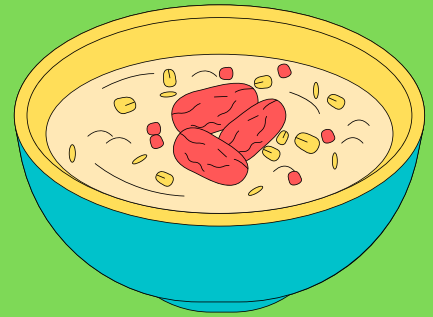# BERRY PORRIDGE

Serves 2 | 15 mins

EAT WITH THE EARTH IN MIND

INGREDIENTS

- 70g porridge oats
- 200mls milk of choice (semi-skimmed or soya work well)
- 1tsp cinnamon
- 2tsp chia seeds
- 160g fresh/frozen raspberries
- 2tbsp peanut butter

METHOD

1. Combine oats, cinnamon, chia and milk of choice into a hob-safe pan
2. Cook on low heat, stirring continuously for 10 mins or until desired consistency
3. Take off heat and split porridge into two bowels
4. Top each bowl with 80g raspberries and 1tbsp of peanut butter.
5. Enjoy!

ENGLISH BREAKFAST

Serves 1 | 25 mins

EAT WITH THE EARTH IN MIND

INGREDIENTS

- 2 x meat free sausages
- 2 x vegan bacon rashers
- 2 x frozen hash browns
- 80g button mushrooms
- 80g plum tomatoes
- 80g baked beans
- Optional toast with vegan spread!

METHOD

1. Preheat your oven to 180'C
2. Add the sausages, bacon and hashbrowns to a baking tray and cook in the oven for ~25mins or until cooked through
3. Slice the mushrooms and tomatoes in half and add to a non-stick frying pan
4. Season with salt and pepper and fry on a low-medium heat for ~5mins.
5. Add baked beans to a saucepan and cook on a low-heat, stirring continuously, until warmed through.
6. Plate up your breakfast, add toast if desired, and enjoy!

CHICKPEA 'TUNA' JACKET POTATO

Serves 2 | 30 mins

INGREDIENTS

- 1 x tinned chickpeas
- 160g sweetcorn
- 160g cucumber
- 4tbsp vegan mayonaise
- 2 x baking potatoes
- 2tbsp vegan spread
- 5g chives (dried or fresh)

METHOD

1. Preheat the oven to 220'c, pierce the potatoes with a fork and add to a baking tray. Cook in the oven for ~30minutes or until slightly crisp
2. Drain and rinse the chickpeas and add to a mixing bowl, season with salt, pepper and the chives and mash with the back of a fork
3. Dice the cucumber and add to the mashed chickpeas
4. Drain and rinse the sweetcorn and add to the mashed chickpeas
5. Add the vegan mayonaise to the chickpea mixture and stir through thoroughly
6. When cooked, take the potatoes out of the oven and let them cool a little
7. Slice the potatoes in half and fluff up the potato inside with a fork
8. Add the vegan spread to the potato and then top with the chickpea mixture and enjoy!

VEGAN 'BLT'

Serves 1 | 20 mins
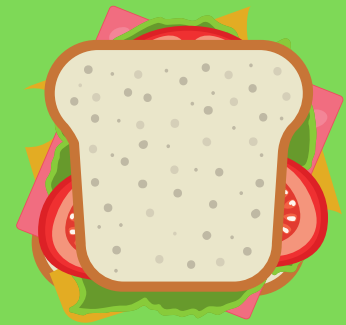
INGREDIENTS

- 2 x slices of bread
- 1tbsp vegan mayonaise
- 2 x vegan bacon rashers
- 1 x salad tomato
- 40g lettuce

METHOD

1. Cook vegan bacon rashers as per package instructions
2. Toast bread
3. Spread vegan mayonnaise on both slices of bread
4. Slice salad tomato
5. Layer lettuce and then tomato on bread
6. Add cooked vegan bacon rashers and top with the other slice of bread
7. Cut in half and enjoy!

MEAT-FREE SPAGHETTI BOLOGNAISE

Serves 2 | 30 mins

EAT WITH THE EARTH IN MIND

INGREDIENTS

- 1 brown onion
- 2 garlic cloves
- 1 carrot
- 160g chesntut mushrooms
- 200g meat-free mince
- 400g chopped tomatoes
- 1tbsp dried basil
- 1tbsp dried oregano
- 160g spaghetti
- 1tbsp olive oil

METHOD

1. Heat 1tbsp olive oil in a large frying pan on a low-medium heat
2. Dice brown onion and add to pan, stirring regularly
3. Dice carrot and add to onion
4. Grate or finely chop garlic and add to cooked onion and carrots
5. When garlic is fragrant, add meat-free mince to pan and cook until browned
6. Slice mushrooms and add to pan
7. Season with salt, pepper, basil and oregano
8. When mince is browned, stir through chopped tomatoes and simmer for ~15 mins
9. Boil kettle and add 500ml water to a saucepan
10. Add spaghetti to water with pinch of salt and boil until al dente
11. Drain spaghetti, reserving a cup of the pasta water, and add spaghetti and reserved water to bolognaise mixture
12. Serve and enjoy!

LENTIL CURRY WITH RICE

Serves 2 | 45 mins

INGREDIENTS

- 1 brown onion
- 3 garlic cloves
- 160g chestnut mushrooms
- 200g red split lentils
- 400ml coconut milk
- 2tbsp curry powder of choice
- 160g basmati rice
- Vegetable stock cube
- 1 tbsp olive oil

METHOD

1. Heat the olive oil in a large saucepan on a low-medium heat
2. Dice the brown onion and add to the pan
3. Finely chop or grate the garlic and add to the pan when the onion has softened
4. Roughly chop the mushrooms and add to the pan when the garlic is fragrant
5. Whilst the mushrooms soften, rinse the lentils and boil the kettle
6. Once the mushrooms are soft, add the curry powder and stir through the onions and mushrooms
7. Dissolve the stock cube in 200ml of boiling water and add to pan
8. Add in the coconut milk, the drained lentils and give everything a big stir
9. Simmer on a low heat for at least 30 mins or until the lentils have soaked up as much of the liquid as desired.
10. Cook the rice as per packet instructions
11. Serve the lentil curry alongside the rice and enjoy!

SYMBOLS TO LOOK OUT FOR

These symbols will be found on any food packaging that is vegan, vegetarian or dairy-free.

V-LABEL INTERNATIONAL
V-LABEL.COM ®

Vegetarian Society APPROVED
Vegetarian Society Vegan ® APPROVED

V Vegetarian
V Vegetarian & Vegan

Vegan ®

Here are some supermarket chain's own brand plant-based packaging to look out for:

ALDI

ASDA

TESCO

ASDA PLANT BASED

PLANT BASED AND VEGETARIAN