



THE WEIGHT LOSS GURU



VEGAN/VEGETARIAN FOOD PLAN



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VEGAN/VEGETARIAN FOOD PLAN

WEEK 1

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of vegan Greek Yogurt & 1 Plant-based yogurt mixed together + 2 tsp mixed seeds/nuts	Avocado & mushrooms	Chia pot with almond milk, yogurt and prunes	1 pot of vegan Greek Yogurt & 1 Plant-based yogurt mixed together + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes	Scrambled soft tofu	Grilled tomatoes, mushrooms and vegan bacon
LUNCH	A large portion of 'Falafel Salad with Hummus'	Large portion of 'Lentil, Pumpkin and Rocket Salad' + edamame beans	'Cauliflower & Spinach Curry' + large portion of lentils	A large portion of 'Kale Salad' + vegetables & cannellini beans	A large serving of 'Black-Eyed Bean Mole with Salsa' + broccoli and sauerkraut	'Deville'd Tofu Kebabs' + steamed vegetables & hummus	One serving of 'Tofu Escalopes with Black Olive Salsa Verde' + lentils
TEA SNACK	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit
SUPPER	'Veggie Goulash with Quorn or Tofu'	'Technicolour Bean Salad'	'Smoked Tofu Kebabs'	'Tofu & Cashew Stir-Fry'	'Roast Pumpkin & Broccoli Salad'	Large portion of Tarka dahl	'Green Beans with Red Onion Confit' + small portion of cannellini beans

WEEK 2

	MON	TUE	WED	THUR	FRI	SAT	SUN
B'FAST	1 pot of vegan Greek Yogurt & 1 Plant-based yogurt mixed together + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes	Avocado & mushrooms	1 pot of vegan Greek Yogurt & 1 Plant-based yogurt mixed together + 2 tsp mixed seeds/nuts	Chia pot with almond milk, yogurt and prunes	Scrambled soft tofu	Grilled tomatoes, mushrooms and vegan bacon
LUNCH	A large portion of 'Puy Lentil Salad' + steamed vegetables	Large serving of 'Mushroom & Fennel Salad' + hummus	'Chickpea Fritters & Tikka Sauce' + broccoli and cannellini beans	A large portion of 'Quorn Stuffed Marrow Bake' + large garden salad + lentils	'Butterbean & Mushroom Casserole' + vegetables + sauerkraut	A large serving of 'Squash & Cabbage Sabzi' + large garden salad + hummus	'Smoked Tofu & Peanut Stir-Fry' + steamed vegetables and hummus
TEA SNACK	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit	2 pieces of fresh, seasonal fruit
SUPPER	'Simple Vegetable Curry'	'Easy Cauliflower Dahl'	'Ginger Sweet Tofu & Pak Choi'	'California Garden'	'Smoked Tofu Kebabs'	Chilli Con Carne with Quorn mince	'Courgette, Pea & Pesto Soup' + a small portion of lentils

*ALL RECIPES IN THIS PACK ARE USUALLY TO SERVE 4, BUT AS THE RECIPES WILL NOT BE SERVED WITH SIDES, THEY CAN AT LUNCHTIME BE FOR 2

SOFT TOFU SCRAMBLE

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 1 (16oz) packet soft or silken tofu
- 1 heaped tablespoon nutritional yeast
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of turmeric (optional) for colour
- ¾ cup sautéed vegetables
- Pinch of black salt (optional) to garnish
- Sea salt and ground black pepper to taste

METHOD

Cut the tofu into roughly 1 inch cubes. This may seem large, but the tofu will shrink considerably as it cooks and it will inevitably break apart a bit as you stir it due to its delicate texture, so it will resemble more of a scramble once you're done. The key for this recipe is to be gentle while handling and stirring the tofu so that it doesn't get too mushy.

Preheat a large non-stick pan over medium-high heat and add a few teaspoons of oil. Carefully transfer tofu to preheated pan. Allow the first side of the tofu cubes to cook undisturbed until a light golden brown 'skin' has formed. This may take quite a while, up to 3-5 full minutes depending on your tofu.

Once the first side is browned, very gently flip tofu with a spatula and continue to cook, flipping carefully every minute or so until roughly all sides have lightly browned. Reduce the heat to medium once most of the extra liquid has cooked off. Tofu will shrink considerably as it cooks.

Once the tofu has been browned evenly, stir in nutritional yeast, onion and garlic powder and a pinch of salt and pepper. Stir in your cooked vegetables of choice to heat through, along with any other add-ins such as vegan sausage, cheese etc. Stir in a generous sprinkle of black salt at the last minute before service if desired (the flavour/aroma of the black salt tends to diminish if it's cooked a lot).

FALAFEL SALAD WITH HUMMUS

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

For the falafel

- 250g drained chickpeas, soaked overnight in cold water
- 1 small onion, roughly chopped
- 1 tablespoon sweet, milk paprika
- 2 tablespoons ground cumin
- 3 garlic cloves, crushed
- A small handful of flat leaf parsley, tough stalks discarded
- 1 teaspoon salt
- 1 tablespoon sesame seeds or toasted sesame seeds
- 3-4 tablespoons sesame seeds for coating the falafel (optional)
- 1L olive oil, corn or sunflower oil, for shallow frying
- Freshly ground black pepper

For the hummus

- 2x 400g cans chickpeas, drained
- 4 tablespoons Greek yoghurt or cold water (for dairy free option)
- 150ml extra virgin olive oil, plus extra for drizzling
- 2 garlic cloves
- Juice of 1 large lemon
- 4-5 tablespoons tahini
- 1½ teaspoons salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon sumac, to garnish

METHOD

For the falafel, drain the chickpeas and put them in a food processor or blender, discarding the soaking water. Pulse for about 30 seconds until the form large crumbs, then add the onion, paprika, cumin, garlic, parsley, coriander, salt and freshly ground black pepper. Pulse again until the mixture resembles coarse breadcrumbs. Taste and add more seasoning to your liking. Finally, add the sesame seeds and pulse another couple of times. Chill for 20-30 minutes, this will allow the chickpeas to soak up the herb juices.

To make the hummus, put all the ingredients, apart from 6 whole chickpeas and the sumac, into a food processor and whizz until really creamy. Adjust to taste as necessary with more lemon, tahini or seasoning. Spoon into a serving dish. Pour a little olive oil on top of the hummus and use the back of a spoon to flatten it and spread over the olive oil. This does two things, makes it look glossy and protects the surface from becoming dry. Sprinkle sumac on top and garnish with the reserve chickpeas.

Remove the falafel from the fridge and create around 20 smallish balls or oval shapes about the size of a walnut. Pour the sesame seeds, if using, into a bowl and drop in the falafel balls and coat one by one and set aside.

Warm the oil in a frying pan or wok and when it is very hot add a few falafel balls one next to the other. Shallow-fry each side over a medium heat for 2 minutes. Drain on kitchen paper and serve warm or at room temperature with the hummus and a selection of accompaniments.

LENTIL, ROAST PUMPKIN & ROCKET SALAD

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 100g green lentils or brown lentils, rinsed well
- 1 onion, peeled and halved
- 2 cloves garlic, peeled and halved
- 750g butternut pumpkin, seeds removed and cut into 3cm wedges
- Olive oil for spraying
- 80g baby rocket

Dressing

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

METHOD

Preheat oven to 200°C.

Place lentils, onion, garlic and ½ teaspoon of salt in a medium saucepan over high heat with 4 cups of cold water. Bring to the boil, reduce heat to medium and simmer for 15-20 minutes, when lentils are tender, drain.

Place pumpkin on a baking tray lined with baking paper, spray lightly with olive oil and season with salt and pepper. Bake for 40-45 minutes or until golden.

Meanwhile, in a small bowl whisk oil, lemon juice and mustard until combined and season to taste. In a large bowl toss the warm lentils, pumpkin and rocket together gently.

Divide between plates and drizzle with the dressing.

CAULIFLOWER & SPINACH CURRY

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, thinly sliced
- 2 garlic cloves, crushed
- 3cm piece ginger, peeled and grated
- 2 tbsp medium tikka curry powder
- 2 tbsp tomato purée
- 900g pack frozen cauliflower florets
- 500g frozen spinach
- 400g tin chopped tomatoes
- 1 vegetable stock cube, made up to 200ml

METHOD

Heat the olive oil in a large, deep saucepan over a medium heat and add the onion, garlic and ginger. Cook for 5 mins, until the onion is starting to soften, then add the tikka powder and tomato purée and cook for a further 1 min.

Add the cauliflower, spinach, chopped tomatoes and vegetable stock to the pan and increase the heat to high. Cover with a lid, bring to a boil, then reduce the heat to medium and simmer for 20 mins, until the cauliflower is tender and the spinach has wilted.

KALE SALAD

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 2/3 cup farro or semi-pearled wheat berries
- 1/3 cup extra virgin olive oil
- 3-4 tablespoons freshly squeezed lemon juice
- 2 tablespoons white balsamic vinegar
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 2 bunches (each about 12oz) kale, ribs removed, leaves roughly chopped into 1 inch pieces (about 12-14 cups)
- 1/4 cup grated parmesan cheese
- 3 tablespoons toasted pine nuts
- 2 tablespoons currants

METHOD

Cook the farro in a medium pot of rapidly boiling salted water until just tender, about 30 minutes. Drain the farro and let cool completely (the farro can be cooked up to 1 day ahead; cover and refrigerate).

In a large bowl, combine the olive oil, 3 tablespoons lemon juice, vinegar, honey and salt and whisk to blend. Add the kale and stir to coat well. Let the salad stand 1 hour or overnight.

Mix the salad well, adding the additional lemon juice to taste. Stir in the farro, cheese, pine nuts and currants. Season the salad with freshly ground black pepper and serve.

DEVILLED TOFU KEBABS

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 8 shallots
- 2 tablespoons tomato puree
- 2 tablespoons light soy sauce
- 1 tablespoon sunflower oil
- 1 tablespoon clear honey
- 1 tablespoon wholegrain mustard
- 300g firm smoked tofu, cubed
- 1 courgette, peeled and sliced
- 1 red pepper, deseeded and diced

METHOD

Put the shallots or button onions in a bowl, cover with boiling water and set aside for 5 minutes. Drain and pat dry.

Put tomato puree, soy sauce, oil, honey, mustard and seasoning in a bowl, then mix well. Toss the tofu in the marinade and set aside for at least 10 minutes.

Heat the grill. Drain and peel shallots or onions, then cook in boiling water for 3 minutes. Drain well. Thread the tofu, shallots, potatoes, courgette and pepper on to 8x 20cm skewers. Grill for 10 minutes, turning frequently and brushing with remaining marinade before serving.

TECHNICOLOUR BEAN SALAD

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 2x 400g cans mixed beans (or equivalent cooked dried beans such as haricot, black-eyed, red kidney etc)
- 250g French beans, trimmed
- 6-8 spring onions, finely chopped
- Medium bunch of parsley, finely chopped

For the Garlic Dressing

- Juice of ½ lemon
- 2-3 tablespoons wine vinegar
- 1 teaspoon sea salt
- 4 large cloves garlic, finely chopped
- Freshly ground black pepper
- 150ml extra virgin olive oil

METHOD

To make the dressing, mix together the lemon juice, vinegar, salt and garlic in a bowl and add lots of freshly ground black pepper. Stirring all the time, dribble in the olive oil so that the dressing thickens as you work it. Check the seasoning.

Drain the canned beans and rinse them. Drain thoroughly. Steam the French beans together with the spring onions, then add the garlic dressing and toss again. Sprinkle the chopped parsley over the top. Serve at room temperature.

TOFU, GREENS & CASHEW STIR-FRY

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 head broccoli, cut into small florets
- 4 garlic cloves, sliced
- 1 red chilli, deseeded and finely sliced
- 1 bunch spring onions, sliced
- 140g soya beans
- 2 heads of pak choi, quartered
- 2x 150g packs marinated tofu pieces
- 1½ tablespoons hoisin sauce
- 1 tablespoon reduced-salt soy sauce
- 25g roasted cashew nuts

METHOD

Heat the oil in a non-stick wok. Add the broccoli, then fry on a high heat for 5 minutes or until just tender, adding a little water if it begins to catch.

Add the garlic and chilli, fry for 1 minute, then toss through the spring onions, soya beans, pak choi and tofu.

Stir-fry for 2-3 minutes. Add the hoisin, soy and nuts to warm through.

ROAST PUMPKIN & BROCCOLI SALAD

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 600g pumpkin or butternut squash cut into thick wedges, 4cm at widest
- 5 tablespoons olive oil
- 1 head of broccoli, cut into florets
- 2 tablespoons pumpkin seeds
- 1 quantity of honey mustard dressing
- Small handful of rocket
- Salt and black pepper

METHOD

Preheat the oven to 180°C/gas mark 4.

Put the pumpkin wedges into a bowl with 3 tablespoons of the oil and seasoning. Toss to combine and then spread out onto a baking tray. Bake for 30 minutes or until soft. After 15 minutes add the broccoli, tossed in seasoning and the remaining oil. Continue to cook until the vegetables have just started to crispen and brown.

Put the pumpkin seeds onto another small tray and roast for 5 minutes or until they start to pop. Remove everything from the oven and tip into a serving bowl. Pour over the dressing and toss to coat and top with the rocket. Serve warm.

GREEN BEANS & RED ONION CONFIT

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 1kg green beans
- 250g firm red tomatoes, quartered
- 250g cannellini beans (cooked weight)
- 4 tablespoons teriyaki sauce
- 1 small piece fresh chilli, diced
- 1 large handful coriander, chopped. Reserve some leaves for garnish
- 1 tablespoon sesame seeds
- Salt and freshly ground black pepper

For the red onion confit

- 250g red onions
- 5 tablespoons chilli oil
- ½ teaspoon soft brown sugar
- 1 piece ginger, about 2.5cm long, grated
- 2 cloves garlic
- Dash of tabasco

METHOD

Top and tail the green beans and blanch in a large pan of salted boiling water for 2-3 minutes, until al dente. Immediately refresh under very cold water and set aside.

For the confit, peel the red onions and cut in half along the length, then cut into thin slices, again following the length. Heat half the oil and fry the onion over a gentle heat until soft, gradually adding the sugar, grated ginger, garlic, tabasco, salt and pepper. The onion will caramelize and you may need to add a drop of water to dislodge any juices that stick to the pan. Transfer to a plate and set aside.

In the same pan, heat the remaining oil and quickly sauté the green beans, adding the tomato quarters for literally 1 minute, turning and tossing the pan in large and dramatic movements (or stir vigorously). Then add the cannellini beans, teriyaki sauce, diced chilli and coriander. Place on a warmed serving plate and top with the caramelised onion top. Garnish with more fresh coriander and the sesame seeds.

PUY LENTIL SALAD

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 1 teaspoon olive oil, for frying
- ½ onion, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 150g Puy lentils
- 2 sprigs of thyme
- 100ml white wine
- 300ml vegetable stock
- 150g spinach
- Sea salt and black pepper

METHOD

Heat the olive oil in a frying pan over a medium heat and fry the onion, carrot and celery until soft. Wash and drain the lentils and add to the pan with the thyme and white wine.

Bring to the boil, add the stock, reduce to a simmer and cook for 30-35 minutes.

When the lentils are cooked, season well and add the spinach.



CHICKPEA FRITTERS & TIKKA SAUCE

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 250g chickpeas, dry weight, soaked overnight in water
- 500g cooked chickpeas
- 2 tablespoons tikka paste
- 1 large red onion, diced
- Juice of 1 lime
- 25g fresh coriander, chopped
- 100ml light olive oil or sunflower oil for frying
- Salt and freshly ground black pepper

For the tikka sauce

- 1 heaped teaspoon dried ginger
- 1 heaped teaspoon dried coriander
- 1 heaped teaspoon cumin
- 1 heaped teaspoon turmeric
- 2 heaped tablespoons very red paprika
- ½ teaspoon dried chilli powder, very red
- 5 tablespoons water
- 3 tablespoons sunflower oil
- 2-3 cloves garlic, crushed to a smooth paste
- 1 heaped teaspoon tamarind paste
- ½ large chilli, chopped or blended very finely to form a paste
- 25g fresh coriander
- 6 tablespoons yoghurt

METHOD

To make the fritters, place the raw soaked chickpeas in a food processor and pulverise for 15 seconds until broken down but still gritty in consistency. Mash the cooked chickpeas with a fork or potato masher until almost smooth but with just a few chickpeas nearly whole. Mix with the ground raw chickpeas.

Add the tikka paste, red onion, lime juice, fresh coriander and salt and pepper, if required. Mix well and set aside, covered with cling film, for 20 minutes for the flavours to develop.

To make the tikka sauce, mix all the spices together and add the water and then the oil. Mix thoroughly. Add the garlic, tamarind, chilli paste and coriander. Mix well and set aside in a covered bowl or jar with a lid. Add the yoghurt just before serving.

Work the fritter mixture with your fingers for a few seconds to make sure it holds together properly and form into rough patties about 7.5cm in diameter and 1cm in height. Heat the oil and fry gently for a couple of minutes on both sides until golden brown and crisp. Drain on kitchen paper, then serve hot..

QUORN STUFFED MARROW BAKE

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 1 tablespoon of olive oil
- 1 onion chopped
- 1 garlic clove, crushed
- 1 tablespoon dried mixed herbs
- 500g pack quorn mince
- 2x 400g cans chopped tomatoes
- 1 marrow cut into 4cm thick slices
- 3 tablespoons grated parmesan

METHOD

Preheat the oven to 200°C/Gas Mark 6.

Heat the oil in a large frying pan and cook the onion, garlic and 2 teaspoons of the herbs for 3 minutes until starting to soften. Add the turkey and brown all over, then tip in the tomatoes and cook for 5 minutes more.

Scoop out the middle of the marrow and discard or use for another recipe. Arrange the slices in a baking dish. Spoon the mince into the middle of each marrow slice, then spoon the rest over the top. Cover with foil and bake for 30 minutes.

Remove the marrow from the oven, uncover and sprinkle over the remainder of the herbs. Return to the oven for 10 minutes more until top is golden and marrow is tender.

BUTTER BEAN & MUSHROOM CASSEROLE

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 2 medium onions
- 2 carrots
- 2 garlic cloves, peeled and thinly sliced
- 240g chestnut mushrooms
- 2x 400g cans tomatoes
- 2x 400g cans butter beans
- 4 tablespoons grated parmesan, to serve

METHOD

Peel the onions, cut them in half, then into thick segments. Warm a little olive oil in a deep pan, add the onions then cook over a moderate heat until pale gold and starting to soften. Scrub the carrots, roughly chop, then add to the onions with the garlic.

As the vegetable soften, slice the mushrooms and stir them into the vegetables. Once they soften and colour, tip in the tomatoes, the rinsed beans and 2 cans of water. Season with salt and black pepper then bring to the boil. Lower the heat and simmer the beans for 30 minutes, until the mixture is thick and luscious. Set to one side and transfer to an ovenproof dish. Set the oven at 180°C/Gas Mark 4.

Bake for about 35 minutes. Scatter the cheese over the casserole and continue cooking for a further 30 minutes until golden.



SQUASH & CABBAGE SABZI

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 2 tablespoons sunflower oil
- 1 teaspoon nigella seeds
- Thumb-sized piece of ginger, grated
- 2 garlic cloves, grated
- 200g pumpkin or butternut squash, peeled and chopped into 1-2cm cubes
- 200g cabbage, chopped (sweetheart or pointed cabbage works well)
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon chili flakes
- 2 teaspoons lime juice
- 1 teaspoon salt
- Chutney

METHOD

Heat the oil in a frying pan and add the nigella seeds. When they start popping, add the ginger and garlic and cook for 1 minute.

Add the squash, cabbage, spices and 1 teaspoon salt, then mix everything together well with a splash of water, covering the pan with a lid. Leave to steam for 7-8 minutes over a low heat.

After this time, lift the lid to check if the squash is cooked. If not, replace the lid quickly and leave to cook a little longer. Add the lime juice and check for seasoning before serving with chutney.

SMOKED TOFU & PEANUT STIR-FRY

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 1 teaspoon sesame oil
- 1 garlic clove, crushed
- A little fresh ginger, peeled and finely chopped
- 125g smoked tofu, diced
- ½ red pepper, cored, deseeded and sliced
- 2 spring onions, sliced
- ¼ cup soya beans
- 1 cup mangetout, sliced diagonally
- 1 cup beansprouts
- 1 tablespoon reduced-salt soy sauce
- 1 teaspoon peanuts, toasted

METHOD

Heat the sesame oil in a wok over a high heat and fry the garlic, ginger, tofu, red pepper, spring onions, soya beans, mangetout and beansprouts for 2 minutes.

Add the soy sauce, then sprinkle with the toasted peanuts and serve immediately.



SIMPLE VEGETABLE CURRY

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 1 large onion, sliced
- 2 cloves garlic, sliced
- 2 tablespoons olive oil
- 2 tablespoons madras curry paste or to taste
- 175g frozen peas, thawed
- 250g peppers
- 250g carrots, sliced
- 250g courgettes, diced
- 250g mushrooms, sliced

METHOD

Soften the onion and garlic gently in the oil over a low heat, covered with a lid, for 10 minutes. Stir occasionally.

When they are soft add the curry paste and stir for a few moments, then add the prepared vegetables. Toss until they are all well coated with the curried onion mixture. Cover tightly with a lid and cook over a very low heat for 30-40 minutes or until the vegetables are tender (this steams the vegetables, and their juices run so you don't need to add stock).

Remove from the heat and allow to stand until you are ready to eat – this dish improves on resting.

EASY CAULIFLOWER DAHL

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER



INGREDIENTS

- 250g green lentils, soaked for 1-2 hours
- 1 large onion, sliced
- 5cm root ginger, bruised
- 1 tablespoon chopped parsley
- 1 fresh green chilli
- 3 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons ground turmeric
- 2 tablespoons ground coriander
- 2 tablespoons ground cumin
- 1 cauliflower, cut into florets and cooked
- Sea salt

METHOD

Drain the lentils and put them into a saucepan with the onion, ginger, parsley and whole chilli. Cover with water, bring to the boil and simmer for 30 minutes.

Meanwhile, cook the garlic gently in the oil for 3-4 minutes or until soft, then stir in the ground spices. Toss the cauliflower florets in the spiced mixture until well coated, and season to taste with sea salt.

Drain the lentils, remove the ginger and chilli and mix thoroughly with the spiced cauliflower.

CALIFORNIA GARDEN (EGYPTIAN)

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- ½ onion, chopped
- 2 garlic cloves, minced
- 400g can cannellini beans
- 1 teaspoon olive oil
- 1 teaspoon cumin seeds
- Juice of 1 lemon



METHOD

Sautee the onion and minced garlic cloves until the onion begins to soften (for a bigger meal you can add chopped tomatoes and/or peppers).

Add the can of cannellini beans and simmer for 10-15 minutes. For flavour, add olive oil, cumin seeds and lemon juice to taste.



COURGETTE, PEA & PESTO SOUP

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

- 1 tablespoon olive oil
- 1 garlic clove, sliced
- 500g courgettes, quartered lengthways and chopped
- 200g frozen peas
- 400g can cannellini beans, drained and rinsed
- 1L hot vegetable stock
- 2 tablespoons basil pesto, or vegetarian alternative

METHOD

Heat the oil in a large saucepan. Cook the garlic for a few seconds, then add the courgettes and cook for 3 minutes until they start to soften.

Stir in the peas and cannellini beans, pour on the hot stock and cook for a further 3 minutes.

Stir the pesto through the soup with some seasoning, then ladle into bowls. Or pop in a flask to take to work.

MUSHROOM & FENNEL SALAD

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER



INGREDIENTS

- 2 fennels, thinly sliced
- 20 white mushrooms, thinly sliced
- 60g Parmesan, thinly sliced
- grated zest from 1 lemon
- 6 tablespoons lemon juice
- salt & pepper, to taste

METHOD

Place fennel, mushroom, Parmesan, and lemon zest on plates. Drizzle with lemon juice and olive oil. Season with salt and pepper and serve.

VEGGIE GOULASH

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER



INGREDIENTS

- 2 teaspoon olive oil
- 2 medium onion, thinly sliced
- 2 small green pepper, thinly sliced
- 120g of Quorn or tofu
- 2 clove garlic, chopped
- 2 teaspoon paprika
- 2 x 400g can whole peeled tomatoes, chopped, juice reserved
- 2 teaspoon dried oregano
- 2 teaspoon tomato puree
- salt and pepper to taste

METHOD

Heat the olive oil in a large skillet over medium heat, and saute the onion 5 minutes, until tender. Mix in the green pepper and tofu/quorn pieces, and saute 5 minute, until the pepper is tender. Mix in the garlic and paprika.

Stir the tomatoes with their juice into the skillet. Mix in the wine, oregano, and tomato puree. Bring the mixture to a boil. Reduce heat to low, and simmer 25 minutes, until thickened. Just before serving, stir in the sugar, and season with salt and pepper.

GINGER SWEET TOFU WITH PAK CHOI

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER; TO BE SERVED WITHOUT
VEGETABLES AT DINNER

INGREDIENTS

- 250g fresh firm tofu , drained
- 2 tbsp groundnut oil
- 1cm piece ginger , sliced
- 200g pak choy , leaves separated
- 1 tbsp Shaohsing rice wine
- 1 tbsp rice vinegar
- ½ tsp dried chilli flakes

For the marinade

- 1 tbsp grated ginger
- 1 tsp dark soy sauce
- 2 tbsp light soy sauce
- 1 tbsp brown sugar

METHOD

Gently prick a few holes in the tofu with a toothpick (this will help the marinade to soak into it, giving better flavour), then cut into bite-size cubes.

Mix the marinade ingredients together in a bowl and toss in the tofu pieces. Set aside to marinate for 10-15 mins.

Heat a wok over high heat and add half the groundnut oil. When the oil starts to smoke, add the ginger slices and stir-fry for a few secs. Add the pak choy leaves and stir-fry for 1-2 mins. Add a small splash of water to create some steam and cook for 2 mins more. When the leaves have wilted and the stems are cooked but still a little crunchy, season with salt and transfer to a serving dish.

Rinse the wok under cold water, then reheat it and add the remaining oil. When it starts to smoke, add the tofu pieces (retaining the marinade liquid) and stir-fry for 5-10 mins. Take care not to break up the tofu as you toss it to get it browned evenly on all sides. Season with the rice wine and rice vinegar. Add the remaining marinade liquid, bring to the bubble and let the liquid reduce. Sprinkle over the chilli flakes and toss well. Spoon onto the pak choy and serve immediately. *(To be served with pak choy at lunch only)*

BLACK-EYED BEAN MOLE WITH SALSA

*SERVES 2 AT LUNCH
*SERVES 4 AT DINNER

INGREDIENTS

For the mole

- 2 tsp rapeseed oil
- 1 red onion , halved and sliced
- 1 garlic clove , finely grated
- 1 tsp ground coriander
- 1 tsp mild chilli powder
- ½ tsp ground cinnamon
- 400g can black-eyed beans in water
- 2 tsp cocoa
- 1 tsp vegetable bouillon
- 1 tbsp tomato purée

For the salsa

- 1 red onion , finely chopped
- 2 large tomatoes , chopped
- 2 tbsp fresh coriander
- ½ lime , zest and juice

METHOD

Tip all the salsa ingredients into a bowl and stir together.

For the mole, heat the oil in a non-stick pan, add the onion and garlic and fry stirring frequently until softened. Tip in the spices, stir then add the contents of the can of beans with the cocoa, bouillon and tomato purée. Cook, stirring frequently to make quite a thick sauce.

Spoon into shallow bowls, top with the salsa and serve.

TOFU ESCALOPES WITH BLACK OLIVE SALSA VERDE

*SERVES 2 AT LUNCH

*SERVES 4 AT DINNER

INGREDIENTS

- 396g pack firm tofu , drained and pressed
 - 2 tbsp light soy sauce
 - 3 tbsp plain flour
 - 50g parmesan (or vegetarian alternative), finely grated
 - 2 lemons , both zested, 1 juiced, 1 cut into wedges
 - 50g panko or coarse dried breadcrumbs
 - 1 egg
 - 1 heaped tsp wholegrain mustard
 - 2 tbsp vegetable or sunflower oil , for frying
 - 100g bag watercress or rocket
- For the salsa verde**
- 2 garlic cloves
 - 50g basil , stalks roughly chopped
 - 2 tbsp small capers (in brine), drained
 - 4 tbsp extra virgin olive oil , plus extra to serve
 - pinch of sugar
 - 50g dry pitted black olives , sliced

METHOD

Cut the pressed tofu into 4 rectangles, then splice each rectangle in half, like cutting a deck of cards. Lay the slices on a plate and sprinkle over the soy sauce. Set aside for 5 mins.

Meanwhile, make the salsa verde. Put the garlic, basil, capers, oil and sugar into a food processor with 3 tbsp lemon juice. Pulse until roughly chopped. Stir in the olives and season with pepper and a little salt.

Put the flour on a plate and season with pepper. On another plate, mix the Parmesan and lemon zest into the breadcrumbs. Beat the egg, mustard and 2 tsp water in a wide bowl. Pat 1 slice of tofu in the flour, then dip into the egg and coat with the breadcrumbs. Set aside. Repeat process until all the tofu is coated.

Heat the vegetable oil in a wide frying pan over a medium heat. Fry the tofu gently until golden brown, about 5 mins each side. Slice into finger-width strips with a serrated knife, then mix together with the watercress. Spoon over the salsa verde, drizzle over a little extra olive oil, and serve with lemon wedges on the side.