rice vermicelli

METHOD

Begin by making a coconut-based curry. Heat non stick pot

Add onion-ginger and garlic to the pot
Sauté for 2-3 minutes on a medium-low flame

Adjust the heat to the 'medium' setting and pour in the coconut milk along with Thai red curry sauce ingredients (except coriander) Mix to combine

Add spices (salt, chili flakes, and black pepper) and mix to combine. Allow it to simmer on a medium flame

Now, add a large assortment of vegetables

Finally, if you want to, add tofu into the curry. Allow it to simmer for 2-3 minutes. You can also add crispy fried onions to serve

Add fresh coriander and take the pan off the heat. Enjoy





MAPO TOFU BY TRACEY SHARMAN

INGREDIENTS

1 tsp ground szechuan pepper
 Mix of dried and fresh red chillies
 (amount up to you- I used 1 red chilli
 finely chopped and a good tsp of dried)
 Veg oil (maybe quarter to half a cup)
 Good inch of ginger finely grated
 1 large garlic clove finely grated
 1/4 pack of funky fields mince
 Half a large pack of tofu cubed
 1 large spring onion finely sliced
 2 tbsp cornflour
 2 beefless stock cubes
 2 tbsp black bean sauce
 1 tbsp sambal oelek (chilli sauce)
 Approx 1 cup beef style stock

METHOD

Firstly add your dried and fresh chilli to the oil in a pan and gently heat then set aside to cool and allow to turn a red colour.

Toss your tofu cubes in the cornflour mixed with the beefless stock powder. Fry these in a wok until just golden. Set aside. Keep the cornflour leftover from coating the tofu.

In the cleaned out wok add a little of your chilli oil and gently fry the ground pepper.

Add in the ginger and fry for a minute or two on low. Then add the garlic and funky fields mince. Stir fry until the mince is all broken down.

Add in the black bean sauce, sambal oelek, whites of the spring onion and mix together over the heat.

Now add in say a cup of beef style stock along with the cornflour mix from the tofu. Stir until thickened then add in your tofu and the remainder of your chilli oil. Bring back to heat and add in your spring onion greens. Serve with rice.

GARLIC NAAN BY TRACEY SHARMAN

INGREDIENTS

550g bread flour
100g either cream cheese or coconut
yogurt
1tsp salt
15g sugar
15g yeast
350ml warm water
Butter
Coriander
Garlic

METHOD

Blitz the flour, cream cheese and salt together in a food processor and set aside

Mix sugar, yeast and warm water, let it sit until frothy

Add the frothy liquid to the flour mixture slowly (you may not need it all - flour varieties can vary) mix and allow to process for 2 minutes (or hand knead for 10 minutes). Place in a large bowl and cover until the dough has doubled in size.

Knock back then portion, roll into shape and fry in a hot pan with a little butter, turning once the bubbles form. I just made a garlic and coriander butter to baste over the bread as it was cooking.





VEGAN SPANISH PAELLA BY DONNA MORRISON

INGREDIENTS

3 tablespoons olive oil , divided
 4 cups vegetable broth , low sodium
 1 teaspoon saffron threads
 1 medium onion , diced
 1 red bell pepper , cut into strips
 5 cloves garlic , chopped, minced or crushed
 1 large tomato , diced (sub 1/2 cup canned)
 1 1/2 cups Bomba Rice (sub arborio rice)
 1 teaspoon smoked paprika
 1/2 teaspoon sweet paprika
 1 teaspoon sea salt , more to taste
 Fresh cracked pepper , to taste
 2 sprigs fresh thyme (sub 1 teaspoon dried)
 3/4 cup frozen peas , thawed

Garnish (Optional)

Lemon wedges
 Fresh-cut parsley

METHOD

Add vegetable broth in a medium saucepan over medium-high heat. Break up the saffron and add it to the broth. When it begins to simmer, give it 1 minute, and then lower the heat just to keep it warm

Heat 2 tablespoons of oil in a 12-inch Paella Pan (or something similarly sized) over medium heat. Once heated, add the onions and peppers. Sauté until softened and lightly browned, about 3-5 minutes

Add the garlic and sauté for 1 minute

Now add the tomatoes, smoked paprika, and sweet paprika. Sauté for 1-2 minutes. (If using dried thyme, add it with this step)

Add the rice and remaining 1 tablespoon of oil to the pan. Stir to coat well. Cook for 1 minute to lightly toast the rice and incorporate flavors. Move around occasionally to prevent sticking

Add the fresh thyme and slowly pour in broth. Add salt and pepper. Do not stir after this point or it will release starches and cause creamier rice. Turn the heat to medium-high and bring the broth to a heavy simmer for 1-2 minutes

Now turn the heat down (between medium-low and medium heat) to a mild simmer. You want to see movement in the pan while the broth is cooking down (don't boil though). Simmer for 15-20 minutes until rice is al dente. Rotate the pan on the burner 1-2 times during cooking for even heat distribution

Once the broth is nearly cooked off, you will need to pay close attention to the socarrat forming on the bottom of the pan (the golden rice crust). You will start to hear a snap, crackle, and pop, along with smelling a nutty aroma. This should take 1-2 minutes to form. Stick a fork or spoon straight to the bottom to test if it's forming. (If it smells like it's burning, remove from heat immediately)

Remove the pan from the heat. Add the peas to the top of the rice (don't mix in). Cover the pan with foil and let the paella rest for 5-8 minutes. Top with fresh-cut parsley, cracked pepper and side with lemon wedges to serve. Enjoy

PLANT BASED MISO CORN ON THE COB BY DONNA MORRISON

INGREDIENTS

6 corn on the cob
 2 tbsp white miso
 5 tsp gluten-free tamari
 1 tbsp lemon juice (approx. 1/4 lemon, juiced)
 1 tsp maple syrup
 1 tbsp coconut oil, melted (or oil of choice)

METHOD

Begin by peeling and discarding the husk and silk from your corn on the cob. Bring a large pot of water to boil

Prepare miso butter: in a bowl combine miso, tamari, lemon juice, maple syrup and melted coconut oil. Whisk with a fork to combine

Gently immerse corn into boiling water and cook for 3-5 minutes, until corn turns golden yellow in colour. (If planning to char the corn, leave for only 3 minutes. Now is the time to turn your oven to broil/grill). Remove corn from pot and let cool slightly, pat to dry

Paint corn with miso butter to coat. Enjoy as is. Or, if you'd like to char the corn, line a baking tray with tin foil and place miso lathered corn on top. Broil/grill corn in the oven for 3-5 minutes, turning halfway through to ensure both sides are lightly charred.





CAULIFLOWER PUDDING BY STEPHEN CARTER

INGREDIENTS

1 cauliflower
 Olive oil
 Salt
 1 onion (chopped)
 1 tsp cumin
 1/2 tsp turmeric
 1 tsp cinnamon
 1/4 tsp nutmeg
 1/4 tsp ground cardamom
 500g veggie mince
 1 tbsp tomato paste
 1/4 cup water
 1/4 cup currants
 1/4 cup pine nuts
 1/2 cup Panko breadcrumbs

METHOD

Use a whole cauliflower and remove outer leaves (optional)

Turn upside down and remove the centre core trying to leave all the florets joined together, don't worry if not but keep the florets big and place in an oven proof basin

Drizzle with olive oil and sprinkle with salt

Then in a frying pan sauté a chopped onion until translucent, then add and fry for a few minutes a mix of cumin, turmeric, cinnamon, tsp nutmeg, tsp ground cardamom, and salt

Once spices have fried add veggie mince (I used the dry Textured Vegetable Protein you soak in water to reconstitute) and cool for a few minutes. Add tomato paste and water. Then add currants, pine nuts and Panko breadcrumbs. Turn off the heat and mix together, you want a moist mix that will hold together like a burger. Let it cool then stuff it into every nook and cranny of your cauliflower. Really push it down to pack it in.

Cover with foil and cook for 50-55 minutes in 200 Celsius oven.

When out of the oven I left the foil on top and placed a saucepan inside the top of the bowl and pushed the cooked cauliflower down to pack it a bit firmer in the basin. It kept its shape better when turned out. When pushed down there was also excess oil and water that I drained off. Put a plate on top of the basin and turn upside down, the cauliflower should just pop out.

I made a sauce of tahini, lemon juice, water, salt and pomegranate molasses and then topped that with fried onions.

POTATO AND SPINACH COCONUT CURRY BY DESNA JACKSON

INGREDIENTS

Piece of ginger
 4 garlic cloves
 1 tin coconut milk
 1 tablespoon turmeric
 Frozen green peas (defrosted)
 Potatoes (I prefer red) cut in half
 1 large onion, peeled, halved and thinly sliced
 Salt
 Any other "seasoning" for your liking. I am Jamaican so I use pepper, thyme, pimento etc
 1 bag of spinach. You can also use kale, chard or any other greens (do not use broccoli)
 Grapeseed, coconut or oil of your choosing

METHOD

In your skillet, add chopped onions to hot oil. Stir until slightly brown. Add potatoes to the oil and leave until they are slightly brown. Watch your onions so that they do NOT burn. Remove them if needed

Meanwhile, in your blender, add the coconut milk, ginger and garlic cloves and blend until smooth

Once potatoes are brown, add the turmeric to the mixture and stir for about a minute or so

Add your coconut mixture to your pot and stir for about another minute. After 3 minutes on medium flame, add the green peas. Let it simmer until the potatoes are tender to your liking. If it thickens too much, add 1/2 cup of water until you get your desired consistency. I like mine to be thick and creamy. Once everything is cooked, ADD spinach, stir in and turn off the stove and cover the pot. The heat will take care of the spinach.





RIGATONI WITH LEMON, RICOTTA, GARLIC, SPINACH, ZUCCHINI & OLIVE OIL BY RUSS GLUYAS

INGREDIENTS

1/2 lb (8oz/220 grams) pasta (spaghetti, linguine, penne, fusilli...)
 1 cup (9oz/250 grams) whole-milk ricotta
 8 oz (230 grams) fresh baby spinach, washed
 1/3 cup (35 grams) grated Parmesan cheese, plus extra to serve
 1 unwaxed lemon, zest and juice
 3 lemon wedges, to serve (optional)
 1 Tbsp extra virgin olive oil, plus extra for drizzling
 1 garlic clove, grated or pressed
 Salt and black pepper, to taste

METHOD

In a large pot of boiling salted water, cook pasta according to package directions until al dente. Meanwhile, make the ricotta sauce

In a medium bowl, combine ricotta, olive oil, parmesan cheese, garlic, lemon zest and juice. Season with 1/4 tsp of salt and a good pinch of pepper

Stir until well combined, taste and make sure you're happy with the seasoning

In the last minute of the pasta's cooking time, add spinach to the pot. Stir well and push the leaves down to submerge them in water

After 1 minute, reserve 1/2 cup of the cooking water, then drain

Return pasta and spinach to the same pot, add the ricotta sauce and part of the reserved cooking water. Stir well to evenly coat the pasta in the sauce, add more cooking water as needed, you want a smooth and creamy texture

Serve immediately and garnish with grated or shaved Parmesan cheese, a drizzle of extra virgin olive oil and lemon wedges if desired (for extra freshly squeezed juice, but I leave it optional)

Notes

Cooking water: add pasta water gradually, you might not need all of it. You don't want to water down the flavor, but only make spaghetti nice and moist. If you think the reserved water is not enough, you might add a few Tbsp of milk

Pasta: you can use any short, large or long pasta shapes that work well to capture the creamy ricotta. I love spaghetti, but penne, fusilli, conchiglie work fine. Mini pasta shapes like orzo or even elbow macaroni don't work well in the recipe.

PLANT BASED SPICED EGGPLANT SKEWERS BY DONNA MORRISON

INGREDIENTS

6 sprigs curry leaves
2 medium eggplant, cut into 3cm pieces
1/3 cup (100g) eggplant pickle (from Indian section of supermarket)
3 tsp garam masala (Indian spice mix)
1 garlic clove, finely chopped
4cm piece (20g) ginger, finely chopped
1/4 cup (60ml) sunflower oil
Thinly sliced long green chilli & nigella seeds, to serve

CORIANDER AND GREEN CHILLI DRESSING

1/3 cup (95g) Greek yogurt or silken tofu for vegan
1/2 bunch coriander, stalks and leaves chopped
Juice of 1 lime
1 long green chilli, chopped

METHOD

For the dressing, place all ingredients in a food processor and whiz to combine. Transfer to a bowl and chill until needed

Thread eggplant onto skewers. Using a mortar and pestle, pound leaves of 3 sprigs curry leaves until finely ground. Add pickle, garam masala, garlic, ginger and oil, and stir to combine. Brush pickle mixture over skewers

Heat a char grill pan or barbecue to medium heat. Grill skewers, turning frequently and brushing with cooking juices, until eggplant is tender. Add the remaining 3 curry leaf sprigs to the grill for the last 4 minutes of cooking to crisp slightly

Place skewers on a serving platter and top with grilled curry leaves, sliced chilli and nigella seeds. Serve with dressing.





PASTA BAKE BY GUY JAMES WHITWORTH

INGREDIENTS

1 onion (chopped)
 Mushrooms (chopped)
 Black olives
 Dried TVP mince
 Courgettes (sliced)
 2 cans chopped tomatoes
 Tomato purée
 Garlic
 Mixed herbs
 Salt
 Pepper
 Pasta
 Water
 Vegan cheese (shredded)
 Breadcrumbs

METHOD

Get a big deep roasting tin and chuck in a chopped onion, chopped mushrooms, ready chopped black olives, dried TVP mince, sliced courgettes (basically whatever you have in the fridge!), a couple of cans of chopped tomatoes, a good dollop of tomato purée, garlic and mixed herbs, salt and pepper (to taste), and a packet of store bought pasta of your choice.

Add water so it's a super sloppy and mix.

Put into an oven on a medium high heat until most of the water is absorbed (test the pasta is almost cooked and add more water if needed) add shredded vegan cheese and breadcrumbs on top and pop back into the oven until cooked and golden!! Doesn't look fancy, but so very tasty! Enjoy, serve sprinkled with fresh basil leaves

CREAMY SUN DRIED TOMATO TUSCAN MUSHROOM BY MICHELLE SANDHAM

INGREDIENTS

2 tbsp extra virgin olive oil
 1 medium onion diced
 600 grams mushrooms some kept whole and some diced (I used a mixture of chestnut mushrooms and pulled king oyster mushrooms)
 4 cloves garlic minced
 1/2 glass white wine (optional)
 3-4 tbsp sun dried tomato pesto or paste (we used Sacla Sun Dried Tomato Paste)
 300 ml cashew cream – please see our recipe for this if needed (you can substitute for any plant based heavy cream)
 2 tbsp nutritional yeast
 2 tbsp lemon juice
 100 grams spinach
 1 tsp each dried oregano & dried parsley
 Handful fresh parsley

Vegan cashew cream
 150 grams raw, unsalted cashews
 500 ml boiled water
 A pinch of salt

METHOD

Heat the oil in a large skillet over a medium heat
 Add the onion and fry for 3 minutes
 Add the mushrooms, garlic and white wine (if using) and sun dried tomato paste and cook for a further 2 minutes stirring
 Reduce the heat to low and stir in the cream, yeast and lemon juice and allow to simmer for 10 minutes
 2 minutes before the end, stir in the spinach and herbs.
 Vegan cashew cream
 Soak the cashews in the warm water for a minimum of 1 1/2 hours
 Drain the cashews and add 150 ml water (more or less depending on required thickness)
 Add salt and blend for around 4 minutes, checking regularly and scraping the sides.





VEGGIE WRAPS WITH SWEET POTATO AND ALMONDS PATE BY GOCHA SZ

INGREDIENTS

Wraps spinach or beetroot:
 2 eggs
 100g spinach or 3 small cooked beetroots
 Salt
 250ml coconut milk
 2 Tbls coconut oil
 125g oat flour
 25g desiccated coconut

Pate

1 big, grilled (or fresh) Portabello
 Mushroom
 2 baked medium sweet potatoes
 Handful of coriander
 1 medium red onion
 2 garlic cloves
 1/2 tsp smoked paprika
 1/2 tsp ground cumin
 1/2 tsp ground cinnamon
 Salt

METHOD

Combine wrap ingredients and let batter sit for around 2 hours.
 Fry up in a pan, with no extra fat for frying
 Blend up ingredients for the pate and top with almonds for a crunch

PLANT BASED ROAST VEGGIE LASAGNA BY DONNA MORRISON

INGREDIENTS

Yellow capsicum (bell pepper)
 Zucchini (courgette)
 Eggplant (aubergine)
 Onions
 Carrots
 Kumera (sweet potato)
 Butternut pumpkin
 Broccoli stalks
 Parsnip
 Pesto (cook in with tomato sauce)
 Bechamel Sauce with garlic (see below)
 Vegan Parmesan
 Canned tomatoes (blended or whole) or
 Tomato Passata (I cook mine on the stove
 and add pesto)
 Vegan cheese

Garlic Bechamel
 * 4 tablespoons vegan butter
 * ¼ cup all-purpose flour
 * 2½ cups nut, soy or oat milk
 * ¼ teaspoon ground nutmeg
 * Salt and pepper (to taste)
 * Garlic minced (to taste)

METHOD

Chop all the veggies, roast in the oven until caramelised, put aside to cool down enough to handle

Make your Bechamel sauce by using a medium saucepan placed over medium heat, melt the butter. Add the flour and cook, whisking constantly, until the flour turns light brown and emits a nutty aroma

Slowly add the milk, whisking constantly. Once all of the milk has been incorporated, whisk in the nutmeg and garlic, and allow the mixture to come to a simmer. Once simmering, cook for 2 minutes, whisking constantly

Remove from the heat, season with salt and pepper

Place a ladle of Bechamel in the base of your tray

Place a layer of lasagna sheets to cover the base

Top sheets with roasted veggies (one at a time or mixed, it's up to you)

Top veggies with tomato sauce of choice

Place a layer of lasagna sheets on top of the veggies

Top layer of Bechamel over lasagna sheets

Repeat until last layer. Top with layer of Bechamel, sprinkle with vegan cheese of choice and sprinkle with vegan Parmesan

Bake in 180 degree oven for 20 mins or until bubbling and golden





INGREDIENTS

PIE CRUST (MAKE AHEAD)

1 pie crust homemade or store brand (you'll need pie weights, or dried beans, or uncooked rice with parchment paper to blind bake the crust)

FOR THE TOMATO PIE

3 lbs fresh tomatoes sliced, we love a variety of heirlooms
 Kosher salt
 4 slices plant based bacon roughly chopped
 1 small yellow onion finely diced
 1/2 cup good quality mayonnaise
 1 tbs Dijon mustard
 1 egg
 1/2 cup sharp Cheddar cheese shredded
 1/2 cup Fontina cheese shredded
 1/2 cup fresh basil chopped
 1/4 cup fresh oregano chopped, Can also use: thyme, rosemary, tarragon, marjoram
 1/4 tsp freshly ground black pepper

TOMATO PIE BY MICHELLE RICHARDSON

METHOD

Preheat the oven to 425° F

Par-bake the pie crust: Place the pie dough in the pie dish. Now, line with parchment paper. Add weights, or 1 cup dried beans, or, 1 cup dried rice on top. Bake for 15 minutes

Meanwhile, layer one (or two, if needed) baking sheets with paper towels. Place the sliced tomatoes on the paper towels and sprinkle salt over the tops of the tomatoes.

Remove the pie from the oven, and discard the parchment paper and weights. Let cool completely

Reduce the oven to 350° F

On a separate baking sheet with a rack, place all but 3 of the tomatoes and roast in the oven for 40 to 45 minutes. Hold the 3 tomatoes for topping the pie after assembling

Meanwhile, heat a medium-sized skillet over medium-high heat. Add the plant based bacon and cook until just starting to crisp and grease is being rendered

Add the chopped onion and cook until translucent, about 4 to 5 more minutes. Use a slotted spoon to transfer to a plate lined with paper towels. Set aside

Once the tomatoes are done roasting, remove from the oven and let cool for at least 20 minutes, still on the rack(s)

Make the filling by mixing together in a medium bowl the mayonnaise, cooked plant based bacon / onion mixture, Dijon mustard, egg, and both cheeses. Stir until completely combined

Add a thin layer of the filling to the par-baked pie crust. Use a knife to spread the filling

Next, using a spatula, carefully add a layer of the roasted tomatoes. Sprinkle freshly ground black pepper over the tomatoes

Now, sprinkle half the fresh basil and fresh oregano on top of the tomatoes

Repeat this layering of filling, tomatoes, pepper and herbs. Add one more layer of the filling on top. Sprinkle more shredded cheese to cover any gaps

Add the three remaining tomatoes on top and sprinkle on a little more of the herbs. Bake for 40 minutes, until bubbly and lightly browned on top

Let rest for 1 hour (if served sooner, the filling will still be somewhat fluid). Serve warm or at room temperature.

CREOLE, COUSCOUS AND CORNBREAD! BY VANESSA SCHUMACHER

INGREDIENTS

1-1/2 cups chopped onion
 1 cup chopped celery
 2 cups chopped cauliflower
 2 medium chopped green peppers
 2 cloves minced garlic
 1/4 cup butter
 1-28 oz can herbed diced or stewed tomatoes
 1/2 cup ketchup
 1 cup water
 2 t parsley
 1 t salt
 1/2 t cracked pepper
 1/8 t. cayenne pepper
 3 bay leaves
 1 can or 2 cups fresh chopped Okra (this is essential to the recipe)

METHOD

Sauté onions, celery, cauliflower, green pepper and garlic in butter until tender
 Stir in water, tomatoes, ketchup and seasonings
 Simmer uncovered for 10 minutes
 Add okra and heat until boiling
 Reduce to simmer and continue cooking covered for 10 to 20 minutes
 Serve over couscous or rice.





BEETROOT RAVIOLI FILLED WITH HOME MADE HERBED CASHEW NUT CHEESE BY IZABELA KOTUŃA

INGREDIENTS

Cheese:

1 cup almonds or cashews soaked in hot water for at least an hour until they are soft

3.5 ounces extra firm tofu (press between two paper towels well before use)

1/4 cup nut milk

4 tbsp unsweetened non dairy yogurt

1-2 garlic cloves (I had three)

Nutritional yeast to your liking, the more the better I think

1 tsp dried parsley or 1 tbsp fresh basil or fresh dill

Pasta:

1 1/2- 2 cups of flour if your choice (I use unbleached)

Water

Salt

Olive oil

1 large beetroot

METHOD

Add all ingredients for the cheese into a food processor, pulse and process scraping down sides and adjusting the ingredients so it's to your liking

Ok. So the pasta is really a simple, mix flour with water and a pinch of salt and if you like a little olive oil.

Knead in bowl until pasta doesn't stick to bowl, use flour all the time bit by bit

Meanwhile, wash and cut beetroot into quarters into baking dish and bake at 200 deg Celsius until beetroot has shrivelled a little and looks dry. Take out, let cool then whizz in a small food processor

Mix beetroot with dough very well and for at least 5 mins adding flour so it doesn't stick to your hands

Let rest for 30 mins and cover with glad wrap

Roll pasta on floured surface to a very thin sheet, cut out circles with the edge end of a glass

Fill circles of pasta with filling and snip edges with fingers then with the end of a fork

Take a big pot of water, salt it, bring to the boil and when it's boiling I throw 8-10 of them in, gently stir and wait. When they float atop, they are ready

BBQ GLAZED JACKFRUIT RIBS

BY CLAIRE AARDVARK

INGREDIENTS

750g jackfruit in brine or water
 170g vital wheat gluten flour (use high gluten bread flour if you can't find)
 50g nutritional yeast flakes
 1 tsp salt
 1 tbsp smoked paprika
 100ml light soy sauce / tamari
 2 tbsp olive oil
 250ml of your favourite BBQ sauce
 2 limes
 1 bunch coriander, coarsely chopped
 2 red chillies, sliced

METHOD

Line a roasting tray approximately 35cm x 25cm with parchment paper

Open, drain and rinse the tin of jackfruit. If it's in brine, rinse very well

In a large bowl combine the gluten flour, yeast, salt and paprika

In another bowl mix the soy sauce & oil

Add the jackfruit to the dry mix and combine well

Add the wet mix slowly and combine everything

Keep kneading until you have a dough that sticks together well (this should only take a few minutes)

Place the dough in the tray and push towards the edges. You want it to be about 5cm thick, so if it doesn't reach all the way to the edges, don't worry, it will hold its shape

Score thin lines across the dough every 3 - 4 cm to create individual 'ribs'

Cover the top loosely with another piece of paper, which will prevent burning. Place in your hot BBQ or a 180C oven for about 40 minutes but remove the paper for the last 10 minutes to give the correct amount of browning on top. Check regularly. Take out when the edges and top are crispy and browned

Brush all over with your BBQ sauce. Be generous with this. There is no easy way to do this- you will get messy! Wear rubber gloves if you're scared

If you are using a BBQ: place directly on your BBQ grill. Pop the lid on and check regularly. When the underside looks caramelised turn over and repeat on the other side until similarly caramelised. If you are making this dish inside heat a griddle pan and add oil. When the oil is hot, place on the griddle and cook until brown and crispy

Remove and place on a large chopping board. Cut into rib portions

Cut 2 limes in half and place cut side down on the BBQ for a few minutes until charred. Place these on the chopping board with the ribs

Scatter the coriander and chillies over the top of the ribs and serve with: charred corn on the cob, salsa verde, chipotle mayo, pink pickled onions, and pickled cucumber.





SWEET POTATO NACHOS BY AMBER DOPITA-TODD

INGREDIENTS

2 sweet potatoes
 1/4 cup sweet corn
 1/4 cup black beans
 1 tomato
 1 jalapeño
 Onion
 Green onion
 Cilantro
 Paprika
 Salsa (optional)
 Cheese sauce

METHOD

Slice sweet potatoes into wedges and sprinkle with paprika. On a parchment paper lined baking sheet, bake at 425 degrees for 25(ish) minutes, flipping halfway through until they start to brown

While potatoes are baking, add corn to a pan on med-high heat and “roast”. Stirring occasionally until it starts to brown. No need to add oil but if you do not have a non-stick pan you can add a little bit of water to prevent sticking

Prepare your pico de gallo by dicing tomato, onion and jalapeño

Slice and chop green onion and cilantro

Heat beans

Remove sweet potatoes from oven and arrange on a plate. Drizzle with cheese sauce. Top with beans, corn, pico de gallo, green onion and cilantro. Add salsa if you like it spicy!

LEEK & POTATO SOUP BY KATIE HOOLAHAN

INGREDIENTS

3 leeks
25g butter
3 medium-large potatoes
600ml stock
Salt
Pepper
Worcestershire sauce
Parsley, chopped

METHOD

Slice leeks and fry in butter for 5-10 minutes until sweating.
Dice potatoes and add to the leeks, fry for another 10 minutes.
Add stock and leave to cook for 30-40 minutes on a low heat.
5 minutes before serving put 3-4 potato waffles in the toaster - you can also use chips/hash browns or some other crispy potato.
Blend the soup mixture until smooth and season with salt, pepper and a dash of Worcestershire sauce.
Chop waffles into smaller pieces and add some parsley on top





COCONUT CURRY VEGETABLES BY MARIELA GOMEZ

INGREDIENTS

Olive oil
 1 head chopped cauliflower
 3 cups green beans, cut in 1in pieces
 1 can light coconut milk
 1 -2 Tbsp Thai red curry paste
 1 Tbsp brown sugar
 1 Tbsp lime juice
 Siracha to taste
 1/2 - 1 cup Cashews
 Chopped cilantro for garnish

METHOD

Saute cauliflower and green beans in olive oil. Meanwhile mix brown sugar, lime juice, coconut milk, and red Thai curry paste in a bowl until combined.

Add to the pan and make sure veggies are mixed into the sauce.

Sprinkle whole cashews on top and simmer about 5 minutes until heated through.

Serve over chickpea pasta or quinoa and as chopped cilantro. Add additional heat with siracha if you like.



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DESSERT RECIPES



@Tracey Sharman



@World's Vegetarian Tables



@Red Rosie



@Izabela Kotuła



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LEMON TART BY TRACEY SHARMAN

INGREDIENTS

200g plain flour
125g Vegan butter
30g sugar
Cold water
Lemon curd from page

METHOD

Rub the butter into the flour and sugar until it looks like breadcrumbs. Add cold water sparingly and chop it through with a knife until it starts to come together then form a dough using your hands. Wrap and chill for 20 mins

Line your chosen tin(s) and bake blind at 180 until golden

I have two recipes for the lemon filling and this was the really quick version using the lemon curd I made earlier. Equal quantities of lemon curd, cream cheese and solid coconut cream mixed together until smooth.

Pour into the cooled pastry and chill well. Voila!!





LEMON-ORANGE COCONUT TAPIOCA BY RED ROSIE

INGREDIENTS

2/3 cup rinsed tapioca, soaked in 2 cups water for at least an hour
 1 vanilla pod, split and scraped
 1 x 400 ml can coconut milk
 3 tablespoons maple syrup, or to taste
 Pure stevia powder (to taste)

METHOD

Put tapioca + soaking water, vanilla pod/scrapings and coconut milk a into a saucepan and bring to the boil, stirring constantly. Reduce heat and continue stirring until tapioca pearls are clear (about 5 min). Remove from heat. Remove vanilla pod

Stir through maple syrup; optionally add stevia. Pour/spoon into a heat-proof dish and set aside. Note: leave room in the dish for the jelly topping

Put the juice from four oranges and one lemon into a saucepan and stir through 1 teaspoon agar powder. Turn on the heat and bring to the boil. Remove from heat and add stevia to taste. Pour over the tapioca. Chill.

BANANA BREAD

BY XAVIERA SÀNCHEZ

INGREDIENTS

3 ripe bananas (mashed)
1/3 cup of vegan butter (melted)
1/2 cup sugar
1 vegan egg (Tablespoon of chia with 3 of warm water, let it thicken)
1 Tbs Vanilla extract
1 Tbs Baking soda
1 Tbs Salt
1 1/2 Cups of flour

METHOD

Preheat oven to 350 F
Mix ingredients
Pour into oiled pan
Bake 50 minutes





CRACK JAM COOKIES BY WORLD'S VEGETARIAN TABLES

INGREDIENTS

All purpose flour/ Maida - 1/2 cup
 Chickpea flour/ Besan - 1/2 cup
 Semolina flour/suji/sooji/rava - 1/2 cup +
 2 and a 1/2 tbsp
 Salt - A dash
 Sugar - 1/2 cup (use powdered if you
 don't like the crunchy taste of sugar in
 your cookies) powder it in a chutney
 grinder.
 Cinnamon powder - A pinch (if you don't
 have it then use cardamom powder)
 Melted ghee/butter - 1/2 cup (use oil if
 you are a vegan)
 Any jam of your choice. (Strawberry/
 mixed fruits/Orange marmalade)
 I have used a mix of blueberry, Blackberry
 and strawberry jam

METHOD

Take a bowl and place a sieve over it
 Add salt, all purpose flour, chickpea flour and semolina flour to the sieve. Sieve it to
 transfer it to the bowl
 Now, add the sugar to the flour mix and mix it well with a whisk/beater. Sprinkle
 some cinnamon powder on the mix
 Add ghee/butter/oil little by little in the flour to make a dough. Knead the dough
 until all of it comes together
 Divide the dough into 10-12 equal portions
 Take a dough ball and shape it round. Flatten it a little between your palms. Don't
 flatten it too much. Don't worry about the cracks in the ball
 Make a small depression in the center of the cookie with the help of your index finger
 Similarly make all of the remaining cookies
 Fill some jam in the cavity of the each cookie with the help of a spoon
 Keep all the cookies in fridge for 5-7 minutes
 Take a baking sheet/tray and line it with parchment paper. Place all the cookies on it
 some distance apart
 Bake them at 180°C or 355°F for 20 minutes in a pre heated oven
 Take them out and let them cool down completely for 20-30 minutes. Hot cookies
 are very soft. So, wait for a while before serving them otherwise they will crumble.

VEGAN CHOC CHIP COOKIES!

BY IZABELA KOTUJA

INGREDIENTS

1 1/2 cups canned chickpeas, drained.
1/2 (organic) peanut butter
1/3 cup maple syrup
2 tsp vanilla extract
1/2 tsp baking soda
Pinch of salt
1/2 (vegan) choc chips

METHOD

Pre heat oven to 350 Fahrenheit
Blend all ingredients BUT the choc chips until smooth in a processor or blender
At end add choc chips and stir through
Roll into balls, press gently into greased baking sheet
Bake for 20 minutes! YUM





CHOCOLATE GANACHE CAKE 'ON THE RUN' BY IZABELA KOTUŁA

INGREDIENTS

200g nuts
 200g sugar
 200g dark chocolate 70%+
 200g almond milk (can be dairy)
 200g butter (can be vegan)
 200g self raise flour

METHOD

Pre- heat oven to 180 Celsius
 Nuts into food processor - whizz up!
 Add chocolate whizz with nuts
 Add the butter whizz with mix
 Add flour whizz with mix
 Add pinch of salt
 Add milk
 Add sugar
 Spread on baking paper in a oven proof tray.
 Bake 18-20mins
 Enjoy with plain Greek yogurt or ice cream, if you wish!
 Optional: raisins, sour cherries, nuts, chocolate chips etc

VEGAN LEMON MERINGUE CUPCAKES BY TRACEY SHARMAN

INGREDIENTS

225g SR flour
100g caster sugar
1 tsp baking powder
Pinch of salt
Zest of a lemon
2tbsp lemon juice
250ml plant milk
200ml veg oil
1tsp vanilla extract
1/2 cup aquafaba
1/2 tsp cream of tartar
1 cup granulated sugar
Lemon curd from page

METHOD

Preheat your oven to 180c

Mix flour, caster sugar, baking powder, salt and lemon zest in a bowl and mix to combine

Add lemon juice to plant milk and mix

Add 100ml veg oil to the milk mix

Add the wet to the dry together with 1tsp vanilla extract and mix well to a smooth batter

Fill cupcake cases to about 3/4 full. I used large ones and got 8 from the batter. Into the oven for approximately 20 mins. Check at 15. They should just be gently colouring on top

Allow them to cool completely while you make the meringue

In a large clean bowl use an electric beater to whip up 1/2 cup aquafaba with 1/2 tsp of cream of tartar and a splash of vanilla extract. After a few minutes it'll be light and fluffy and holding its shape. Gradually add in 1 cup granulated sugar in stages, whipping well in between. It will become glossy and have stiff peaks. Place it in the fridge while we deal with the cakes again

Scoop out a cavity in the top of each cake and fill with the lemon curd. Plug the top with a bit of cake

Now pipe or spoon the meringue over the top

Flash the cakes under a screaming hot grill, watching like a hawk!! They can burn in a second

And that's it!!





CHOCOLATE HUMMUS BY JANET STADNYK

INGREDIENTS

1 can of drained and rinsed chickpeas
2 tbsp cocoa powder
1/4 c cashew milk
1/4 c coconut sugar
2 tsp vanilla
3 tbsp almond butter
1 tsp salt- I used Himalayan pink sea salt

METHOD

Throw everything in a food processor until smooth
Taste and adjust flavors if desired

