

THE
CAMPFIRE
COLLECTION
RECIPES FOR
WELLBEING



INDEX

Welcome

Lancelot diet

5 pathways to nature connection

Store cupboard

Soups and Starters

- Nettle soup
- Garlic bread

Wraps and Sarnies

- Black bean and olive wraps
- Sandwich fillers

Salads

- Buddha Bowls
- Budget Buddha Bowls
- More Buddha Bowls
- Harissa chickpea and tofu bowl
- Beetroot couscous and falafel bowl
- Cauliflower, Kale and Black Bean Bowl
- Kale and Sweet Potato Salad
- Tofu & Quinoa salad (high Protein)
- Italian salad
- Kale Caesar salad
- 3 Bean and cucumber salad

Mains

- Red lentil daal
- Sweet potato and chickpea curry
- Bean and pepper chilli
- Spanish Lentils
- Spaghetti Bolognese with Lentils
- Kung Pao vegetables
- Vegetable korma
- Cheesy vegan chicken stovetop casserole
- Bean Burgers
- Tagine

Extras

- Fridge flapjacks
- Chocolate Cake
- Elderflower Cordial

Project by:



Welcome

Welcome to our recipe book. In these pages, you'll discover a collection of mouth-watering recipes that promote your health, contribute to the well-being of our planet and its incredible wildlife, and align with the Wiltshire Wildlife Trust's vision of a sustainable future for both wildlife and people.

The Wiltshire Wildlife Trust is committed to encouraging significant and transformative action to reduce ecological and carbon footprints. As part of our goal of "People Taking Action," we aim to inspire 1 in 4 individuals to make a meaningful difference for the environment. By adopting the principles of sustainable food choices showcased in this recipe book, and embracing meals focused on plant-based ingredients, such as vegetables, fruits, whole grains, legumes, and nuts, while reducing the consumption of less sustainable options you are actively contributing to this goal.





The Wiltshire Wildlife Trust has pledged to promote and support healthy, productive, and resilient ecosystem services across Wiltshire and Swindon. By incorporating sustainable land use practices and using locally sourced, seasonal ingredients when possible, these recipes help foster healthy ecosystems and contribute to the well-being of both wildlife and people in Swindon and Wiltshire.

Switching to a plant-based diet significantly benefits the environment by reducing greenhouse gas emissions, conserving water, preserving habitats, protecting biodiversity, and improving soil health. It mitigates climate change by lowering the global warming potential of our food system and supports sustainable food practices. Plant-based diets enhance public health by reducing the risk of chronic diseases and zoonotic diseases. Adopting more plant-based meals can lead to a more sustainable, equitable, and resilient planet for all.

We've chosen recipes in this book that are budget-friendly and easy to make. We believe that everyone should have access to healthy and nature-friendly meals. These recipes show how you can nourish yourself without compromising your budget or the well-being of our environment.

Lancet Plate

Food systems have the power to keep us healthy and protect the environment. But right now, we're heading in the wrong direction, which is bad for both our health and the planet. Unhealthy diets now pose a greater risk to morbidity and mortality than unsafe sex, alcohol, drug and tobacco use combined. The EAT-Lancet Commission has a plan to feed the growing global population a healthy diet while also creating sustainable food systems that don't harm our planet.

World leading scientists have come up with a universal healthy reference diet that tells us what we should eat to stay healthy. It's all about eating more of the good stuff like vegetables, fruits, whole grains, legumes, and nuts, and cutting back on the not-so-good stuff like red meat, sugar, and refined grains like white flour. By following this diet, we can improve our health and have a better chance of reaching the Sustainable Development Goals. The meals in this recipe book can help people move towards adopting the recommendations in the lancet plate to increase consumption of healthy foods such as fruits, vegetables, legumes and nuts, and to reduce consumption of less healthy foods such as added sugars and animal sourced foods.

[The EAT-Lancet Commission on Food, Planet, Health - EAT Knowledge \(eatforum.org\)](#)



5 Pathways to Nature Connection

The five pathways to nature connection that we use as a framework for our wellbeing programmes beautifully intertwine with these ideas:

Contact: Engaging with nature through our senses brings us pleasure and a deeper connection. At meal times take a moment to breathe in the aroma of fresh herbs, or marvel at the vibrant colours of fruits and vegetables

Beauty: Nature's beauty has the power to inspire and uplift us. As you prepare and enjoy these delicious meals, appreciate the beauty of the natural ingredients in your kitchen. Consider the intricate patterns in a head of broccoli, the vibrant colours of a sliced watermelon, or the artistry of a garnish.

Meaning: Nature provides us with endless metaphors and symbols that can carry profound meaning. As you explore the recipes in this book, think about the symbolism of each ingredient and dish. Reflect on the first harvest of summer vegetables, the cycle of growth and nourishment, or the interconnectedness of all living beings.



5 Pathways to Nature Connection

Emotion: Our emotional bond with nature is a powerful force that fuels our love and care for the natural world. Savour each bite and experience the flavours of these recipes, taking a moment to reflect on the emotions you have.

Compassion: Extending our sense of self to include nature leads to a moral and ethical concern for the well-being of the natural world. As you explore the recipes in this book, consider making choices that align with your values of compassion for wildlife and the environment. Opt for plant-based ingredients sourced sustainably, supporting local farmers and organic producers if possible. Let your choices reflect your compassion for animals, environmental sustainability, and a harmonious coexistence with nature.





STORE CUPBOARD

If you are able to stock a store cupboard with healthy ingredients it is a great way to ensure you have ingredients on hand for a range of meals. Here are some suggestions:

Grains and Pulses:

- Rice (brown, white, basmati)
- Quinoa
- Lentils (green, red, brown)
- Chickpeas
- Oats (for porridge, baking, flapjacks, muesli)
- Pasta (look for varieties without egg, & gluten free if needed)

Canned Goods:

- Canned beans (kidney beans, black beans, cannellini beans)
- Canned tomatoes (whole, chopped, passata)
- Coconut milk (for curries, soups, and sauces)
- Vegetable broth/stock

Nuts and Seeds:

- Almonds, walnuts, cashews (for snacking, cooking, and baking)
- Chia seeds, flaxseeds (for adding to smoothies, oatmeal, or baking)
- Sunflower seeds, pumpkin seeds





Herbs, Spices, and Condiments:

- Turmeric, cumin, paprika, curry powder, cinnamon, nutmeg, etc.
- Soy sauce or tamari
- Tomato paste
- Mustard
- Olive oil or rapeseed oil
- Balsamic vinegar or apple cider vinegar
- Salt and pepper

Dried Fruits:

- Raisins, sultanas, currants
- Dates
- Apricots
- Cranberries

Canned or Jarred Vegetables:

- Artichoke hearts
- Roasted red peppers
- Pickled Gherkins/ capers
- Olives

Flour and Baking Supplies:

- Plain flour or wholewheat flour
- Baking powder
- Agave syrup or maple syrup (for sweetening)
- Cocoa powder (for baking and desserts)

Miscellaneous:

- Nutritional yeast (for a cheesy flavour)
- Tahini (for dressings, sauces, and hummus)



SOUPS AND STARTERS



Nettle soup



Ingredients:

- 2 tbsp oil
- 1 onion
- 1 stick celery (optional)
- 1 carrot (optional)
- 500ml water
- 1 gluten free vegetable stock cube
- 250g potatoes about 1 large or 2 small
- A large handful of fresh washed young nettles
- Parsley, chives, thyme (optional)

Steps for Cooking:

- 1 Peel and chop onion. Slice celery and carrot if using. Roughly & carefully chop nettles
- 2 Fry onion, celery and carrot in oil in a saucepan for about 5 minutes.
- 3 Add potatoes, water and stock cube. Stir to ensure stock cube dissolves. Bring to boil.
- 4 After 25 minutes add nettles. Cook 5 minutes more. Blend. If desired you can add thyme, parsley or chives.



Garlic Bread

Ingredients:

- 2 tbsp oil
- 1 onion
- 1 stick celery (optional)
- 1 carrot (optional)
- 500ml water
- 1 gluten free vegetable stock cube
- 250g potatoes about 1 large or 2 small
- A large handful of fresh washed young nettles
- Parsley, chives, thyme (optional)

Steps for Cooking:

- 1 Peel and chop onion. Slice celery and carrot if using.
Roughly & carefully chop nettles
- 2 Fry onion, celery and carrot in oil in a saucepan for about 5 minutes.
- 3 Add potatoes, water and stock cube. Stir to ensure stock cube dissolves.
Bring to boil.
- 4 After 25 minutes add nettles. Cook 5 minutes more.
Blend. If desired you can add thyme, parsley or chives.



The image features four avocado toasts arranged in a 2x2 grid on a rustic wooden surface. Each toast is topped with a variety of fresh ingredients. The top-left toast has chickpeas, cucumber, red onion, and a tomato slice. The top-right toast includes lettuce, radish, cucumber, and a mix of colorful vegetables. The bottom-left toast is topped with blueberries, cucumber, and a tomato slice. The bottom-right toast features a mix of vegetables, including tomatoes, cucumbers, and chickpeas. A central green rectangular overlay contains the text 'WRAPS & SARNIES' in a bold, black, sans-serif font.

WRAPS & SARNIES

Mexican Style Wraps



Thanks to Viva recipe club-
v7.viva.org.uk/cheap-as-chips-meal-plan/

Ingredients:

- ½-1 can black beans, drained OR ½-1 pack Cauldron marinated tofu pieces
- Large handful of pitted black olives, roughly chopped
- fajita or chilli sauce OR tomato salsa with added cumin, paprika, and chili powder to taste
- Grated vegan cheese OR a sprinkling of nutritional yeast flakes
- Wraps (regular or gluten-free, preferably wholemeal)

To serve

- Chopped avocado
- Mixed salad
- A dollop of vegan mayo

Steps for Cooking:

- 1 Warm the black beans, salsa, chopped olives, and yeast flakes on the stove or in the microwave.
- 2 Place a serving of the hot mixture (and vegan cheese if desired) inside each wrap.
- 3 Heat the wraps gently in the microwave, just enough to warm them through. Be careful not to overcook, or the wraps may become hard. Alternatively serve with cold wraps.
- 4 Serve with avocado, mixed salad, and vegan mayo on the side or on top.



Sandwich fillers

1 **Hummus and Vegetable:** Spread hummus generously on bread and layer with sliced cucumbers, tomatoes, bell peppers, and lettuce. Add a dash of black pepper

2 **Smashed Chickpea Salad:** Mash chickpeas with a fork and mix with vegan mayonnaise, diced celery, red onion, and a squeeze of lemon juice. Spread on bread and enjoy.

3 **Avocado and Tomato:** Mash ripe avocado onto bread slices, then layer with sliced tomatoes. Sprinkle with a squeeze of lemon juice.

4 **Peanut Butter and Banana:** Spread peanut butter on bread and top with sliced bananas. Drizzle with a bit of maple syrup for extra sweetness if desired.

4 **Vegan Cheese and Pickle:** Spread vegan cheese (store-bought or homemade) on bread slices and add a layer of pickle slices.



Sandwich fillers cont.

5 Cucumber and Dill: Thinly slice cucumbers and sprinkle with fresh dill. Place them between bread slices with a spread of vegan cream cheese or vegan butter.

6 Chickpea Tuna Salad: Mash chickpeas with vegan mayonnaise, diced gherkins, celery, and a bit of mustard. Add salt, pepper, and a squeeze of lemon juice to taste. Use it as a filling for sandwiches. Also nice with a sheet of nori torn up and mixed in with some chopped capers.

7 Sliced Beetroot and Vegan Mayo: Thinly slice cooked beetroot and layer onto bread slices with vegan mayonnaise. You can add lettuce leaves or sprouts lentils for extra crunch.

8 Mashed Bean Spread: Mash cooked beans (such as black beans or kidney beans,) with a bit of olive oil, garlic powder, and cumin. Spread onto bread and top with sliced avocado or tomato.



SALADS



Buddha Bowls

Buddha bowls, also known as nourish bowls are a delicious and nutritious one dish meal. They are made by layering a nutritious blend of whole grains, veggies, legumes, and a tasty sauce into a bowl.

The beauty of Buddha bowls lies in their versatility and simplicity – you can customize them according to your taste preferences, dietary restrictions, seasonal produce availability, or what you have left over in your fridge!

Steps for Cooking:

- 1 Base:** Start with a whole grain of your choice such as quinoa, brown rice, bulgur wheat or couscous. You could also try noodles or cooked potatoes.
- 2 Vegetables:** Fill your bowl with a colourful array of bite sized, fresh, roasted, raw or steamed vegetables.
- 3 Proteins:** Add plant-based proteins. Options include tofu, tempeh, chickpeas, black beans, lentils, or edamame. Canned beans, lentils and tofu are low cost options.
- 4 Add crunchy toppings:** Sprinkle a tablespoon of nuts, seeds or chopped onion or a teaspoon of herbs
- 5 Dressings or Sauces:** Add dressings made from ingredients like tahini, lemon juice, olive oil, garlic, herbs, and spices. Or use ready made sauces like sriracha, tamari, or balsamic glaze for added convenience.



Budget Buddha Bowls

1

Bean Bowl: Brown rice base topped with canned black beans, sautéed onions and peppers, shredded lettuce, salsa, and a squeeze of lime juice.

2

Veggie Bowl: Couscous base topped with steamed broccoli, grated carrots, canned chickpeas, cucumber slices, and a drizzle of homemade tahini-lemon dressing.

3

Lentil Power Bowl: Bulgur wheat base topped with cooked green lentils, roasted seasonal vegetables (like squash and carrots), spinach leaves, and a sprinkle of toasted seeds.

4

Tofu and Veggie Bowl: Quinoa base topped with marinated or smoked tofu cubes, stir-fried cabbage and bell peppers, sliced avocado, and a drizzle of soy-ginger dressing.

5

Pantry Raid Bowl: Mix together leftover grains (such as rice or couscous) with canned sweetcorn, canned black beans, diced onions, and a sprinkle of taco seasoning. Top with a dollop of dairy-free yogurt or salsa.



Harissa Chickpea & Tofu Bowl

Ingredients:



- 120 g cooked brown rice
- 1 can chickpeas, rinsed, drained
- 1 tsp harissa spice
- 1 avocado peeled, stoned
- 1 block of firm tofu (from the fridge in supermarkets)
- 2 tsp gluten free tamari or soya sauce
- 1 courgette, peeled into ribbons with a potato peeler or sliced very thinly
- a squeeze of lemon juice
- 10 cherry tomatoes, halved
- a handful of fresh spinach
- 1 sweet potato, peeled, thinly sliced
- 2 Tbsp olive oil
- cress
- gluten free dressing

Steps for Cooking:

- 1 Brush sweet potato slices with oil. Cook in a large frying pan until tender and slightly crispy. Set aside.
- 2 In a frying pan, dry fry chickpeas with harissa spice until slightly crispy. Set aside.
- 3 Marinate tofu in soya sauce, then cut it into cubes. Fry tofu cubes in a hot pan with a little oil until crispy. Set them aside.
- 4 Toss courgette ribbons with a little olive oil and a squeeze of lemon juice.
- 5 Spoon cooked brown rice into bowl. Add chickpeas, tofu, sweet potato slices, fresh spinach, cherry tomatoes, and courgette ribbons. Drizzle the dressing over the salad.



Beetroot Couscous & Falafel Bowl

Ingredients:

- 1 pack Falafel
- 100 g giant wholewheat couscous
- 2 small cooked beetroot, cubed
- 2 tbsp fresh lemon juice
- 240 ml water
- 1 tsp bouillon powder or 1 vegetable stock cube, such as Kallo
- black pepper, to taste
- dressing such as Wagamama's House dressing
- 8 handfuls of your favourite salad greens, I used kale
- shredded carrot
- sliced avocado
- fresh coriander and parsley
- sesame seeds
- sliced red onion

Steps for Cooking:

- 1 Place the couscous, water, beetroot and bouillon or stock cube into a pan and bring to a simmer.
- 2 Cook for 8 minutes, before taking off the heat and leaving to steam for 10 minutes.
- 3 Assemble the bowls by arranging plenty of greens, carrots and avocado. Spoon over some of the couscous and add a few pieces of falafel.
- 4 Finish with a drizzle of the dressing, some red onion and a sprinkle of sesame seeds.



Cauliflower, Kale & Black Bean Bowl

Ingredients:

- 1 medium head cauliflower, chopped into florets
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup quinoa, couscous or other grain
- 1 bunch kale, chopped
- 1-2 cloves garlic, minced
- 1 can black beans, drained and rinsed
- 1/2 cup sauerkraut
- Sliced spring onions
- 1 avocado, sliced
- Handful fresh basil,
- Handful of spinach (optional)
- Juice of 1/2 lemon
- 2 cloves garlic
- 2 tablespoons walnuts



Steps for Cooking:

- 1 Place cauliflower florets on dry frying pan. Sprinkle with paprika, garlic powder and onion powder. Stir to coat evenly. Heat gently until slightly browned.
- 2 In a medium saucepan, cook quinoa (or other grain) according to package directions. Transfer the cooked grains to a bowl.
- 3 Heat a little water in saucepan. Add kale. Cook until the kale is wilted, about 5 minutes.
- 4 To arrange bowls, add kale, grains, beans, cauliflower, sauerkraut, avocado and a garnish of fresh herbs.



Kale & Sweet Potato Salad

Ingredients:

- 1 large sweet potato, chopped into 2cm chunks
- 1 tbsp olive oil
- 80g quinoa, cooked according to package instructions
- 1 avocado
- 1 can tinned brown lentils, drained
- 100g kale leaves
- 1 tbsp pumpkin seeds
- 1 large orange, juiced
- ½ tbsp olive oil
- 1 handful goji berries (optional)



Steps for Cooking:

- 1 Boil sweet potato for 25-30 minutes or until they are tender.
- 2 Destalk the kale and shred it. Drizzle a bit of olive oil over kale. Use clean hands to coat the kale with the oil. Then, squeeze and rub the leaves to break them down slightly and allow the dressing to infuse into the leaves. After a few minutes of massaging, the kale leaves will become darker, softer, and reduce in size.
- 3 Lightly toast pumpkin seeds in a dry pan. In a large bowl, combine the cooked lentils with the kale. Add quinoa & sweet potato.
- 4 Squeeze orange juice over the salad and drizzle over the remaining olive oil. Mix everything together gently. Top the salad with the lightly toasted pumpkin seeds, goji berries and sliced avocado.



Tofu and Quinoa Salad

Ingredients:

- 400g firm tofu
- 1 tbsp olive oil
- 20g nutritional yeast
- Juice of 1 lemon
- 200g quinoa, cooked according to package instructions
- For the Salad:
- 3 tbsp extra virgin olive oil
- 250g cherry tomatoes, halved
- Handful of almonds
- 1 garlic clove, peeled and chopped
- 1 cucumber, trimmed
- 4 spring onions
- 15 mint leaves
- Juice of 1 lemon



Steps for Cooking:

- 1 Mix lemon juice, olive oil and nutritional yeast to create a smooth paste. Cut tofu into 8 strips.
- 2 Coat the tofu strips evenly with paste. Place the tofu strips in a frying pan and drizzle over any remaining paste. Fry tofu until it becomes crispy.
- 3 Coat the tofu strips evenly with paste. Place the tofu strips in a frying pan and drizzle over any remaining paste. Fry tofu until it becomes crispy.
- 4 Cut cucumber in half lengthwise, scoop out the seeds with a spoon, and finely slice. Trim spring onions and finely slice at an angle.
- 5 Add lemon juice, oil and garlic to a large bowl, and stir to combine. Toss the tomatoes, cucumber, and spring onions, quinoa and mint in the dressing until they are well-coated.
- 6 Spoon the quinoa salad into bowls, garnish with rocket, top with the crispy tofu, sprinkle with almonds, and enjoy!



Another Bangin' Salad!

Ingredients:



- 1 head romaine lettuce
- 1 bag mixed crunchy lettuce, or favourite lettuce leaves
- 1 can of chickpeas, drained and rinsed
- 1 jar or can of artichokes (optional)
- ½ cup pitted green olives (optional)
- ½ cup pitted kalamata olives (optional)
- 2 cups cherry tomatoes
- 2 cups sliced cucumber
- 1 tablespoon of nutritional yeast- available in most supermarkets
- 1 cup homemade Italian Dressing or a jar of your favourite gluten free plant-based salad dressing such as Wagamama's house dressing

Steps for Cooking:

- 1 Wash and chop or tear the lettuce. Add all the lettuce leaves to a large salad bowl.
- 2 Wash the tomatoes and cut them into halves. Wash the cucumber and slice it into half-moons. Add the tomato and cucumber slices to the salad bowl.
- 3 Add chickpeas to the salad bowl with the artichoke halves. Mix everything together to combine.
- 4 Top with olives, drizzle with dressing, and sprinkle with nutritional yeast.



Kale Caesar Salad



Ingredients:

- **1 cup of gluten free vegan mayonnaise- available in most supermarkets**
- **2 teaspoons of lemon juice**
- **2 cloves of garlic, minced**
- **1 tablespoon of nutritional yeast- available in most supermarkets**
- **1 tablespoon of water**
- **1 bunch of kale, stems removed, chopped, and gently massaged**
- **2 cups of cherry tomatoes, halved lengthwise**
- **1 cup of chickpeas or black beans, drained and rinsed**

Steps for Cooking:

- 1** Mix mayonnaise, nutritional yeast, water and lemon juice in a small bowl to create dressing. (add any other flavourings desired eg salt, pepper, Dijon mustard, herbs, soy sauce)
- 2** Mix kale and desired amount of dressing in a large bowl. Mix until the kale is coated.
- 3** Add in tomatoes and chickpeas. Serve and enjoy!



3 Bean & Cucumber Salad



Ingredients:

- 1 red onion, finely diced
- 2 garlic cloves, finely chopped or minced
- Juice of 2 lemons
- 3 tablespoons extra-virgin olive oil
- 1 can (14 oz / 400 g) chickpeas, drained and rinsed
- 1 can (14 oz / 400 g) kidney beans, drained and rinsed
- 1 can (14 oz / 400 g) black beans, drained and rinsed
- ½ large cucumber, diced
- 1 red pepper, deseeded and diced
- Small handful of fresh parsley, chopped (include leaves and stems)
- Small handful of fresh mint, chopped (use leaves and discard stems)

Steps for Cooking:

- 1 In a small bowl, combine the finely diced onion and minced garlic. Add the juice of 1½ lemons (reserve the other half). Add olive oil and stir to make the dressing.
- 2 Drain and rinse the chickpeas, kidney beans, and black beans thoroughly using a colander. In a large bowl, combine the drained beans with the diced cucumber, red pepper, parsley, and mint. Mix well.
- 3 Pour the dressing over the bean and vegetable mixture and mix everything thoroughly to coat.





MAINS

Red Lentil Daal



Ingredients:

For the daal:

- 800ml water
- 1 can coconut milk
- 320g red lentils
- 2 tsp mild curry powder

For the topping:

- ½ onion
- 1 tbsp vegetable oil
- 1 tsp mustard seeds (optional)
- 1 tsp cumin seeds (optional)
- 2 garlic cloves (optional)

To serve: (optional)

- (Gluten free) Chapati or naan bread
- coconut yogurt
- fresh coriander

Steps for Cooking:

- 1 Place daal ingredients into a saucepan. Simmer on low heat, uncovered, for 25 minutes.
- 2 Meanwhile, make the topping:
Finely dice the onion & garlic, .
- 3 Heat oil in a frying pan. Add onion, mustard seeds, cumin seed and garlic. Fry and stir until the onions soften. Set aside.
- 4 Once the lentils are cooked, turn off the heat. Spoon into serving bowls. Sprinkle the topping mix over the top and serve with naan or chapati.



Sweet Potato & Chickpea Curry



Ingredients:

- 1 medium onion, finely chopped
- 2 tablespoons vegetable oil
- 1 tablespoon curry powder
- 2-3cm piece of ginger, finely grated
- 3 garlic cloves, sliced
- 3 medium tomatoes, chopped
- 1 can coconut milk
- 1 sweet potato, peeled & diced
- 1 can (400g/14 oz) chickpeas, drained

Steps for Cooking:

- 1 In a large pan, heat the oil over medium heat. Add the chopped onion and sauté for about 8 minutes until softened.
- 2 Add the curry powder, ginger, and garlic. Stir well to combine and cook for 1 minute.
- 3 Add the tomatoes & cook for 2-3 minutes. Pour in the coconut milk. Add the sweet potato. Cover and simmer for 15 minutes or until the sweet potato is soft.
- 4 Add the drained chickpeas. Season with salt and pepper to taste. Cook for about 2 minutes



Bean & Pepper Chilli



Ingredients:

- 1½ tbsp vegetable oil
- 1 onion, sliced
- 2 peppers, sliced
- 2 garlic cloves, crushed
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 2 tsp smoked paprika
- 400g can chopped tomatoes
- 400g can mixed beans, drained
- 400g can black beans, drained

To serve: (optional)

- rice
- fresh coriander

Steps for Cooking:

- 1 Heat the oil in a saucepan and fry the onion and peppers over medium heat for 10 minutes until the onion is golden brown. Add the garlic and spices, and fry for 1 minute.
- 2 Pour in the tomatoes, both cans of beans & 50ml water. Stir everything together. Simmer, stirring regularly, for 15-20 minutes until it thickens.
- 3 Meanwhile, cook rice according to the package instructions.
- 4 Serve the chilli on a bed of rice and sprinkle chopped coriander on top.



Spanish Lentils



Ingredients:

- 1 can brown lentils, drained and rinsed
- 1 medium onion, finely diced
- 1-2 carrots, peeled & finely diced
- 2 cloves garlic, finely sliced
- 1 tbsp smoked paprika (optional & to taste)
- 3 large tomatoes, roughly chopped
- 1 (gluten free) stock cube dissolved in 100ml/⅓-½ cup boiling water (I use Kallo)
- 1 tbsp parsley, roughly chopped
- Nutritional yeast
- Optional toppings: jarred chargrilled peppers, red salsa

To serve (optional) (gluten free) bread, green beans, steamed broccoli, salad

Steps for Cooking:

- 1 Heat a little oil in a pan and fry onion until soft and golden. Add carrot to the pan and fry for 5-10 minutes until it softens.
- 2 Stir in the finely sliced garlic and fry for an additional 2 minutes. Sprinkle the smoked paprika into the pan and cook for about a minute.
- 3 Add tomatoes to the mixture. Simmer for approximately 5 minutes until tomatoes start to break down and mixture thickens slightly. Add lentils.
- 4 Pour in the dissolved stock cube, add parsley. Simmer for another 5 minutes. Garnish the lentil mixture with optional toppings.



Spaghetti Bolognese

Thanks to Viva recipe club

v7.viva.org.uk



Ingredients:

- 100g wholewheat spaghetti per person
- 2 tbsp (olive or vegetable) oil
- 1 large onion, diced
- 1 stick celery, finely sliced (optional)
- 3 cloves of garlic, crushed
- ½ red pepper, diced (optional)
- 1 medium courgette, chopped in half lengthways then sliced
- 100g/4oz mushrooms, chopped
- 1 tin lentils, drained and rinsed
- 400ml passata
- 1-2 tbsp tomato purée
- 2 veg stock cubes dissolved in a small amount of boiling water
- 2 bay leaves
- 3 tsp dried basil
- 2 tsp dried oregano

Steps for Cooking:

- 1 Cook the spaghetti according to the packet. Drain and set aside.
- 2 In a large pan, heat the olive oil and sauté onion until it becomes soft and translucent.
Add celery, red pepper, courgette, & chopped mushrooms. Cook until mushrooms turn golden brown.
- 3 Stir in garlic and cook for a minute. Add tomato purée, passata, dried herbs, and stock.
- 4 Simmer the sauce for 10-15 minutes over low heat.
Add lentils. Stir well and let them cook in for a couple of minutes.
Serve over a bed of cooked spaghetti.



Kung Pao Veggies

Ingredients:

sauce:

- 3 tbsp low salt soy sauce
- 2 tbsp water
- 3 tsp hoisin sauce
- 1 tsp vinegar
- 1 tsp sesame oil
- 1 small onion, chopped
- 3 cloves garlic
- red, yellow and orange bell peppers
- 1 tsp dried chillies
- 1/3 cup peanuts or cashew nuts
- 2 tsp oil

marinade

- 200g plant based chicken strips (eg. from Iceland or Fry's)
- 2 tbsp cornflour

to serve:

- rice, (ideally wholemeal)
- sliced spring onion
- a sprinkling of more chopped nuts

Steps for Cooking:

- 1 Cook rice according to package instructions.
- 2 Mix all sauce ingredients in a small bowl.
- 3 Coat veggie chicken in cornflour, season with salt and pepper if desired. Shallow fry, or air fry, until crispy.
- 4 Fry onion, garlic, chilli, nuts and peppers lightly for 2-3 minutes. Add coated veggie chicken and sauce. Stir and continue to cook for another minute or 2.
- 5 Serve with rice and top with chopped nuts and spring onions.



Vegetable Korma

Ingredients:

- ¼ cup raw cashews
- 2 dates, pitted
- 2 onions, chopped
- 8 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- ¼ teaspoon ground cinnamon
- ¼ teaspoon whole black peppercorns
- 1 small bay leaf
- 6 oz. fresh green beans, cut
- 1 cup sliced carrots
- 1 red pepper, chopped
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ⅛ teaspoon cayenne pepper
- 1 cup fresh or frozen green peas
- 1 tablespoon lime juice
- 2 tablespoons finely chopped coriander
- Steamed rice, other grains or naan

Steps for Cooking:

- 1 Soak dates and cashews in 1/2 cup warm water for 20 mins
- 2 Cook onions, garlic and spices in saucepan, until onions are soft. Remove bay leaf, allow to cool.
- 3 Steam beans, pepper and carrots until soft, about 5 minutes.
- 4 Drain cashews and dates, mix with cooked onion and blend with a little water to make spice paste
- 5 Put spice paste in saucepan with 1 cup water, bring to boiling. Add steamed vegetables and peas. Cook for 5 minutes, serve with rice or naan.



Easy Bean Burgers

Ingredients:

- 2 x 400g cans red kidney beans, rinsed, drained and mashed
- 60g oats
- 2 tbsp reduced salt soy sauce
- 1 tsp smoked paprika
- ¼ tsp cayenne powder
- ¼ tsp chilli powder
- dash black pepper
- ½ tsp olive or vegetable oil

To serve:

Burger buns, quinoa, brown rice or potato wedges

Salad veggies or steamed kale, spinach or broccoli

Toppings of choice

Steps for Cooking:

- 1 Mash beans with potato masher or fork in a bowl.
- 2 Mix in oats, soya sauce and spices until thoroughly combined
- 3 Form into 8 burgers
- 4 Warm oil in frying pan. Gently fry for about 5 minutes on each side until gently browned and warm through.
- 5 Serve with your choice of accompaniment.



Chickpea Tagine

A tagine would usually be cooked in a 'tagine' pot, but I am here assuming you don't have one of those..

Ingredients:

- 1 tbsp olive oil
- 1/2 onion, diced
- 1/2 red pepper, chopped
- 3 garlic cloves, finely chopped
- 1 cup vegetable broth
- 1.5 cups peeled and finely diced butternut squash
- 1 can chickpeas
- 1/2 can chopped tomatoes
- 3 large medjool dates

Spice mix

1/2 tbsp ras el hanout

1/2 tsp coriander

1/4 tsp each cinnamon, cumin

pinch each ginger, turmeric, cloves, black pepper.

Steps for Cooking:

- 1 Mix spices together
- 2 Heat oil in large pan, add onions. Cook until golden brown.
- 3 Add pepper and garlic, cook for 3 minutes
- 4 Add spice mix and stir
- 5 Add stock, squash, chickpeas, tomatoes and dates. Stir and boil.
- 6 Cook over low heat for 40 mins.



A top-down photograph of a round white plate with a colorful floral border, resting on a wooden surface. The plate contains two portions of green, textured food (possibly rice or quinoa) and two portions of brown, textured food (possibly lentils or beans). A semi-transparent green rectangular box is overlaid on the top half of the plate, containing the word "EXTRAS" in bold black capital letters.

EXTRAS

Elderflower Cordial

Ingredients:

- 20 elderflower heads
- 1 sliced lemon
- 1 sliced orange
- 2 tsp of citric acid (from chemists)
- 1.5 kg (3.5 lbs) of sugar
- 1.2 ltr (2.5 pints) boiling water

Steps for Cooking:

1. Put all your ingredients in a bowl or bucket.
2. Boil the kettle and measure out your boiling water. Then pour over the ingredients.
3. Stir until sugar is dissolved. Cover with a clean cloth
4. Stir two times a day for five days. Strain through muslin cloth or a sieve
5. Bottle and refrigerate. Dilute 5 parts water and one part cordial to serve.



Fridge flapjacks

Ingredients:

- 200g porridge oats (not jumbo)
- 100g soft whole dates, pitted and finely chopped
- 200g mixed dried fruit (berries, apricots, raisins), chopped to raisin-size pieces
- 200g mixed nuts or seeds (e.g., roasted almonds, cashews, and walnuts), finely chopped
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 150g golden syrup
- 120g coconut oil/ Naturli vegan butter

Steps for Cooking:

- 1 Line a baking tray with baking paper. In a large heatproof bowl, mix together oats, dates, dried fruit, nuts/seeds, cinnamon and ginger.
- 2 In a small saucepan over medium heat, combine syrup and oil/ vegan butter. Heat until mixture bubbles fiercely, then pour it over the oat mixture. Stir well to ensure everything evenly coated.
- 3 Once the mixture is cool enough to handle, transfer it to baking tray. Press down firmly.
- 4 Place the tray in the fridge and let it set for at least two hours. After setting, cut the mixture into four rows lengthwise and width wise, giving you 16 squares.



Chocolate Cake

With thanks to Paul Youd
nobreadisanisland.blogspot.com

Ingredients:

- 200g sugar
- 30g cocoa powder (or 25g ground ginger, or 2 tsps vanilla extract)
- 200g self raising flour (or plain, plus 3 teaspoons baking powder)
- 300g water
- 25g vegetable oil

Steps for Cooking:

- 1 Measure the sugar and the cocoa powder, and mix them together.
- 2 Add the flour and mix, then add the water and oil.
- 3 Stir, with a dessertspoon, and then with a whisk, and pour into a prepared 20cm (8") silicon cake former.
- 4 Place in the microwave (800w) for 8 minutes. OR
bake at 275C for 20-25 minutes

