

Real Food & Real Life For PLT Nutrition

Vegan Bites Recipe Pack

Discover the <u>PLT Nutrition</u> collection of simple vegan breakfast and smoothie recipes..

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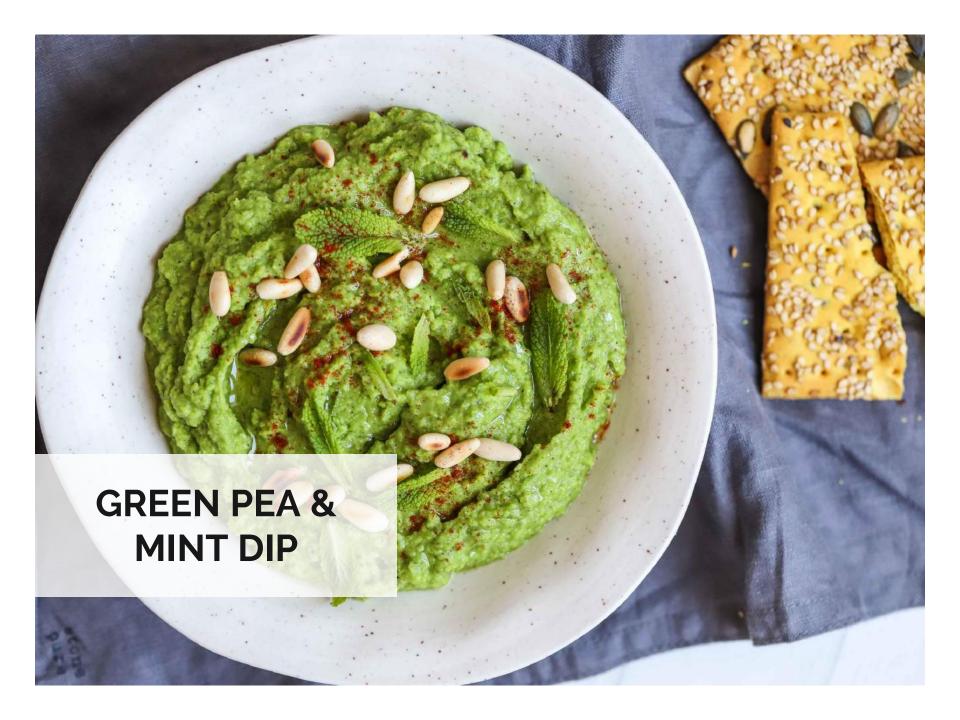


RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts





GREEN PEA & MINT DIP



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 92 kcal 4g Fats 11g Carbs 4g Protein





WHAT YOU NEED

- 1 % cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- ½ avocado
- 2-3 sprigs fresh mint, leaves only

WHAT YOU NEED TO DO

Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high-speed blender.

Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.

Serve as a dip with fresh vegetables, crisps, crackers or pita.





SUNDRIED TOMATO HUMMUS





Nutrition per serving: 181 kcal 10g Fats 18g Carbs 6g Protein





WHAT YOU NEED

- 1½ cups (250g) chickpeas, drained
- ½ cup (45g) sundried tomatoes in oil
- 1 clove garlic
- ½ lemon, juiced
- 2 tbsp. olive oil
- ½ teaspoon salt
- 1/4 cup (60ml) water

WHAT YOU NEED TO DO

Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.

Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.





BABA GHANOUSH



Serves: 6 Prep: 20 mins Cook: 35 mins



Nutrition per serving: 154 kcal 10g Fats 12g Carbs 5g Protein





WHAT YOU NEED

- 2 medium aubergine
- 2 cloves garlic, crushed
- 1 lemon, juiced
- 4 tbsp. tahini
- 2 tbsp. olive oil
- ½ tsp. ground cumin
- smoked paprika
- 1 tbsp. parsley, chopped

WHAT YOU NEED TO DO

Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.

Halve the aubergines lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender.

Once aubergines are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.

Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.

Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.

Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.





QUINOA TABBOULEH





Cook: 15 mins

Nutrition per serving: 272 kcal 10g Fats 42g Carbs 8g Protein





WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- · 1 red onion, finely diced
- ¾ cup (15g) parsley, chopped
- 3/3 cup (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.

Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.

Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.

Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.





GREEN BEANS & CHERRY TOMATO SALAD



Serves: 4 Prep: 15 mins Cook: 5 mins



Nutrition per serving: 163 kcal 14g Fats 10g Carbs 2g Protein





WHAT YOU NEED

- 1 lb. (450g) green beans
- 1 cup (150g) cherry tomatoes

For the dressing:

- 1 clove garlic, minced
- ½ cup (15g) coriander, chopped
- 2 tbsp. lemon juice
- ½ cup (60ml) olive oil

WHAT YOU NEED TO DO

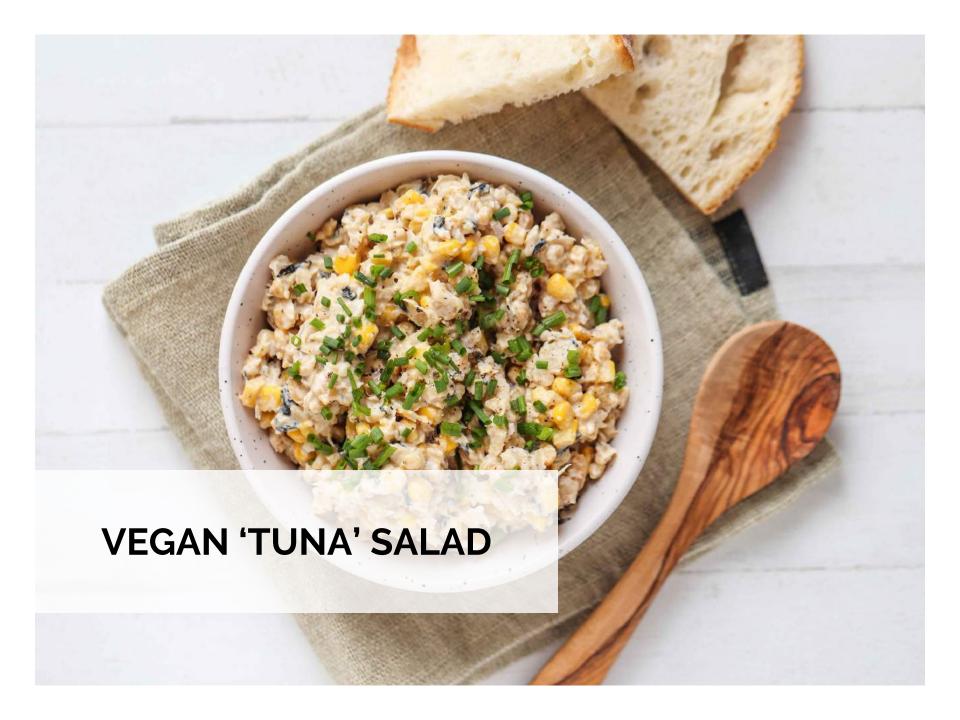
Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.

Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them in 1-2 inch pieces and add to the salad bowl.

Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.

Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.





VEGAN 'TUNA' SALAD



Cook: o mins

Nutrition per serving: 255 kcal 9g Fats 35g Carbs 10g Protein





WHAT YOU NEED

- 2½ cups (400g) chickpeas, drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 1 cup (175g) sweetcorn, drained
- 1 small onion, finely diced

WHAT YOU NEED TO DO

Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.

Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.

Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.





POTATO & SUNDRIED TOMATO SALAD



Cook: 20 mins







WHAT YOU NEED

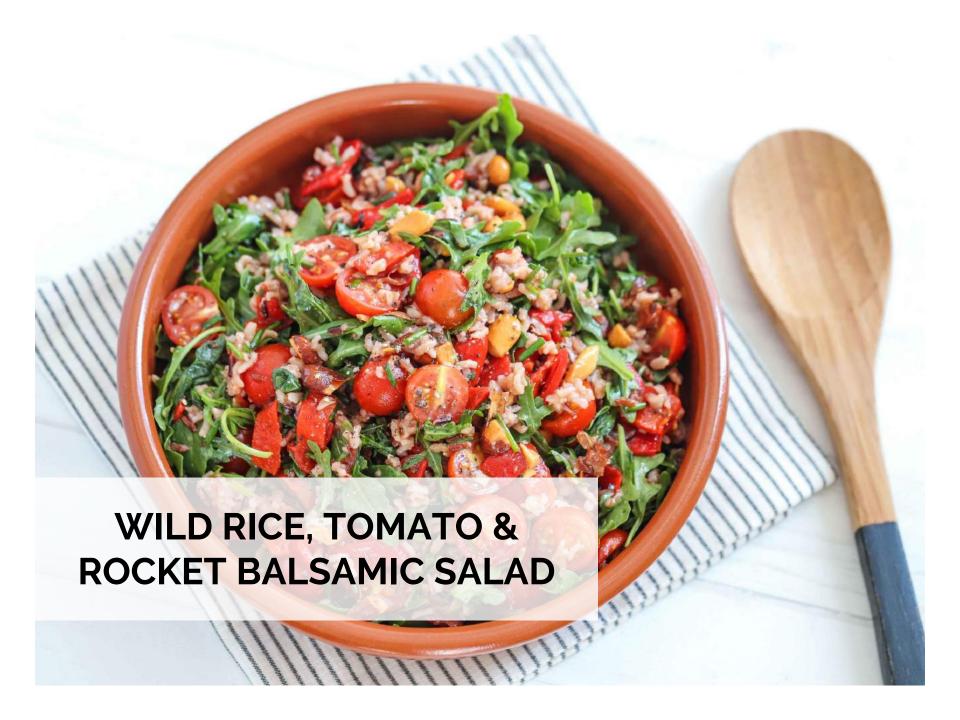
- 1 lb. (450g) baby potatoes
- ½ cup (90g) green olives, halved
- ½ cup (70g) sundried tomatoes, drained, roughly chopped
- 2 tbsp. capers, drained
- handful chives, chopped
- 1 tbsp. oil from sundried tomatoes
- 1 tbsp. wholegrain mustard
- 1 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.

Add in the olives, sundried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.





WILD RICE, TOMATO & ROCKET BALSAMIC SALAD





Nutrition per

44q Carbs 7g Protein





WHAT YOU NEED

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- 1/4 cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.

Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.

