VOLUME 7

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PLANTBASED RECIPES

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Cuban One Pot Rice

25 minutes : 2 servings

Meal Benefits

Ultra-satisfying, this rice dish provides a variety of flavours and essential nutrients. Crunchy bell peppers, loaded with vitamin C, perfectly compliment fibre-rich black beans to deliver plenty of energy.

Ingredients

- 1 pinches salt
- 1 pinches black pepper
- 6 tbsp fresh coriandor
- 1 tsp ground cumin
- 250g cooked black beans
- 1 cloves garlic
- 1 red bell pepper
- 1 onions
- 100g rice
- 2tbsp rapeseed oil
- 500ml vegetable stock

Directions

Fry the diced onions, chopped garlic and sliced peppers in the oil.

Add in the rice and vegetable stock, letting it simmer on low heat. When the rice is nearly done, put in the cooked black beans and cumin.

Serve with chopped coriandor on top.

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Brown Rice with Tofu & Peanut Sauce

25mins - 2 servings

Meal Benefits

Plentiful with vitamins, potassium and other essential nutrients, brown rice gives you a boost of protein thanks to the tofu and peanuts. Keeping you satiated for longer, this dish is full of flavour and healthy fats.

Ingredients

- Salt
- 1 pinch black pepper
- 4 tbsp fresh coriander
- 4 tbsp soy sauce
- 200g firm tofu
- 1 clove garlic
- 1 stick spring onion
- 1 onion
- 125g brown rice
- 60g peanut butter
- 1 tsp sesame oil
- 1 tsp sesame seeds

Directions

Cook the rice in boiling water with a pinch of salt.

Fry the diced onions and chopped garlic in the oil, add in the peanut butter and stir it well. Place the tofu cubes in, let it simmer on low heat. Season to taste with soy sauce, pepper and sesame oil.

Serve the rice with peanut marinated tofu cubes on top, garnished with chopped coriander, spring onions and sesame seeds.

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Quinoa Porridge with Fried Apple

25 min - 2 servings

Meal Benefits

Providing a great deal of plant-based proteins as well as various vitamins and minerals, quinoa is the perfect way to start your morning. Apples are high in dietary fiber (like pectin) to keep the digestive tract healthy, vitamin C and phytochemicals work to boost the immune system.

Ingredients

- 1/2 tsp cinnamon
- 125g quinoa
- 2 apple
- 450 ml almond milk
- 2 tbsp almonds
- 2 tbsp coconut oil

Directions

Cook the quinoa with almond milk over low heat, stir until porridge thick consistency.

Fry the apple slices in the coconut oil.

Serve porridge with the fried apple slices and chopped almonds on top.

Pasta with Spinach & Tomato Garam Masala Sauce

30mins - 2 servings

Meal Benefits

Introduce essential nutrients to your usual pasta with some spinach and tomatoes. While cooked spinach provides higher levels of vitamins A and E, tomatoes are packed with lycopene to lower cholesterol levels. Coconut milk, when used as a base for sauce, provides creamy texture and good-for-you fatty acids.

Ingredients

- 1 pinch salt
- 1 pinch black pepper
- 1/2 tsp chili flakes
- 1 tsp garam masala
- 150g baby spinach
- 250g canned tomatoes
- 1 cloves garlic
- 1 onions
- 350g gluten-free pasta
- 50ml coconut milk
- 2 tbsp olive oil

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Directions

Cook the pasta in boiling water with a pinch of salt, until soft.

Lightly fry the diced onions and chopped garlic in the oil, adding in the strained tomatoes and coconut milk. Let simmer.

Season with Garam Masala, salt and pepper and mix in all ingredients, including the spinach to the pasta.

Serve with a little coconut milk and some chili flakes.

Piña Colada Smoothie

2 servings

Meal Benefits

An instant energy-booster, bananas are one of the best sources of potassium, which help to lower blood pressure and the risk of heart disease. Now bring pineapple into the mix and you've got plenty of fibre to keep your digestive track happy. Coconut milk, with its creamy texture and natural sweetness, contains heathy fatty acids (mainly, lauric acid) to ward off infections and boost immunity).

Ingredients

- 1/2 pineapple
- 2 banana
- 1 tbsp coconut flakes
- 150ml coconut milk

Directions

Using a hand blender, finely puree all the ingredients (pineapple, banana and coconut milk) together.

Serve in a glass with coconut flakes and banana slices on top.

Raspberry Lime Smoothie

5 mins - 2 servings

Meal Benefits

Rich in vitamins antioxidants and fibre, raspberries add delicious flavour to any smoothie. Accented with a little lime juice for acidity and loads of vitamin C, the plant-based yoghurt tops it off with creamy consistency and healthy protein.

Ingredients

- 150g yoghurt or soy yogurt
- 10ml lime juice
- 100g frozen raspberries
- 400ml coconut water

Directions

Using a blender, finely puree all the ingredients together.

Serve in a glass with a slice of lime on top.

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Vegan Mushroom & Sage Risotto

30 mins - 2 servings

Meal Benefits

Packed with valuable energy thanks to the rice and coconut oil, this vegan dish is wonderfully anti-inflammatory due to the addition of sage.

Ingredients

- 4 tbsp fresh sage
- 1 pinches black pepper
- Salt
- 1 cloves garlic
- 2 onions
- 150g risotto rice
- 2 tbps coconut oil
- 150g mushrooms
- 2 tbsp rapeseed oil
- 800ml vegetable stock

Directions

Lightly brown the dices onions and chopped garlic in oil, adding in the sliced mushrooms.

Add in the rice, coconut oil, sage and vegetable stock, cooking on low heat until the rice has reached its desired softness. Make sure to keep the lid closed, stirring well every five minutes.

Serve with salt and pepper to taste.

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Pasta with Mediterranean Vegetables and Vegetarian Parmesan

30 mins - 2 servings

Meal Benefits

Make pasta the Mediterranean way by introducing a variety of heart-healthy veggies. From the antioxidant-rich courgette and eggplant to bell peppers loaded with vitamin C, a dash of vegetarian Parmesan cheese adds a tangy flavour to the dish.

Ingredients

- Salt
- 1 pinch black pepper
- 40g vegetarian parmesan cheese
- 150g courgette
- 100g cherry tomatoes
- 1/2 eggplant
- 1/2 red bell pepper
- 50g green and black olives
- 300g pasta
- 4 tbsp fresh basil
- 5 tbps olive oil
- 2 tbsp rapeseel oil

Directions

Cook the pasta in boiling water with a pinch of salt, until soft.

Fry the sliced courgette, peppers, eggplant and halved olive in the oil. Add in the cooked pasta and cut cherry tomatoes.

Serve with the fresh basil, vegetarian Parmesan and drizzle of olive oil.

Green Mango, Apple & Spinach Smoothie

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10 min - 2 servings

Meal Benefits

With spinach's impressive amount of natural potassium and calcium - which are important for nerve function - the spirulina powder in this fruit based smoothie adds muscle building protein.

Ingredients

- 1 tbsp spirulina powder
- 100g spinach
- 1 apple
- 200g mango
- 1 tsp chia seeds
- 400 ml almond milk

Directions

Using a blender, finely puree all peeled and cubed ingredients (apple and mango) along with the spinach, spirulina powder and almond milk.

Serve with chia seeds sprinkled on top.

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Pumpkin-Sweet Potato Curry with Quinoa

30 mins - 2 servings

Meal Benefits

Rich in fibre and vitamin A, sweet potatoes are as equally nutritious as they are delicious. While quinoa has twice the protein of rice or barley, the addition of cashews and coconut milk provides creamy texture and good-for-you fatty acids.

Ingredients

- 1 pinch black pepper
- 4 tbsp fresh coriandor
- 1 tbsp yellow curry paste/powder
- 150g quinoa
- 1 cloves garlic
- 250g pumpkin
- 250g sweet potato
- 1 onions
- 4 tbsp raisins
- 2 tbsp coconut oil
- 400 ml coconut milk
- 5 tbsp cashews

Directions

Cook the quinoa in boiling water with a pinch of salt, until soft.

Fry the diced onion and chopped garlic in the oil, adding in the pumpkin, sweet potato and coconut milk. Mix in the curry paste, cashews and raisins. Then let simmer on low heat.

Serve with chopped coriandor on top.

Thai-Style Quinoa Salad

25 min - 2 servings

Meal Benefits

Providing a great deal of plant-based protein as well as various vitamins and minerals, quinoa is the perfect addition to any salad. The peppers and red cabbage both contains concentrated level of vitamin C to fight free radicals and support the growth of connective tissue.

Ingredients

- 1 pinch black pepper
- 5 tbsp fresh coriandor
- 140g quinoa
- 1/2 red bell pepper
- 1/2 carrot
- 100g red cabbage
- 1 sticks spring onions
- 7ml lime juice
- 4 tbsp soy sauce
- 2 tsp agave syrup
- 4 tbsp olive oil
- 2 tbsp peanut butter
- 1 tsp sesame oil
- 5 tbsp cashews

Directions

Cook the quinoa in boiling water with a pinch of salt. Let cool.

Cut the red bell peppers, spring onions, red cabbage and carrots into thin strips, adding them to the cooled quinoa.

To make the salad dressing, mix the soy sauce, agave syrup, peanut butter, coriandor, lime juice, black pepper, sesame oil and olive oil together.

Pour over the cooked quinoa and chopped veggies. Serve with cashews on top.

Sweet Potato, Rocket & Quinoa Salad

25 min - 2 servings

Meal Benefits

This dish has a particularly anti-inflammatory effect thanks to the high content of beta-carotene from the sweet potato. In addition, the rocket lettuce and pomegranate seeds provide a large amount of valuable vitamin C.

Ingredients

- 1 pinches salt
- 1 tsp ground cumin
- 1 pinch pepper
- 100g quinoa
- 400g sweet potato
- 100g rocket lettuce
- 4 tbsp pomegranate seeds
- 5 ml lemon juice
- 4 tbsp olive oil
- 2tsp agave syrup
- 1 tsp mustard

Directions

Cook the quinoa with a bit of salt in boiling water until soft. Let cool.

Lightly fry the sweet potato cubes in the oil, seasoning with salt, pepper and cumin.

Whisk the lemon juice, agave syrup and mustard together to make the dressing.

Mix the cooled quinoa, sweet potato cubes and rocket lettuce with the prepared dressing. Serve with pomegranate seeds.

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Cashew & Raisin & Pear Salad with Lemon Honey Dressing

Serves 2

Ingredients

- Large handful of mixed rocket or lettuce leaves
- 2-3 med pears unpeeled & sliced
- 1 celery stalk sliced
- 1 handful of raisins
- 2 palmfuls of toasted cashews (or other nuts/seeds)
- 1tbls Lemon juice
- 1tbls liquid honey
- Optional raw vegetables

Directions

Place the lettuce in a bowl. Slice the pear, celery and toss in lemon juice. Add to the bowl of lettuce. Toast the cashew nuts in a fry pan for a few minutes (watch carefully). Now take the toasted cashews and raisins and add to the salad bowl. Drizzle over the liquid honey and mix through. The taste should be similar to a muesli bar texture and sweetness.

Banana & Kiwi Bowl

Take one large banana and one or two kiwifruit, slice and mix in a desert bowl. Enjoy immediately. Add chopped mint for an extra kick.

Rice Crackers & Tomato Slices

Take one serve of plain or seaweed rice crackers, add a tomato slice and season well.

Red Apple & Carrot Sticks

Take one large peeled carrot and slice into matchstick shapes.

One Apple with Peanut Butter

Slice an apple in half then spread some peanut butter or nut butter on each half.