



e-Cookbook:

**16 FREE RECIPES TO SUPPORT YOU
ON YOUR PLANT-BASED JOURNEY!**



Welcome to your free copy of the Love Veg e-cookbook!

I'm so excited to join you on your plant-based journey and to share these tasty recipes with you. They were so much fun to make and I know you're going to love them!

Eating plant-based should be both affordable and delicious, and all of these recipes are just that. You'll want to make them again and again. Enjoy experimenting and customising them to your taste and take heart that every meal you make is sparing animals from suffering.

A plant-based diet uses just a third of the fertile land, fresh water and energy used by a British meat and dairy based diet. Per day, a meat eater produces 7.2kg of CO₂ vs a vegan's 2.9kg; meat eaters are also at greater risk of developing heart disease compared to vegetarians and are more likely to have high blood pressure, type 2 diabetes and high cholesterol.

So, with every bite, you're helping the animals, the planet and your own health too. Pretty amazing, right?!

For even more free recipes check out the Love Veg site at loveveg.uk/recipes

Enjoy!



Imogen Allen,
Love Veg



Breakfast



Spanish Avocado Smash

A perfect breakfast for any time of day!



5
serves

20
minutes

Ingredients:

- Breakfast muffin
- Avocado
- 1 tsp paprika
- 1 clove garlic
- Olive oil
- Cherry tomatoes
- Chilli flakes
- Plant-based feta
- Roasted red pepper to serve
- Pinch of salt

Directions:

Preheat the oven to 200 degrees. Put the pepper on a baking tray, drizzle generously with olive oil and season with salt. Roast for 15-20 minutes until the skin is charred. Allow to cool, peel the skin off and slice into strips then set aside.

Mash the avocado and mix with the paprika, crushed garlic clove and chilli. Top with a drizzle of olive oil, roasted pepper, plant-based feta and sliced cherry tomatoes. Serve with a toasted muffin.

Imogen's Tip

This recipe is highly customisable. Try balsamic vinegar, lemon juice, garlic or chilli oil on top of your avocado or mix with nutritional yeast, onion flakes or mixed herbs. The choice is yours!

Banana Pancakes

Perfect for breakfast,
brunch or dessert!

4
serves

20
minutes

Ingredients:

- 1 banana
- 210g plain flour
- 1.5 tbsp sugar
- 1.5 tbsp baking powder
- 3 tbsp rapeseed oil
- 1 tsp vanilla
- Pinch of salt
- 200ml plant-based milk
- Vegan margarine, for cooking

Maple syrup and berries for topping

Directions:

Mash the banana and combine with the flour, sugar, baking powder, rapeseed oil, vanilla, salt and plant-based milk. Get your frying pan really hot and add a knob of vegan margarine. Cook 2-4 pancakes in the pan depending how big you'd like them. They should fluff up while cooking. Serve with maple syrup, berries, plant-based yoghurt or chopped fruit.



Ultimate Granola



10
serves

45
minutes

Ingredients:

- 80ml maple syrup
- 85g peanut butter
- 1 tsp vanilla extract
- Pinch of salt
- 1 tbsp cinnamon
- 200g oats
- 30g pumpkin seeds
- 30g sliced almonds
- 50g dessicated coconut

Plant-based yoghurt and berries to serve.

Directions:

Preheat the oven to 160 degrees. Combine the oats with all of the other ingredients. Spread onto a lined baking tin and press down so the mixture is completely flat. Bake for 20 minutes then mix around a little and put back in the oven for 5 mins. Take it out and at this point mix in any additional ingredients such as dark chocolate drops or fruit. Allow to cool completely then when you turn it out you should have big pieces of granola combined with smaller bits. Delicious served with plant-based yoghurt and fruit or just plant-based milk for breakfast!



Lunch



This salad bowl is pretty to look at and packed with flavour!

Vietnamese Noodle Salad

2
serves

25
minutes

Ingredients:

For the salad:

- 2 vermicelli noodle nests
- 1 carrot sliced into ribbons
- 1 sliced pepper
- Half a cucumber sliced into cubes
- Handful of fresh mint and coriander
- Handful of grated iceberg lettuce
- Peanuts to serve

Ingredients:

For the dressing:

- Juice of a lime
- 1 tbsp soy sauce
- 1 tbsp sugar
- 3 tbsp rice vinegar
- 1 crushed garlic clove
- 1 tbsp water

For the tofu:

- A block of smoked tofu cut into cubes
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 clove of crushed garlic

Directions:

Make the dressing by combining all of the ingredients and set aside. Mix the tofu with the soy sauce, garlic and maple syrup and fry in a little oil for 5 minutes until sticky, then set aside. Cook the noodles to packet instructions, then build your noodle bowl. We started with noodles and shredded lettuce, added the tofu and vegetables, garnished with the herbs and peanuts then topped with the dressing. Enjoy!

Imogen's Tip

Customise your salad with your favourite veggies and why not try with other protein like tempeh or 'puff' tofu. These can be found at any Asian supermarket.





Sweet Potato Balls

Ingredients:

- 1 large sweet potato
- 1 garlic clove
- Handful of fresh coriander
- 50g plain flour
- Pinch of salt
- 1 tsp ground coriander
- 1 tbsp nutritional yeast (optional)

To serve:

- Dill pickles
- Pickled red cabbage
- Hummus
- Shredded iceberg lettuce
- Pitta bread
- Olive oil for cooking

4 serves	30 minutes
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Directions:

Prick the potato all over and heat in the microwave until soft (around 7-10 minutes depending on the size of your potato). Meanwhile dice the garlic and coriander and put in a bowl with the flour, salt, ground coriander and nutritional yeast (if using). Peel the skin off the softened potato and combine the flesh with the other ingredients. When fully combined, with your hands mould the mixture into small balls and place onto a lined baking tin coated with olive oil. Make sure there is a nice layer of oil so the balls don't stick. Bake in the oven for 15 minutes, then turn over and cook for 10 more minutes until crispy. Serve in pitta with pickles, lettuce and hummus.

Smoked Salmon Bagel

With a little magic carrots can be transformed into plant-based smoked salmon!

2
serves

25
minutes

Ingredients:

- 2 carrots
- 3 tbsp olive oil
- Few drops of liquid smoke
- Juice of half a lemon
- Salt and pepper
- Few sprigs of fresh dill
- Vegan cream cheese
- 2 bagels to serve

Directions:

Preheat the oven to 180 degrees. Using a vegetable peeler, slice the carrots into thin ribbons. Transfer to a steamer and steam for 5 minutes. In a bowl combine the carrot with the olive oil, liquid smoke, lemon juice, dill and seasoning. Mix well and spread onto a lined baking tray. Cook for up to 10 minutes, but make sure not to let it go crispy. Serve with a toasted bagel and vegan cream cheese.



Dinner





Imogen's Tip

Why not add grated vegan cheese or crushed nachos to the top of your bowl? You can customise all the elements however you like!

Ingredients:

- ¼ of an iceberg lettuce shredded
- Half a red pepper sliced
- 100g rice
- Juice of a lime
- Handful of fresh coriander
- 1 can of black beans
- 1 can of sweetcorn
- 1 tsp of paprika
- 1 tsp each of cayenne pepper
- Ground coriander and cumin

For the salsa:

- Cherry tomatoes
- Salt and pepper
- Half a red onion diced
- 1 jalapeño
- Handful of fresh coriander
- Juice of half a lime

For the guacamole:

- 1 ripe avocado
- Juice of half a lime
- Clove of garlic
- Fresh coriander
- Salt and pepper

Burrito

Bowl

2
serves

30
minutes

Directions:

Boil the rice to packet instructions. Mix the spices in a saucepan and add the sweetcorn and black beans. Cook for 5 minutes then add the juice of half a lime and a handful of chopped coriander and set aside. Make the salsa by chopping the tomatoes into quarters and mixing with the salt and pepper, onion, jalapeno, coriander and lime juice. Make the guacamole by mashing the avocado with a fork and mixing with the lime juice, coriander, seasoning and garlic.

Build your bowl starting with the rice and lettuce, then the bean mix and red pepper, topped with the salsa and guacamole.

Creamy Spaghetti

This is an easy midweek dinner that packs a flavour punch!

2
serves

25
minutes

Ingredients:

- 2 cloves of garlic
- 3 tbsp nutritional yeast
- 100g cashew nuts
- Zest and juice of half a lemon
- 1 tbsp olive oil
- Handful of fresh dill
- 100ml plant-based milk
- 100g spaghetti

Directions:

Put the spaghetti on to boil according to packet instructions. Boil the cashew nuts until soft (about 10 mins). Alternatively you can soak them for a few hours in advance or overnight. In a blender, combine the cashews and all the other ingredients. Serve with spaghetti and a little extra dill to garnish.

Imogen's Tip

Add your plant-based milk last and gradually so you can determine the consistency of the sauce. For a thicker sauce add a little less milk than the recipe requires. You can use the same recipe minus the plant-based milk to make a delicious soft plant-based cheese too!

Aubergine chickpea curry

This easy curry will impress your friends and satisfy your curry craving!

Ingredients:

- 1 red onion
- 1 garlic clove
- 1 aubergine
- 1 can of chickpeas*
- Fresh coriander
- 1 jar of passata
- 1 tbsp mild curry powder
- 2 tsp brown sugar
- 200g brown rice

For the flatbreads:

- 3 cloves of garlic
- Fresh coriander
- Vegan margarine
- 2 vegan flatbreads

4
serves

30
minutes

Directions:

Chop the onion and garlic and fry for a couple of minutes to soften. Cut the aubergine into thin strips and add to the pan with the curry powder. Stir everything to combine well and fry for a few minutes more. Add the passata, chickpeas and brown sugar, cover and cook for 10 minutes, stirring occasionally. Meanwhile cook your rice to packet instructions and fry the garlic in some vegan margarine with a pinch of salt and a handful of chopped coriander. Spread the garlic and coriander vegan margarine over the vegan flatbreads and pop them in the oven for 8 minutes on a tray with tin foil covering them. Add some fresh coriander to the curry, stir and serve with the rice and vegan flatbreads on the side.



*Save the chickpea water for our chocolate mousse!

Leek & Mushroom Pie

6
serves

45
minutes

Ingredients:

- 1 sheet of vegan puff pastry
- Olive oil for frying
- 3 garlic cloves
- 2 leeks
- 300g mushrooms
- Salt and pepper
- Mixed dry herbs

For the sauce:

- 1 tbsp vegan margarine
- 2 tbsp flour
- Salt and pepper
- 1 tbsp nutritional yeast
- Sage and onion seasoning
- 250ml plant-based milk

Directions:

Fry the garlic, leeks and mushrooms until soft then season, transfer to a pie or baking dish and leave to cool. Prepare the sauce by melting the vegan margarine, then immediately adding the flour and stirring to make a roux. Add the plant-based milk gradually and keep stirring until you have a thick sauce (you might not need all of the milk). Add the seasoning and nutritional yeast and stir to combine. Mix the sauce with the pie filling and set aside. Roll out your pastry and top the filling, pressing the sides into the dish so there are no holes. Bake for 25 minutes until the pastry has puffed up and turned golden brown.

Imogen's Tip

You can customise your sauce with whichever seasoning you prefer. Try paprika, rosemary and thyme or even mixed spice!

Desserts



Chai Latte Cake

This cake is a real showstopper. Perfect for any celebration big or small!

Ingredients:

- 500ml plant-based milk
- 2 tbsp apple cider vinegar
- 384g flour
- ½ tsp baking powder
- 1 tsp baking soda
- 1 tsp each of ground cinnamon
- Ground cloves
- Ground ginger
- Mixed allspice
- Ground cardamom and sea salt
- 190g sugar
- 65ml rapeseed oil
- Chai tea bag
- 1 tbsp vanilla extract

For the icing:

- 400g vegan margarine
- 450g icing sugar
- 1 tsp vanilla extract
- 1 tbsp almond milk

6

serves

50

minutes

Directions:

Preheat the oven to 180 degrees. Combine the plant-based milk and the apple cider vinegar and set aside. Mix all of the dry cake ingredients together then tear open the chai tea bag and empty into the mix. Add the oil and vanilla to the milk and vinegar mix you prepared earlier then whisk together until you have a smooth batter. Separate into two equal size cake tins and bake for 35 minutes. Meanwhile, combine the vegan margarine, icing sugar, vanilla and almond milk and whisk until smooth. When the cake has cooled completely sandwich the halves together with icing and use the rest to top the cake. Sprinkle with ground cinnamon and enjoy!



Apple & Blackberry Crumble

This crumble is really easy and totally delicious!

8

serves

40

minutes

Ingredients:

- 4 cooking apples
- 1 punnet of blackberries
- 1 tbsp brown sugar

For the crumble:

- 175g plain flour
- 110g sugar
- 110g vegan margarine
- 1 tbsp rolled oats

Vegan cream or custard to serve

Directions:

Preheat the oven to 190 degrees. Peel and chop the apples into pieces then combine with the blackberries and sugar. Transfer to a baking or pie dish and set aside. Combine the flour, sugar and oats then add the vegan margarine and rub into the dry ingredients until you have the consistency of breadcrumbs. Top the fruit with the crumble and bake for 35 mins. Serve warm with vegan cream, custard or vegan ice cream. Enjoy!





Chocolate Mousse

The easiest chocolate mousse you'll ever make!

4
serves

20
minutes

Ingredients:

- 240ml aquafaba*
- 140g dark chocolate
- 20g sugar
- 1 tsp vanilla

Directions:

Drain the chickpeas (and save them for our curry!) then whisk the water until it whips up into white soft peaks. Gradually add the sugar and keep whisking for a few more minutes. It should be stiff and not move around when it's ready – an electric whisk or food processor would be best for this job! Meanwhile melt the chocolate and combine with the vanilla. Let this cool a little then fold into the aquafaba until completely combined. Transfer into glasses or ramekins and put in the fridge for a couple of hours to set. Serve with grated chocolate and berries.

*The water drained from a can of chickpeas- make sure these are chickpeas in water without salt.

Did you know?

Every vegetarian in the UK spares around 175 animals every year and a vegan spares even more!

“Now I can look at you in peace;
I don't eat you any more.”

—
Franz Kafka, writer

For more delicious recipes, motivational tips
and advice visit loveveg.uk



Animal Equality is an international organisation working with society, governments and companies to end cruelty to farmed animals. Animal Equality's vision is a world in which all animals are respected and protected.



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