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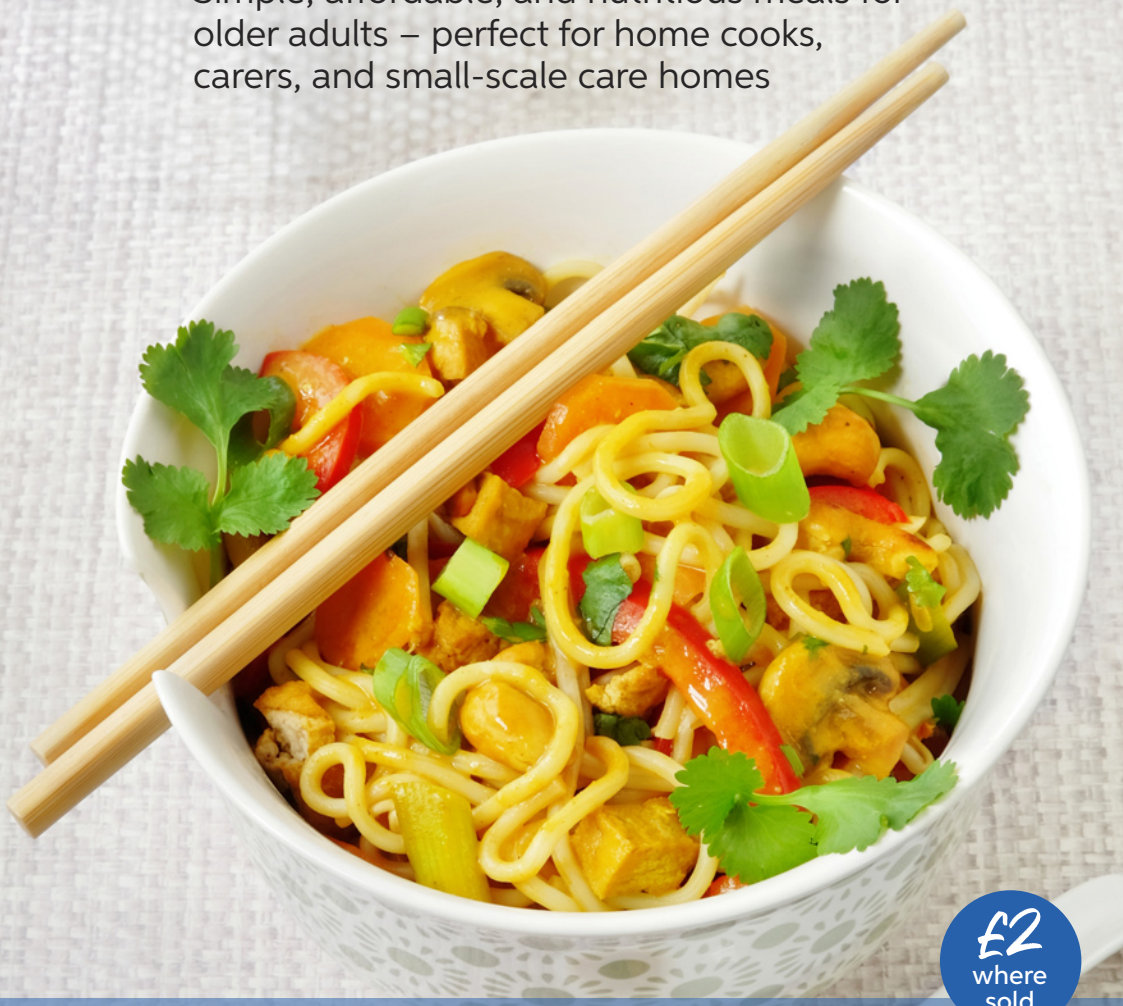
Vegetarian for Life

V for life

Quick & easy

Simple, affordable, and nutritious meals for older adults – perfect for home cooks, carers, and small-scale care homes



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Introduction

Welcome to Quick and easy – a collection of simple, satisfying vegan recipes designed for both home cooks and caterers. Every recipe has been tested to make the most of everyday ingredients. They're low-fuss, full of flavour, and can often be adapted to whatever's in season or on offer.

Whether you already follow a vegan or vegetarian diet, or are just looking to include more plant-based meals, this collection is for you. Adding more vegetables, fruits, whole grains, legumes and seeds to your meals can offer benefits – not just for health, but for the planet too.

WHY PLANT-BASED?

Most plant foods have a significantly lower environmental impact than meat and dairy. Reducing your meat consumption – or going fully plant-based – is one of the most effective ways to lower your carbon footprint. Even small swaps can make a big difference.

Getting enough protein

While we've kept detailed nutrition advice to a minimum, it's worth noting that a balanced vegan diet can provide all the protein you need. Protein is essential at all ages – and becomes even more important as we grow older.

GOOD VEGAN SOURCES OF PROTEIN INCLUDE:

- **Beans and lentils** – high in protein and very versatile. Beans can be added to stews, casseroles, chilli, curry, and soups. If you have a stick blender it is easy to make a bean pâté too. My mum used to add a handful of lentils to stews and soups. Red lentils do not require any soaking and can be cooked in around 20 minutes. Tinned lentils are another quick alternative, a great base for cottage pie, spaghetti bolognese, or cold in a pasta salad.
- **Tofu and tempeh** – great in stir-fries, curries, or grilled. I am a fan of tofu, but if not cooked properly it is not everyone's thing. Tofu is made from soya and, depending on how it's made, comes in firm or silken varieties. Silken tofu is very soft in texture. This means that it is better suited as a base of sauces, vegan mayonnaise, smoothies, for thickening soups, or in desserts. Block or firm tofu is still delicate but much easier to handle than silken. To get a great texture and flavour, carefully slice and fry for at least 5 minutes per side. Tofu does not have any flavour of its own, so this will depend on how it is prepared.
- **Nuts and seeds** – rich in protein and healthy fats. Walnuts are great for salads and cakes if you fancy a treat. Peanuts are high in protein and relatively cheap. The amount of salt used depends on the brand. If you have a food processor, or good quality stick blender, it's easy to make your own nut butter. Simply blend the nut of your choice until smooth. Pumpkin seeds can be eaten as a snack or added as a topping to salads to give a nice crunch. For extra flavour, try toasting them in a dry frying pan. When they start to pop, remove from the heat and splash on a little soya sauce. Be warned, once you start nibbling it is hard to stop!

VfL will be updating its nutrition guide in line with the latest guidance, so stay tuned for more support on balanced meal planning.



Helpful gadgets from the VfL team

You don't need a fancy kitchen to cook great food. But a few handy tools can make the process easier and more enjoyable. Here are some favourites from our chef team:

- **Slow cookers** – Ideal for soups, stews, chillis and curries. Pop everything in, set it, and walk away. Great for one-pot meals with minimal washing up.
- **Sandwich toaster** – Not just for toasties! This may be a blast from the past, but they really are great little devices when you want something simple and hot. Chef Claire says: "I have a small sandwich toaster, and I love it for paninis and quick garlic bread. Mine has a drip tray so I can use it for veggie bacon and burgers too. Perfect for a quick and easy meal."



- **Stick blender** – Small but mighty. Chef Ollie is a big fan of a stick blender: "They are great for making soups and purées, they are cheap and don't take up much kitchen space." I would also add that of all the gadgets in my kitchen, my stick blender is used the most, particularly for soups.
- **Air fryer** – Quick, energy-efficient, and great for crispy vegetables, tofu or reheating leftovers without drying them out. Chef Justina says: "An air fryer is ideal for a small household when you don't want to heat up an oven to have a meal, although I am sure it is possible to buy a huge one nowadays. They are great for giving a little texture to vegetables or tofu, without adding too much oil and instead of using a frying pan. They can also be used to keep food warm. The possibilities are limitless."
- **Pressure cooker** – These may seem a little old fashioned, but they really can speed up cooking time considerably. Dried beans and chickpeas work particularly well. If you make a batch, use what you need and freeze the rest for another day. Remember to add enough water.



- **Microwave oven** – Excellent for cooking or reheating veg quickly. Just add a splash of water and cover. Vegetables cook well in a microwave. Simply prepare them as if you were going to boil or steam them, place into a suitable container with 2 tbsp of water, then cook on full power for 3–4 minutes. This is one of my favourite ways to cook vegetables.
- **Stack steamers** – This is one of my personal favourites – I have four levels plus the base pan. This means I can cook loads of veggies with just one gas ring on. Start with the vegetables that take the longest in the first layer then add subsequent layers with those that take less time.





SAVING MONEY

Plant-based meals also tend to be more budget-friendly. While not all vegan products are cheap, cooking from scratch using ingredients like beans, lentils, seasonal veg, and grains can stretch your budget much further. At VfL, we compared a number of popular meat-based dishes with their plant-based equivalents – the vegan versions were consistently cheaper, and just as satisfying.

Before you begin...

This collection is about real food – affordable, accessible, and full of flavour. No specialist ingredients, no complicated techniques, just practical meals for everyday life.

Now, let's get cooking.



Powerhouse salad

Sometimes a tasty salad on a hot day is what the heart desires. For me it's my choice for my birthday meal. Really, it is.

I'm sure you all know how to make a salad, but the inclusion of a few specific ingredients will elevate it from an everyday dish to a meal packed with protein, vitamins and essential fat. Not to mention it looking and tasting even better. I've included an easy and satisfying vegan potato salad as a side dish, because this isn't something readily available in supermarkets.

Time to prepare 15 minutes
Serves 4

- 80g/2¾oz watercress
- 1 carrot, grated
- 2 cooked beetroots, sliced
- 1 pepper, thinly sliced
- 1 avocado, cut into chunks
- 1 tin of chickpeas, drained and rinsed
- 10g/⅓oz sprouting seeds – available ready sprouting or sprout your own
- 200g/7oz flavoured pressed tofu, cut into cubes*
- 50g/1¾oz walnuts
- 50g/1¾oz grapes, cut in half

Salad dressing

- 1 tbsp olive oil
- 1 tsp vinegar
- ½ tsp French mustard
- Tiny pinch of sugar

1 Layer up the vegetables onto your serving dish or plate.
2 Top with the tofu.
3 Spoon over the dressing and top with the sprouting seeds.

Of course you can add tomatoes, sliced cold potatoes, tinned sweetcorn, peanuts, crisps, apples, dates. Really just about anything can be added to a salad. They are a great way to use up what you have in the fridge.

* Chef's tip

Pressed tofu is available in most supermarkets. You can find it smoked with sesame, or flavoured with basil or chilli. It should not be confused with plain tofu that you intend to press at home. Plain firm tofu can be used but should be marinated first for flavour. You may also want to fry it to give it more texture. If you are not a fan of tofu, tempeh is a good alternative. Both are good sources of protein.

Quick potato salad

Time to prepare 5 minutes
Time to cook 12 minutes
Serves 4

- 400g/14oz salad potatoes, cut in half
- 1 tbsp vegan mayonnaise
- ½ tsp vinegar
- ½ tsp French mustard
- 1 spring onion, chopped

1 Cook the potatoes and drain.
2 Mix the mayonnaise, vinegar and mustard together and mix into the potatoes. No need for them to cool first.
3 Place it into your serving dish and garnish with the spring onions. Season with salt and pepper.





Veggie mince and onions

As a child I would have this with chips and peas. Very comforting. This recipe makes a great base for cottage pie. Feel free to add extra vegetables like peppers, courgettes or mushrooms.

Time to prepare 10 minutes
Time to cook 30 minutes
Serves 2–3

- 1 tsp oil
- 1 small onion, chopped
- 1 stick of celery, finely chopped
- 1 carrot, grated
- 1 garlic clove, chopped
- 100g/3½oz veggie mince
- 1 can of lentils, drained and rinsed
- 100g/3½oz mushrooms, sliced
- ½ tsp mixed herbs
- 350ml/12fl oz vegetable stock
- 1 tsp soya sauce
- 2 tsp gravy granules

1 Gently fry the onions, celery, carrot, and garlic in the oil for 5 minutes. Add the veggie mince, lentils, mushrooms and herbs.
2 Allow to cook for another minute.
3 Add the stock and soya sauce then simmer for 15 minutes.
4 Sprinkle in the gravy granules and stir. This will thicken the stew and add additional flavour. Continue to cook for 5 minutes.
5 Serve with oven chips, or mashed potato and peas. This also makes a great filling for a pie. Simply place the filling into individual pie cases and top with ready-made pastry. Bake at 180°C/356°F/gas mark 4 for 15 minutes.

Chef's tip

Veggie mince is available in most supermarkets and is generally made from soya. If you have not used it before it has a similar texture to meat but needs a little work with the flavour. This recipe is a great base to use for spaghetti bolognese, cottage pie, or curry. Simply add a few extra vegetables and spices to suit each dish.



Veggie pineapple 'chicken'

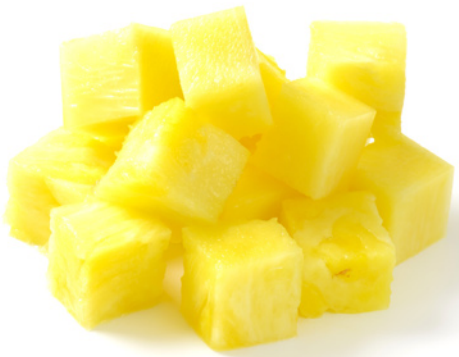
This dish was very popular in the 1970s, along with flared trousers and the Bee Gees.

Preparation time 10 minutes
Cooking time 20 minutes
Serves 2

- 1 tbsp olive oil
- 1 small bunch of spring onions, chopped
- 1 red pepper, cubed
- 1 tsp garlic purée
- 1 tsp soya sauce
- 1 tsp sweet paprika
- 1 small tin of chopped pineapples including the juice
- 300ml/10fl oz vegetable stock
- 150g/5oz vegan Quorn pieces
- 1 tbsp tomato purée
- 1 tsp cornflour
- 1 tbsp coriander, chopped

Garnish

- Reserve a little spring onion and coriander



1 Gently fry the spring onions, red peppers and garlic in the oil for 2 minutes.
2 Add the soya sauce and paprika and cook for 1 more minute.
3 Add the pineapples and stock, simmer for 5 minutes then add the Quorn.
4 Add the tomato purée and simmer for 5 minutes.
5 Mix the cornflour with a tbsp of water. Add to the dish and stir.
6 Finally add a little chopped coriander and cook for 2 more minutes.
7 Serve with rice or new potatoes and green beans.

Chef's tip

If you have not used Quorn before it is a versatile protein source with a mild flavour. Quorn is available as sausages, escallops, burgers, and mince. Not all Quorn products are vegan, so always check the packaging before you buy. If Quorn is not your thing add chickpeas, cannellini or butter beans – all of which are good sources of protein.



Pasta primavera

Time to prepare 10 minutes
Time to cook 15 minutes
Serves 2

- 110g/4oz penne pasta
- 1 tbsp olive oil
- 1 small red onion, sliced
- 1 tsp garlic paste
- 1 small courgette, thinly sliced
- 1 yellow pepper, cubed
- 100g/3½oz cherry tomatoes, cut in half
- ½ lemon, cut in half, zested and juiced
- 100g/3½oz fresh baby spinach

Garnish

- 1 tsp fresh parsley or basil
- ½ lemon, cut into wedges

1 Place the pasta in a pan of boiling water and simmer for 12 minutes.
2 While the pasta is cooking, gently fry the onion for 5 minutes then add the garlic, courgette, pepper, and tomatoes. Gently cook for 5 minutes.
3 Your pasta should be cooked at this point. Drain but reserve a little of the water, then add this to the vegetables to create a little sauce. Add lemon juice and zest.
4 Add the spinach and cook until wilted.
5 Add the drained pasta to the vegetables and stir.
6 Serve with a wedge of lemon and a few fresh herbs as a garnish.

Chef's tip

Lots of other vegetables can be added to this recipe including broccoli, aubergine, celery, mushrooms, peas, or cooked beans. If you like spice, try adding a little chilli.



Vegetable tikka masala

Tikka masala is the UK's most popular curry. It has a mild creamy flavour. This recipe uses a rich tomato sauce and commercial curry powder available in most supermarkets. You can of course make this with all the separate spices, but this is much quicker.

Time to prepare 10 minutes
Time to cook 45 minutes
Serves 4

- 1 tbsp vegetable oil
- 1 onion, finely diced
- 2 tsp garlic paste
- 2 tsp tikka curry powder
- 1 pepper, cubed
- 200ml/7fl oz passata*
- 400ml/14fl oz stock
- 1 sweet potato, peeled and cubed
- ½ small cauliflower, cut into florets
- 70g/2½oz peas
- 150g/5¼oz vegan Quorn pieces
- 50ml/2 tbsp vegan natural yoghurt
- 5g/1 tbsp fresh coriander

1 Gently fry the onions for 5 minutes then add the garlic, curry powder and pepper. Continue to cook for another minute.
2 Add the passata, stock and sweet potato. Simmer for 10 minutes.
3 Add the cauliflower, peas, Quorn, half the yoghurt and half the coriander. Simmer for 10 minutes.
4 Garnish with the remaining yoghurt and coriander.
5 Serve with rice.

* Chef's tip

Any leftover passata can be used in the Italian cannellini soup, mince and onions, or veggie pineapple and 'chicken'.





Stew and dumplings

A comforting and satisfying meal. As my dad would say, it sticks to your ribs!

Time to prepare 10 minutes
Time to cook 30 minutes
Serves 2

For the dumplings

- 100g/3½oz flour
- 50g/1¾oz vegetable suet
- ¼ tsp mixed herbs
- Pinch of salt
- 20ml/2 tbsp water

1 Mix the flour, suet, herbs and salt together. Add a little of the water to bring the dumplings together. You should be able to make 4 dumplings.

For the stew

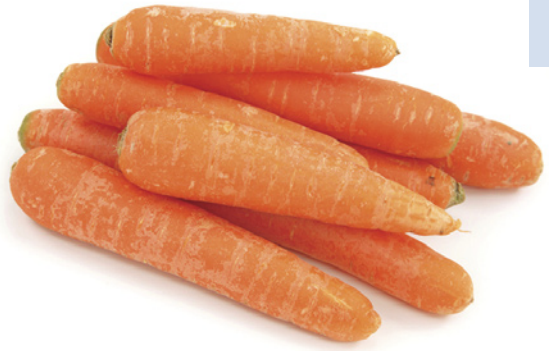
- 1 tbsp olive oil
- 1 onion, chopped
- 1 celery stick, chopped
- 1 carrot, sliced
- 1 tsp mild mustard
- 150g/5¼oz vegan Quorn pieces
- 1 can of lentils, drained and rinsed
- 300ml/10fl oz vegetable stock
- ½ tsp mixed herbs
- 2 tsp gravy granules

1 In a large pan gently fry the onions, celery and carrot for 5 minutes.
2 Add the mustard, Quorn, lentils, stock, and herbs. Simmer for 4 minutes.
3 Add the gravy granules and stir. At this point add your dumplings.
4 Cover the pan with a lid and gently cook for 15 minutes. The dumplings will swell as they cook.

Chef's tip

Quorn is a good source of protein and works well in this recipe. However butter beans or borlotti beans would also work well.

Serve your stew with potatoes, green beans, or whatever you fancy!



Italian cannellini soup

Time to prepare 10 minutes
Time to cook 30 minutes
Serves 4

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 stick celery, finely chopped
- 1 carrot, finely diced
- 1 x 400g/14oz tin chopped tomatoes or 300ml/10½fl oz passata
- 500ml/17fl oz stock
- 30g/1oz red lentils
- 1 x 400g/14oz tin cannellini beans, drained
- 1 tsp mixed herbs

1 Gently fry the onion for 5 minutes, then add the garlic, celery and carrots. Continue to cook for another 5 minutes.
2 Add the tomatoes, stock, lentils, beans and herbs. Simmer for 20 minutes.

Chef's tip

If you have a stick blender, one quick pulse will thicken the soup, or you could use a potato masher. My preference is to leave it as it is.



Sweet potato, coconut and lentil soup

This soup is warming, protein rich and mildly spicy.

Time to prepare 10 minutes
Time to cook 30 minutes
Serves 4

- 1 tbsp olive oil
- 1 onion, chopped
- 2 medium sweet potatoes, peeled and chopped
- 2 garlic cloves, chopped
- 1 tsp fresh ginger, chopped
- 1 tsp turmeric
- ½ tsp cumin
- ½ tsp coriander
- ¼ tsp chilli powder
- 500ml/17fl oz stock
- 75g red lentils
- ½ tsp mixed herbs
- 200ml/7fl oz coconut milk*
- 1 pack of silken tofu (300g/10½oz)

Garnish
- 1 tbsp soya cream
- 1 sprig fresh mint

1 Gently fry the onions for 5 minutes then add the potatoes, garlic, and spices.
2 Cook for another 1 minute then add the stock, lentils and herbs.
3 Simmer for 20 minutes then add the coconut milk and silken tofu.
4 Blend until smooth. Season as required.
5 Garnish with a swirl of soya cream and chopped mint.

Chef's tip

If you have not used tofu before it is a versatile ingredient made from soya beans so is protein rich. It is also a good source of calcium.

* This soup uses a 200ml can of coconut milk. Many supermarkets sell this size however if you can only get the 400ml size the remaining milk can be added to the tikka masala or frozen for another day.



Singapore noodles with cashew nuts

This simple street food dish has many variations. Essentially it is fast food for those on the go.

Time to prepare 10 minutes
Time to cook 10 minutes
Serves 4

- 1 tbsp olive oil
- 1 small onion, sliced
- 2 spring onions, chopped. Reserve a little for garnish
- 2 garlic cloves, chopped
- 1 carrot, thinly sliced
- 1 red pepper, sliced
- 1 tsp curry powder
- 100g/3½oz sliced mushrooms
- 80g/3oz cashew nuts
- 160g/5½oz ready marinated tofu
- 200ml/6¾fl oz vegetable stock – reserve a little for the sauce
- 1 tbsp peanut butter
- 1 tsp soya sauce
- 1 tbsp ketchup
- 2 tsp maple syrup
- 400g/14oz ready to eat noodles
- 100g/3½oz beansprouts
- 1 tbsp fresh coriander

Garnish

- Reserve a few slices of spring onion, cashew nuts and coriander

1 Gently fry the onions and spring onions for 2 minutes then add the garlic and cook for 1 more minute.
2 Add carrots, pepper, curry powder, mushrooms, cashew nuts, and tofu. Stir-fry for 5 minutes.
3 Mix the stock, peanut butter, sauces and syrup. Add to the vegetables and simmer for 2 minutes, then add the noodles. Gently cook for 3 minutes.
4 Add the beansprouts and most of the coriander. Give it a quick stir then serve.
5 Garnish with a few slices of spring onion, cashew nuts and the remaining coriander.

Chef's tip

This dish is essentially a stir-fry, so it's quick and easy to cook once your vegetables are prepped. For an even faster option, use a pack of ready-prepared stir-fry vegetables.





Quorn and leek pastries

Time to prepare 15 minutes
Time to cook 45 minutes
Makes 1 pie (25cm/10 inch round, 5cm/2 inch deep) or 4–5 large pastries

- 1 tbsp olive oil
- 3 spring onions, chopped
- 2 leeks, thinly sliced
- 300ml/10½fl oz vegetable stock
- ½ tsp mild mustard
- 150g/5¼oz vegan cream cheese
- 150g/5¼oz vegan Quorn pieces, roughly chopped
- 30g/1oz peas
- 1 tsp mixed herbs
- Salt and pepper
- 1 tsp cornflour
- 500g/17¾oz block puff pastry

1 Preheat the oven to 180°C/356°F/gas mark 4.
2 Gently fry the spring onions and leeks for 5 minutes.
3 Add the stock and mustard, and simmer for another 5 minutes.
4 Add cream cheese, Quorn, peas, and herbs. Season with salt and pepper. Cook for another 5 minutes.
5 Mix the cornflour with a tbsp water, then add to the mixture and gently stir. This should thicken your mixture. Remove from the heat and allow to cool.

Time to choose!
You may want to make a turnover or a pie. It really is up to you.

For the pie
1 Cut the pastry in half. Roll out each piece and line your pie case allowing a little of the pastry to dangle over the edges.
2 Spoon the filling into the lined case. Brush a little soya milk around the edge and place the second piece of pastry on the top.
3 Using a fork press down the edges of the pie case and trim any excess pastry.
4 Brush the top with a little soya milk. Make two small slits in the pastry to allow steam to escape.
5 Bake for 30 minutes.

For the turnovers
1 Roll out the pastry and cut into eight equal pieces*. Roll four of them just a little more to slightly increase the size. This will allow enough pastry to cover the filling.
2 Place equal amounts of the filling onto the smaller piece of pastry, leaving a couple of centimetres around the perimeter. Brush this with a little soya milk.
3 Carefully place the larger piece of pastry over the top and press the edges together to seal.
4 Brush the pastry with a little soya milk and bake for 25 minutes.

* Chef's tip
The reason for letting the filling cool is to keep the pastry crispy. If you want slightly smaller turnovers divide the pastry into ten pieces for five turnovers.

Jacket potato fillings

The humble baked potato is a cheap, tasty and potentially nutritious meal. The number of fillings is almost endless.

Beans and cheese are the obvious choice, but here are a few you may not have tried.

To speed up the cooking of your potato, prick it with a fork and microwave for 10 minutes. Then place in the oven for 10 minutes at 200°C/400°F/gas mark 6. I sometimes drizzle a little olive oil and sprinkle salt onto the potatoes before they go into the oven. Delicious!

CURRIED BAKED BEANS

Time to prepare 2 minutes
Time to cook 10 minutes
Serves 2

- 1 tsp olive oil
- 1 small onion, finely chopped
- 1 tsp curry powder
- 1 tbsp sultanas
- 1 x 400g/14oz can baked beans
- Fresh coriander as a garnish

1 Gently fry the onions for 5 minutes then add the curry powder.
2 Cook for another 2 minutes then add the sultanas and beans. Simmer for 10 minutes.
3 Serve in your potatoes with a garnish of fresh coriander.

BORLOTTI BEANS AND TOMATOES

Time to prepare 2 minutes
Time to cook 10 minutes
Serves 2

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 tsp paprika
- 1 x 400g/14oz can borlotti beans, drained
- 1 x 400g/14oz can tomatoes or 300g/10½oz fresh tomatoes
- 1 tsp mixed herbs
- ½ tsp dill
- 1 tbsp tomato purée
- ½ vegan stock cube, crushed
- Salt and pepper

1 Gently fry the onions for 5 minutes.
2 Add the garlic and paprika and continue to cook for another minute.
3 Add the borlotti beans, tomatoes, herbs, tomato purée and stock cube.
4 Simmer for 10 minutes. Season with salt and pepper.

Chef's tip

Cooking a few extra potatoes can be a good idea because they can be easily reheated or sliced and fried for breakfast.





Sausage and pasta bake

Time to prepare 15 minutes
Time to cook 1 hour 10 minutes
Serves 6–8

- 6 vegan sausages (Linda McCartney's brand worked well in testing)
- 300g/10½oz penne pasta

Sauce

- 1 tbsp olive oil
- 1 onion, chopped
- 1 red pepper, chopped
- 1 garlic clove, chopped
- 2 tbsp balsamic vinegar (any vinegar will work if you don't have balsamic)
- 1 tsp mixed herbs
- 1 x 400g/14oz tin tomatoes, chopped
- 200ml/7fl oz vegetable stock
- 1 x 400g/14oz can chickpeas
- 1 tbsp tomato purée

Cheese sauce

- 1 tbsp vegan butter
- 1 tbsp flour
- 400ml/14fl oz soya or oat milk
- 100g/3½oz vegan cheese, grated. I used Cathedral City
- 3 tbsp nutritional yeast
- 1 tsp mild mustard

1 Cut sausages into large chunks and cook according to packet instructions. Set to one side.
2 Gently fry the onion for 5 minutes then add the peppers, garlic, vinegar, herbs, tomatoes, stock, chickpeas, and tomato purée. Allow to simmer for 20 minutes.
3 While the tomato sauce is cooking, add the pasta to boiling water and cook for 12 minutes until slightly underdone. Drain and set to one side.
4 Place a tbsp of butter in a saucepan. Melt, then add the flour.
5 Stir for 1 minute then add the milk a little at a time, continuing to stir.
6 Add the cheese, nutritional yeast and mustard. Stir and simmer on a low heat for 5 minutes.
7 Place the pasta in an ovenproof dish. Pour the tomato sauce over the centre of the dish, so some pasta stays exposed at the edges.
8 Place your sausages on top of the exposed pasta then spoon the cheese sauce over everything.
9 Bake in the oven for 25 minutes at 200°C/400°F/gas mark 6 until bubbling and brown on top. For a quicker version, place under a medium grill until golden brown.

Chef's tip

Although this dish takes just over an hour to make it will make 6 to 8 good sized portions. Once cool it can be frozen in smaller portions. The cheese sauce works well as a topping for cauliflower cheese, mac and cheese, or lasagne.

Slow-roasted vegetables and couscous

This simple one-tray Mediterranean style dish is great hot or cold. Feel free to add other ingredients you may have in such as courgette, or butternut squash.

Time to prepare 10 minutes
Time to cook 50 minutes
Serves 4

- 1 onion, sliced
- 2 garlic cloves, chopped
- 1 sweet potato, peeled and cubed
- 1 aubergine, cubed
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 x 400g/14oz tin chickpeas, drained
- 40g/1½oz cashew nuts
- 10 cherry tomatoes
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp mixed herbs
- 1 tbsp olive oil
- 150g/5¼oz couscous
- 150ml/5¼fl oz vegetable stock

Drizzle

- 1 tbsp tahini
- 50ml/1¾fl oz vegetable stock
- ½ lemon, juice only
- 1 tbsp maple syrup

Garnish

- ½ lemon, cut into wedges
- Fresh coriander
- 5g/1 tbsp cashew nuts
- Pinch paprika

1 Place the onions, garlic, sweet potato, aubergine, peppers, chickpeas, cashew nuts and tomatoes onto a baking tray. Sprinkle over the herbs, spices, and oil. Gently mix, cover in foil, and place into a preheated oven for 50 minutes at 180°C/356°F/gas mark 4.
2 Carefully remove from the oven. Sprinkle on the couscous and vegetable stock.
3 Carefully cover with foil and allow it to stand for 5 minutes. This will allow the couscous to absorb the stock.
4 Mix all of the drizzle ingredients together.
5 When the couscous has absorbed the stock, serve and add a drizzle of the tahini dressing with your garnishes.

Chef's tip

This simple dish is a great way to use up any vegetables you may have in. If you like it spicy, add a chilli pepper. Couscous is quite a plain ingredient but absorbs flavours well. Tahini is made from ground sesame seeds and needs to be stirred before using.





Tiffin

Time to prepare 10 minutes plus around 45 minutes to set
Makes 16 pieces

- 100g/3½oz vegan butter
- 2 tbsp golden syrup
- 250g/8¾oz vegan digestive biscuits, roughly crushed
- 1 tbsp cocoa powder
- 50g/1¾oz sultanas
- 150g/5¼oz vegan chocolate

1 Line a tray roughly 20cm by 20cm (8 inches by 8 inches) with non-stick paper.
2 Gently melt the butter with the golden syrup.
3 Add the biscuits, cocoa powder and sultanas.
4 Spread the mixture evenly in your tray and press down firmly with the back of a spoon.
5 Gently melt the chocolate then spread over the biscuit base. Place into the fridge until set. When set, slice and enjoy!

Knickerbocker glory

I can't think of a more fun dessert. Although traditionally served in a tall slim glass, a wine glass works just as well.

Time to prepare 5 minutes
Serves 2

- 2 tbsp fruit syrup or vegan chocolate sauce
- 1 small pot vegan jelly
- 100g/3½oz tinned fruit cocktail or frozen fruit
- 4 scoops of vegan ice cream
- 75ml/2½fl oz plant-based cream, whipped
- 1 tbsp mixed chopped nuts

1 Place a dollop of syrup at the bottom of each serving glass.
2 Stir up your jelly pot with a fork to make it easier to work with, then divide between the glasses, along with the fruit.
3 Add two scoops of ice cream. Top with whipped cream and decorate with syrup and chopped nuts.

Chef's tip

Frozen or tinned fruit are suggested just to make things easier. Fresh fruit like strawberries, bananas and blueberries would also work. Allow your frozen fruit to thaw before assembling. Putting your glasses in the fridge for 10 minutes prior to serving will keep the ice cream from melting too quickly.





Individual treacle sponge

Time to prepare 5 minutes
Time to cook 25 minutes
Serves 4

- 60g/2oz golden syrup
- 1 lemon, zest and juice
- 100g/3½oz brown sugar
- 100g/3½oz vegan butter
- 80g/3¾oz vegan yoghurt
- ½ tsp vanilla
- 65g/2¼fl oz oat milk
- 100g/3½oz self-raising flour

1 Preheat the oven to 200°C/400°F/gas mark 6.
2 Combine the golden syrup with the lemon zest and juice. Divide it between your individual non-stick pudding moulds.
3 Mix the sugar and butter together until light and fluffy. Add the yoghurt, vanilla, and oat milk then stir. Gently fold in the flour until you have a batter.
4 Spoon your batter mix into the four cases, with the syrup and lemon at the bottom, and bake for 25 minutes.
5 Serve with vegan ice cream.

Quick & easy

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