

Nice and Easy Vegan Food Options

Vegan's do not eat meat, poultry, seafood, eggs, or dairy, vegan food is all plant based. Veganism is a lot more widely recognised now and most supermarkets and stores have Vegan food on offer – go to their 'Free From' isles. Some examples of easy vegan meals are as below, there are sample recipe's below to follow...

- Tofu/Vegetable Stir Fry with noodles or rice
- Stuffed Peppers (rice/vegetable stuffed)
- Vegan vegetable curry / Coconut Vegetable curry / Green Thai Curry (or similar)
- Baked potatoes (no butter) with humus or vegan cheese or beans
- Tomato based pasta with vegetables
- Vegan Chilli & rice
- Falafel / Pitta / Salad and dips – humus, vegan pesto, salsa, guacamole. Baba Ganoush.



- **Or for frozen: there are often frozen vegan options in supermarkets now, some are below, most now clearly state this written on the front or with a small 'Vegan' symbol....**
- Quorn/Linda McCartney or similar frozen meat substitutes (i.e meat free burgers, nuggets, sausages etc) are often Vegan.
- Sorbet or vegan ice cream such as the Booja Booja brand
- 'Good Life' range is all mostly vegan
- 'Amy's Kitchen' products are mainly vegetarian & dairy free (vegan)
- HECK 'Bollywood Balls' and 'Super Green Balls'
- Falafels (most are vegan)
- Vegetable burgers and vegetable bites/fingers are often vegan
- Vegetable currys / stir fries
- Vegan Pizza's
- And all the usual sides – Fries, potato waffles, hash browns, frozen veg, vege spring rolls, onion rings, vege samosas, garlic mushrooms etc.



For more reference try the Vegan Society website which has lots of info and help - www.vegansociety.com

Here are some sample recipes ...

Mexican Bean Rice

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| 1 1/2 tsp of paprika | 1 garlic clove (crushed) |
| 1 tbsp tomato puree | 1 red onion (finely chopped) |
| Pinch of salt | 1 red pepper |
| 1/4 carton of cannellini beans (washed and drained) | 1 green pepper |
| 1/2 carton of kidney beans (wash and drained) | 1 yellow pepper |
| 1 carton of black beans (washed and drained) | 1 cup (225g) of wholegrain brown rice (washed) |
| 1 small can of sweetcorn (washed and drained) | 1 tsp of oregano |
| 2 cups (500ml) of vegetable stock | 1 tsp of cumin seeds |

Wash and prepare your ingredients.

Lightly heat up a little olive oil in a large pan and add the chopped onion, garlic and mixed peppers. Lightly fry for about 3 minutes.

Add in the wholegrain rice along with the spices and salt. Thoroughly coat the rice with the oil and leave to cook for a few minutes.

Add in the tomato puree, mix thoroughly and leave to cook for 2 minutes.

Pour in your vegetable stock, beans, salt and sweetcorn. Bring to the boil, then turn down the heat and simmer with a lid on for around 25-30 minutes. Make sure the rice doesn't stick to the pan, so stir occasionally and add some extra stock/water if needed.

When the rice has fully cooked, turn off the heat and leave to stand for 5 minutes whilst you prepare your dish



One Pot Linguine – with olives and sundried tomatoes

200g dried linguine (or spaghetti)

50g pitted black olives

500g passata with onion and garlic

1 tsp sugar

1 red chilli

2 tbsp olive oil

6 slices sun-dried tomato (from a jar)

Handful fresh basil

Find a large lidded saucepan in which the linguine will lie flat on the bottom, or snap the linguine in half to fit in a regular pan. Cover the linguine with the passata, then re-fill the passata carton or jar half way with water (250ml), and add this to the pan.

Bring it to the boil and reduce to a simmer. Keep stirring whilst the pasta softens to ensure it doesn't stick to the bottom of the pan.

De-seed and finely slice the chilli, drain and finely chop the sun-dried tomatoes, halve the olives, then add all these ingredients to the pan, along with the sugar and olive oil. Stir well, cover with the lid and cook on a medium heat for 10-11 minutes, (stirring regularly), until the pasta is cooked through.

Roughly chop the basil. When the pasta is cooked, stir in the basil and a grind of black pepper (it shouldn't need any salt), then serve.



Veggie Chilli

1 Onion
2 Cloves of Garlic
1 Tin of Chopped Tomatoes
1 Bell Pepper (Green Red or Orange)
Tomato Paste
Oregano
Coriander
Chilli Powder
Chilli Flakes (Optional)
1 Tin of Kidney Beans

Dice the onions and finely chop the garlic. Place these in the pan with a little oil and fry until soft. Also fry off the pepper with the onions and garlic

In a separate saucepan put the tin of tomatoes, tomato paste, oregano, and coriander. Bring these contents to the boil.

When the onions have fried, add them to the tomato mix and reduce to a simmer. Then add the tins of beans and add chilli powder and flakes to taste depending how spicy you like chilli.

Allow to simmer for 20 minutes.

Serve on a bed of rice



Potato Rostis

2 lb (907g) potatoes, peeled

1 large yellow onion, very finely chopped

2 tsp sea salt

1/2 tsp black pepper

4 1/2 tbsp olive oil

3 tbsp chopped fresh chives

2 tbsp chopped fresh parsley

Bring a saucepan of water to a boil, add the potatoes and parboil for 4 minutes.

Immediately remove the potatoes and place in cold water to cool. Once cool enough to handle, roughly shred them into a bowl. Add the onion, salt, pepper, 3 tablespoons of the oil, chives, and parsley.

Heat the remaining oil in a nonstick skillet over a high heat. When it is very hot, add the potato mixture, pressing down firmly with the palm of your hand. Reduce the heat slightly, then cook until golden brown, about 7 minutes.

Ease a spatula under the rösti to release, then invert the rösti onto a plate. Slip the rösti back into the pan to cook the second side. If preferred, the second side can be cooked under a preheated broiler.



Chickpea, red pepper and spinach curry

garlic 1 clove

red chilli 1

ginger thumb-sized piece, peeled

olive oil

onion 1, diced

garam masala 1 tbsp

turmeric ½ tsp

ground cumin 1 tsp

chickpeas 400g tin, drained

peppers 3, diced

chopped tomatoes 440g tin

spinach 260g

Whizz the ginger, garlic and chilli in a blender until it forms a paste. Fry in a tsp of olive oil until fragrant before adding the onion. Cook for 2 minutes before adding the spices.

Add the chickpeas, peppers and chopped tomatoes with a splash of water. Simmer for 10 minutes. Add the spinach until wilted and season. Serve with chapatis or naan.

